

KEEPSAKE

A collection of thoughts,
inspiration and creativity

ISSUE 1

 KindaKafe

FEB 2021

WELCOME

TO OUR FIRST ISSUE OF KEEPSAKE - KINDAKAFE'S
NEW MONTHLY COMMUNITY MAGAZINE

SUPPORTED BY:



Department for
Digital, Culture,
Media & Sport

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

The name was chosen by our volunteers to reflect our aim of providing 'a collection of thoughts, inspiration and creativity' from the KindaKafe community which can be treasured. We hope this magazine will help everyone to keep in touch and feel connected despite us not being able to be together due to lockdown.

Hopefully, it won't be too much longer before we can welcome everyone back to KindaKafe. In the meantime we welcome your suggestions and contributions for the magazine so please email us at team@kindakafe.org or write to KindaKafe, 21-23 Castle Meadow, Norwich, NR1 3DH.

A big thank you to the Department for Digital, Culture, Media and Sport (DCMS) and The National Lottery Community Fund for supporting the first two issues of this magazine through The Local Connections Fund. We'd also like to say a special thank you to our volunteers, Red Imlah who kindly designed this issue and Sarah Heale for editing it.

Enjoy!

Keepsake Editorial Team



CARTOON CORNER

KAREN BOCKING, KINDAKAFE VOLUNTEER



OH, THE JOYS OF LOCKDOWN LIFE. WHILE SOME MIGHT DREAM OF PARTYING THE NIGHT AWAY WHEN THIS IS ALL OVER, ALL OUR GENERAL MANAGER TOM WANTS IS A CHANCE TO FINISH HIS SANDWICH IN PEACE!

Love a good doodle? Why not illustrate your lockdown life? Send us your submissions at team@kindakafe.org



GARDENING FOR WELLBEING

EMMA HORNBY, KINDAKAFE ASSISTANT AND VOLUNTEER



Busy in the garden

I love gardening for many reasons. Apart from the fresh air and hearing the birds sing, it's great exercise and it's really helped my skin. I like to pick my own food and appreciate all the hard work I do throughout the year. My own veggies taste much nicer and sweeter than shop ones.

I really love browsing through the seed catalogues and when



Enjoying a cuppa!

I'm outside on my own I love making plans. When I'm at my Mum's community garden I love the tea, and snacks and chatting. Gardening has helped me by teaching me new skills and improving my health. I can choose to be on my own to clear my head or I can be with company having a cup of tea which helps if I feel lonely. I also enjoy cake and biscuits with my tea.



Have you got a green thumb? We'd love to hear about your garden! Get in touch with us at team@kindakafe.org and send us your submissions.

MY COUCH TO 5K JOURNEY

NICOLE SEARS, KINDAKAFE VOLUNTEER



I struggle with sleep, I have for years. Doctors have told me that if I exercised it would probably improve. I got really fed up with hearing this over and over so I decided to attempt the Couch to 5K program. For those of you who are not familiar with Couch to 5K, it's a running plan recommended by the NHS, designed for beginners. It gradually works up to running five kilometres over the course of three runs a week, for nine weeks.

During the first week of the program, it was a struggle for me to run for the 60-second intervals. Thereafter, I was lucky to be able to enlist the help of my parents, especially my dad who is a fantastic runner, to come with me on my runs which helped loads. The hardest run was on week five when I first ran for 20 minutes straight. I ran very slowly and I powered through and was so proud of myself when I completed it.

Just before Christmas, I ran my first ever 5K, with no stopping and no walking. Recently I even pushed myself to run 7K. I still cannot believe I have gone from barely being able to run for a minute to regularly running for over an hour now.

Through all of this, the biggest achievement for me was my ability to remain consistent and motivated enough to keep going. Although my sleep has not yet improved, I find that I have more energy which is very welcome. Whenever I need to get out of my own head for a bit, a run is the perfect thing to give me peace of mind and help me relax.



