



KEEPSAKE

A collection of thoughts,
inspiration and creativity



ISSUE 2

 KindaKafe

MAR 2021

WELCOME

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

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Media & Sport

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COMMUNITY FUND

The sun is shining, the days are getting longer and daffodils have begun peeking their yellow heads out. The season of new beginnings is finally here!

Sometimes in this strange pandemic life, it can feel like you're hibernating, waiting out the long dark hours and biding your strength. Winter can be a dark and dreary time with bare trees and grey skies, but with spring comes growth, transformation and new beginnings. Now is a great time to focus on your wellbeing. The Five Ways to Wellbeing (Connect, Be Active, Take Notice, Keep Learning and Give) are simple strategies that have been proven to help improve mental health and wellbeing.

We plan to focus on a different area each month and this month's focus is Take Notice. This could mean anything from spending some time on a mindfulness exercise to taking notice of new things on a walk or the smells of cooking your evening meal. Taking notice of what is around us and how we feel brings what matters most to the forefront and can lead to curiosity, connection and contentment. Our next issue's focus is Being Active, so if you've been getting fit, or just getting out to see the sights around you get in touch and tell us about it!

Wherever you may be, we hope the new buds of your life are soon ready to blossom and bloom. So, sit down, put your feet up and enjoy the second issue of Keepsake Magazine.

- The Keepsake Editorial Team



Nicole



Lauren



Red



Tom

SPRING PHOTO COMPETITION

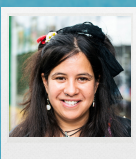


A bit of colour after a long winter!

Spring has sprung, and with it comes a wonderful array of seasonal sights to see!

We'd love to see spring through your eyes, and the sights that have uplifted, comforted and inspired you.

Share your photos with us at team@kindakafe.org by Friday, April 9th at 5 pm and you could have them featured in the next issue of Keepsake magazine, and as the cover photo of KindaKafe's Facebook page!



SPEAKING UP FOR THOSE IN NEED

BECKA KELLAWAY, PARENT CAMPAIGNER

I'm a single parent with an 8 year old daughter, working part-time and on Universal Credit. I've now returned to University to retrain in the hopes of a better life. Due to low income and insufficient Universal Credit payments, I rely heavily on food parcels. My daughter and I have used The Feed's Community Fridge to get fresh produce to tide us by until the next parcel. Often we try to swap things we won't eat for things we will.

Due to my experiences of poverty, the benefit system and domestic abuse I'm really passionate about raising awareness. Save The Children offered me a chance to do this as a Parent Campaigner and I've been volunteering since summer 2020. I've personally been in the national papers, on Sky News, the Tonight Programme, Steph's Packed Lunch, BBC News and BBC radio trying to get the government to keep the £20 Universal Credit uplift and extend it to legacy benefits and to keep providing the Free School Meal vouchers. I also gave a personal testimony in a recent All-Party Parliamentary Group conference on Ending Food Banks, Domestic Abuse and Universal Credit.

This is a small step in supporting parents who were struggling even before the pandemic. It is the government's role to support the most vulnerable but it's all our responsibility to treat fellow humans with love, kindness and to lend a helping hand or a strong voice where needs be.



What is a Community Fridge?

It's an easy way to share good food that would otherwise go to waste. A community fridge is a space where anyone can come and help themselves to food items.

The fridge brings people together, it addresses social isolation and provides people the opportunity to access healthy food, try something new, and helps families to save money.



The Feed Team

How does the Community Fridge @ The Feed work?

It's simple...

Anyone can donate to the fridge - local residents, businesses and supermarkets.

Anyone in the community can take from the fridge, no questions asked.

It's a fantastic community resource, available for all.

The Community Fridge is open Monday to Friday
2-4 pm at The Feed Café,
78-80 Prince of Wales Road NR1 1NJ



NORFOLK GEMS: HOW HILL

LAUREN LONERGAN, KINDAKAFE VOLUNTEER

Nestled amongst marshes, woodland, farmland and the River Ant is How Hill, a two-mile walk to Ludham. This hidden gem is a treasure trove of things to explore and a fun day out for all ages.

How Hill House sits overlooking the river as it welcomes visitors as they arrive at this Norfolk gem. This Edwardian home was built by Norwich architect Edward Thomas Boardman as a country retreat for his family away from the hustle and bustle of city life, and it is easy to see why he chose How Hill with its breathtaking

views of the river, the marshes, and the tranquillity of nature.