Been using lockdown to get fit? Get in touch and tell us about it at team@kindakafe.org



RACHEL'S RAMBLES

RACHEL DORLING, WONDER WOMEN SUPPORT GROUP MEMBER

January 1st 2021 - A brand new year and a day for thinking about goals for the year. However, we are in the middle of a pandemic and most of the messages were, "Don't do this, don't do that, stay at home, wash hands, keep away from others", and so forth. So I decided to think of something I could do and one of those things was to go for a walk, and for a bit of added interest, I thought I would record the year by taking one photo a week. As my walks will all be local, I will also be recording the changes in my village over the year.



It might be the only time we get snow this year- I had to get a photo!



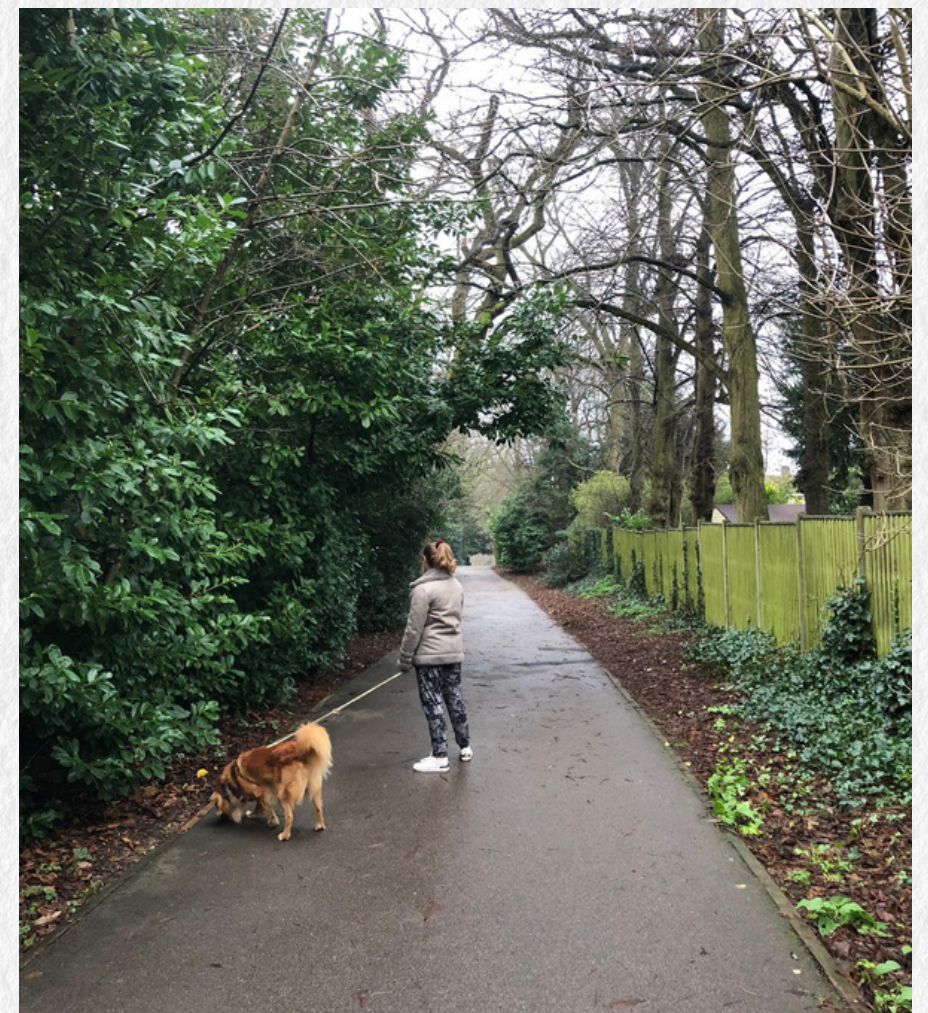
A sunny day at last- a welcome change from the dreary dark days

I find having a purpose helps me when I am out because it makes me notice things more. Even when I am not planning on taking a photo, I am looking around for interesting things. I am also making more general observations. I knew the first three photos had been taken on very dull days, so for photo four, I was waiting for a sunny day. I have seen patterns in walls and on bark, as well as shoots

of new plants beginning to poke through and these are giving me plenty of ideas for other things to take photos of.

It's exciting to wonder about what I will see on my next walk and whether it'll grab my attention enough to be photographed. Could it be the raindrops making patterns in the puddles, or the stained glass window in a local door, or the flooded fields by the river or...?

I really must get ready to go on my next excursion!



Jan 1st- Daughter and the dog!



Taking my mother-in-law for her vaccination- Fortunately our surgery is the regional hub

Feel like showing off your eye for photography? Send your snaps to team@kindakafe.org



HOOKED ON CROCHET

NICOLE SEARS, KINDAKAFE VOLUNTEER



During lockdown, I came across a video online about crochet. The woman in the video claimed it is possible to make a full-size cardigan using only crochet rectangles so I decided to give it a go, even though I have never crocheted before!



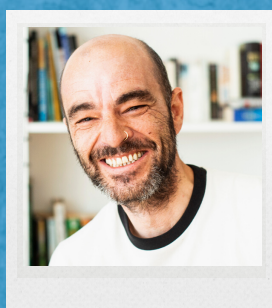
Slightly odd but I still love it!

Like many of us I imagine, I have spent a large amount of time watching TV during lockdown, so I enjoyed feeling more productive as I combined my TV viewing with creating a mismatched set of crochet rectangles.

I am now the proud owner of a slightly odd cardigan made with four different types of wool, all of which were too chunky for the small crochet hook I found in a bag in the back of my Mum's wardrobe. Nonetheless, I feel a huge sense of achievement with my creation and I plan to continue using the time I watch TV to make more! Who knows what I may end up with next!

If Nicole's creation has inspired you, why not give crocheting a go yourself? You can find a fantastic video tutorial on *How to Crochet a Granny Square for Absolute Beginners* by Hooked By Robin on Youtube, or get in touch with us for a step by step guide at team@kindakafe.org.

If you've made a successful granny square, we'd love to join everyone's squares together once we reopen, making a large blanket to celebrate us being able to be together again.



PETS IN LOCKDOWN

SHAUN UPCHURCH, KINDAKAFE VOLUNTEER

We are all living in a really weird world at the moment with all the not being allowed out stuff. So maybe like me, you are looking towards your pets as a source of love and affection a lot more these days.

I would love to say "Hi" to all the pets out there! I've met fellow KindaKafe volunteers, Phoebe's dog Ralph and Isobel's groovy ferrets in person (hello girls!), who are lovely.

Fifteen years ago after much humming and hawing, I was chosen by a little tabby kitten. Let me set the scene, there were two kittens; one a long-haired tabby who didn't seem to like my flat. Then, a small tabby who immediately started mucking about and making himself at home. So I thought you are the one!! We had chosen each other!!

"Hey there steady, you are a little herbert aren't you," I said to him. Two days later I called him Herbert, Herby for short! Herby loves cat-nip, belly rubs, extreme heat, and eating my house-plants - but I wouldn't have it any other way. I think pets don't know they are in lockdown, they just love us being at home more.



Herby - The most handsome of cats



If you'd like us to showcase your furry friends, get in touch with us at team@kindakafe.org and send us your submissions.



WILL THE REAL SAINT VALENTINE PLEASE STAND UP?

SARAH WALKER, LOCAL HISTORIAN, STORYTELLER, AND
CREATOR OF KINDAKAFE'S 'HIDDEN STREET' TOUR

Saint Valentine: was he the patron saint of chocolates, scentless roses, gangster massacres, and embarrassment? Or...not?

Well, not. There have been at least twelve Saints called Valentine, whose feast days range from January 7th (Valentine of Raeta) to November 3rd (Valentine of Viterbo) by way of a woman (Saint Valentine of Palestine, July 25th) and an obscure Pope Valentine who held office for only 40 days in the ninth century. This is not surprising, as Valentinus / Valentina - meaning "worthy" - were popular Latin names. All the saints of that name were monks, nuns, or bishops, and therefore officially unmarried and celibate.

The one whose feast day on February 14th has caught on is Valentine of Rome, the patron saint of beekeepers and epilepsy. He is supposed to have been beheaded around 270, and his skull, decorated with flowers, is still sometimes displayed in Rome. Instead of hearts and flowers this Valentine's Day, how about a Valentine's card of skulls and flowers?