The Secret Garden is a secluded haven,

where you would think you were in another world.



How Hill from the rose gardens



Relaxing by the river

There is a range of different trees that call the garden home, including a dawn redwood from China, swamp cypresses, and pin

oaks, together with several exotic shrubs and plants.

Not far from the house is the Victorian Toad Hall Cottage, which was once the home of a local Marshman and

his family. The Marshman would have tended to the marsh and the animals grazing nearby as well as fishing.



How Hill House



A lovely place to wander

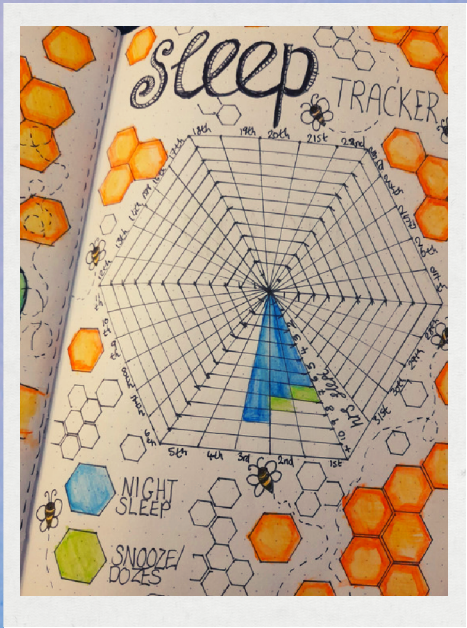
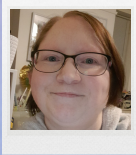
The thatched cottage is open to the public and shows how the family would have lived. How Hill is a perfect place to visit and take a walk with the family (and your dogs, so long as you clean up after them!) Why not see for yourself the beauty and serenity How Hill has to offer?

How Hill lies on the River Ant within The Broads National Park in Ludham, Norfolk. How Hill House is owned by How Hill Trust, an environmental education charity established in 1984 to teach people about this amazing and ecologically important area of Norfolk.

Although the toilets and house are currently closed, the gardens are open for visitors Monday - Friday from 9 am - 5 pm. Although it is free to visit, donations to the trust are encouraged. You can find more information on their site at www.howhilltrust.org.uk.

JOURNALING FOR WELLBEING

SARAH STREETER, WONDER WOMAN SUPPORT GROUP MEMBER



made me smile or laugh, and it's great to read through them at the end of the month. I also have a few pages which I might use to



For health and wellbeing purposes I try to keep a monthly diary of sorts to track things like how much I've slept, mood levels and how much water I've drunk each day. I got bored filling in black and white forms and wanted to put a creative touch on it and so discovered bullet journaling - BuJo for short!

It's essentially a method that can help keep things organised and recorded but can be made personal to what you need it for or what your lifestyle is. Mine is mainly health-focused, and as well as sleep and mood, I create pages to record if I've taken my medication, how much walking I've done, self-care, and more recently weight loss.

One of my favourite pages to create is the "highlight of the day"- something that day that's something that day that's document something that's happened.

However, bullet journals can be used for many other reasons such as finance and budgeting, meal planning, work schedule, shopping lists, holiday packing list (for this year hopefully?!), interests and hobbies, birthdays, etc.



I like to have a theme for each month for my pages, for March it's bumblebees! You can choose any theme - Harry Potter, underwater, sweets, floral, seasonal, forest, animals, fairies, the list is endless!

★ TOP TIPS ★

Journals with dotted pages make it easier to design layouts. If you don't have a book you can find free printouts of lined paper online.

Pinterest is great inspiration for pages!