So who's responsible for all the romance?

It was English poet Geoffrey Chaucer, in the 1370's, who gives the earliest known reference connecting St Valentine's Day with romantic love, as mid-February was supposedly the time "when the birds get married". Ah, many happy returns to all those birds who have recently tied the knot.

Are you fascinated by the past?

Can you remember your first day at school? Your last day there, or a particular teacher or friend you had?

Explore local history and share your memories, at the brand new monthly Memories Club. Join local historian Sarah Walker on Zoom on February 23rd at 3.00 pm to chat about memories, and to build some new ones.

Email team@kindakafe.org for your Zoom link. Everyone welcome.

POETRY CORNER

BARE WINTER

RED IMLAH
KINDAKAFE MARKETING ASSISTANT

Once more a dreary wretched day,
To soggy leaves and steeping mud.
With hat and gloves, I am away,
Churning the ground with heavy plod.

The blackbird echos through the Dell,
A lonely bird but still it sings,
And in my dismal heart as well,
A bloom renewed for weary wing.

Plants arise from tangled root,
The earth turned dark and sodden too.
A robin watches small and bright,
And begs me raise my spade anew.

Bare winter is a dismal sight,
As days and weeks stretch overlong,
To hear the lark call in the night,
And wait for summer's gentle song.

HOPE

NICOLE SEARS
BRIDGES CREATIVE WRITING
GROUP MEMBER

It looks strong and has yellow eyes.
Its footsteps don't hit the ground but float
centimeters above it.

It sounds like every song that makes you want to
have a dance party in the middle of
the night, but whispered quietly.

It says, "You're going to be more than ok".
Only I can hear it, but there is a unique version for
each of us.

I reach out and touch it.
It feels like putting your hand on a loudspeaker. In
the rhythm of a beating heart.

It smells like vanilla and rain.
It tastes like morning air.

It's yellow, silver, gold and light blue in colour.
When I don't feel it, it shrinks into the shadows and
waits patiently until I'm ready again.

POETRY PROMPT

If you feel inspired and want to let your imagination out to play, try this poetry exercise from Hilary, the facilitator of our Bridges Creative Writing Group.

Choose an emotion which you have felt recently or in the past (e.g. love, hate, jealousy, fear, desire, anger, greed, happiness, boredom) then answer these questions:

- It makes a noise, what does it sound like?
- If it could speak, what do you think it would say?
- Who else apart from you can hear it?
- If you reach out and touch it, what does it feel like?
- If you lean over and sniff it, what does it smell like?
- If you lick it or nibble at it, what does it taste like?
- What colour (or colours) is it?
- When the emotion has left you, where does it go to?

Are you crazy for creative writing? We'd love to read your poems and stories, just send your submissions to team@kindakafe.org



KINDAKAFE UPDATE

TOM GASKIN, GENERAL MANAGER

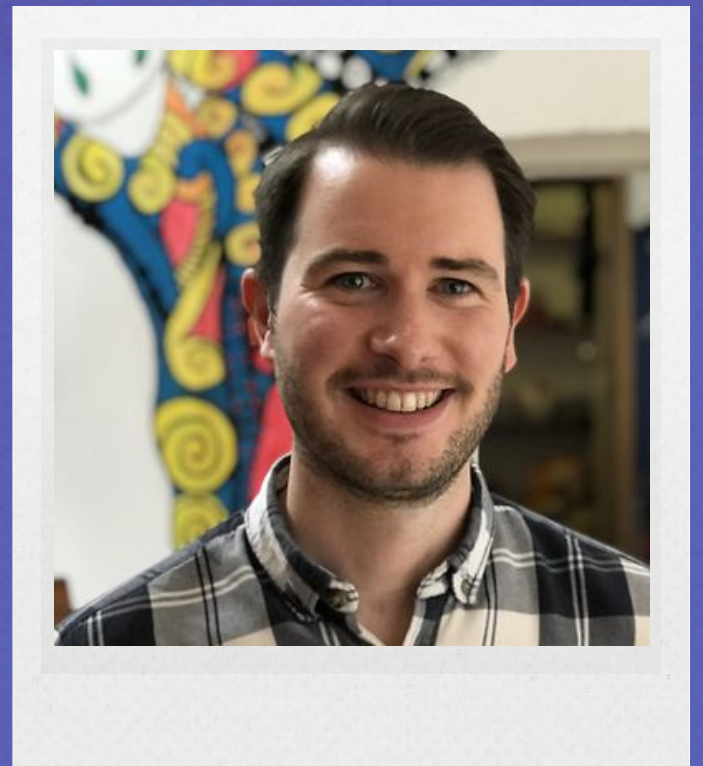
KINDAKAFE IS EMBARKING ON AN EXCITING NEW CHAPTER AND WE HOPE YOU WILL JOIN US!

To help us 'build back better' after the challenges of COVID-19 and ensure everyone we support can not only survive in this new world but thrive we are relaunching KindaKafe as a community hub available for use by registered members.

Much of what you have come to love and expect from KindaKafe will remain. You can always look forward to a warm welcome, a friendly smile, a cracking cuppa and so much more. We'll be launching our new membership scheme as soon as we're allowed to reopen, so watch this space for updates.

The decision to not reopen the cafe was a difficult one but we would like to thank everyone who has supported KindaKafe over the years and we hope to see you again soon as we launch the community hub.

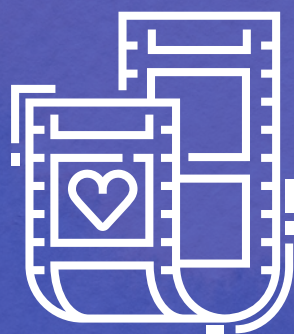
In the meantime, we'll continue to bring you new and exciting projects like this community magazine which promotes well-being and enables our community to keep in touch from the comfort of their homes. Thank you to everyone who has made this possible.



Visit www.kindakafe.org or follow us on Facebook for future updates on what we're up to at the KindaKafe

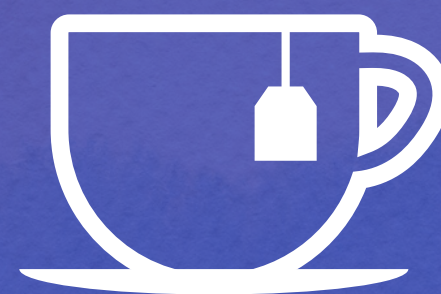
WHAT'S ON

EVERYONE IS WELCOME TO JOIN, EMAIL TEAM@KINDAKAFE.ORG FOR YOUR ZOOM LINK OR YOU CAN TAKE PART OVER THE PHONE, CALL 01603 850309 FOR MORE INFORMATION



MONTHLY MEMORIES CLUB - SCHOOL DAYS TUESDAY FEB 23RD 3-4PM

Join local historian Sarah Walker on Zoom to chat about memories, and build some new ones, every last Tuesday of the month.



COMMUNITY COFFEE MORNING EVERY MONDAY 10.30-11.30AM

Meet us for a cuppa and a chat, at our weekly Zoom coffee morning and start the week with a smile.



KINDAKAFE CREATIVE WRITING GROUP EVERY FRIDAY 11AM-1PM

Fun, friendly and relaxed creative writing group where you can laugh, share and enjoy creative writing on Zoom. Forget your worries, all you need is a little imagination. Everyone is welcome.



BRIDGES CREATIVE WRITING GROUP EVERY WEDNESDAY 2-4PM

Creative writing group for people who have had, or are experiencing mental health problems. Join us on Zoom and bring along any sort of writing to share and discuss. Take part in lively discussion and energetic writing exercises

WANT TO BE IN THE NEXT ISSUE? WE WOULD LOVE TO HEAR WHAT'S GETTING YOU THROUGH LOCKDOWN! PLEASE SEND SUBMISSIONS TO TEAM@KINDAKAFE.ORG OR KINDAKAFE, 21-23 CASTLE MEADOW, NORWICH, NR1 3DH