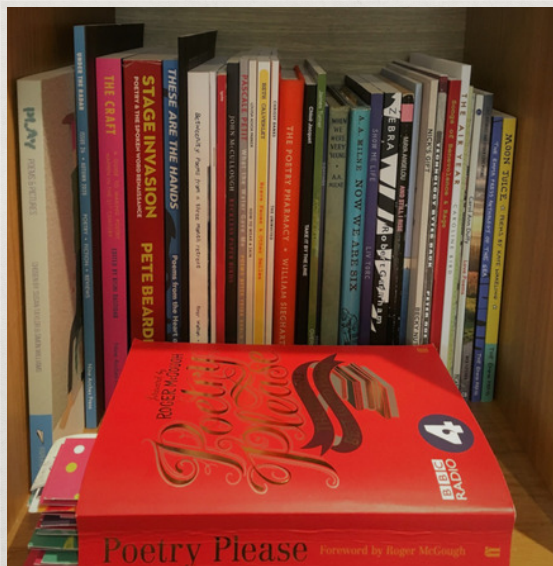
You can keep it simple or go a bit more complex. Stencils are a great way to add details if you aren't too confident to start with.

For the regular pages which I create for every month, set them up so they're ready to use for the first day of each month.



POETRY IN THE POST

HARULA LADD, CREATOR OF POSTAL POETRY LIBRARY



It started off small....

Do you love poetry? To get people reading I've been sending poetry books to people through the post, including a stamped envelope to send them back when they're ready- all completely free! It's a great way to get people into poetry and discovering something new, plus who doesn't need more poetry and exciting post nowadays?

I launched the project in the new year and it's already proved very popular! We've even collected over 150 books that

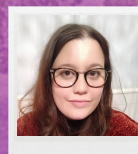
are available. You can find us on Facebook at Postal Poetry Library, get in touch by calling 07545 259761, or email us at postalpoetrylibrary@gmail.com for more info. We'd love for you to connect, get involved and even send in your own poetry if you'd like!



Showing off our collection!

THE VALUE OF FICTION

NICOLE SEARS, KINDAKAFE VOLUNTEER



Fiction can be a way to escape. To put my life on pause, take a break, and live in another world for a while. I fall into stories most days whether it be TV, films or books. The burning desire to know what happens next makes my life in lockdown more exciting, even if it's not reality. Some people call this avoidance but I believe it's an immensely valuable experience. I get to feel anger, trust, love and hope while physically being in the comfort of familiar surroundings.

Escapism is one part of it, but I can learn a lot about myself too. I ask myself, "What about this character do I admire, and why? What decision would I make in their position?" Through this process, I can explore who I am and who I want to be. It took me a while to realise that good characters have many imperfections.

Perfection doesn't make for a good story but growth does. We all have imperfections and the goal of fixing them all is painfully unachievable. I wouldn't expect the characters I love to try and fix every aspect of themselves, therefore I should not ask this of myself either. No one should. Most importantly applying the idea of narrative in my own life, I see my story and just like a good piece of fiction I am excited to see what happens next.

Have you been engrossed in a really good book, tv show or film?
Let us know about it at team@kindakafe.org



LOCKDOWN POETRY

LOCKDOWN BY KAT

Dark times and days,
days stuck in,
too scared to go out,
must wear a mask,
no one sees your fear,
just your eyes, telling a story,
as people pass you by.

No one talking anymore,
no one stopping to meet new people,
people dying,
many are lonely,
few reaching out to those they know.

Dark nights, dark days, dark times,
when will the light return?
To lift our moods,
to brighten our hopes and our hearts again.
When will this time pass?

We must not forget how much a hug from a loved one means
more than life itself,
to laugh and feel free,
to finally breathe.

The light will take over the darkness,
it will rescue us again,
may we all ever be thankful for our friends, family and the
blessing of life.

PAST PRESENT FUTURE BY JULIE EDMOND

My coat from the past has torn pockets.
It doesn't fit too well either
it needs TLC.

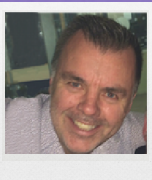
My coat of the present is long
and covers my imperfections well.
I love the colour,
Pink is a positive colour for me,
it hides the inner lining that's imperfect.

The buttons are shiny
but are coming loose and unstable,
I need to tighten them
or I will lose one.
More TLC Needed.

I hope for confidence and security
from my future coat,
warmth
and a long ball of string
should be in the right hand pocket.



Want us to showcase your creative writing? Get in touch with us at team@kindakafe.org and send us your submissions.



MARK'S BAKES

MARK AHIER, KINDAKAFE VOLUNTEER

I have a strong interest in mental health, having had episodes of anxiety and depression throughout my adult life. I work for Aviva and support their Wellbeing programme and volunteer with the NHS Wellbeing service in Norfolk.

I've had lots of support over the years and have learnt a lot about myself and how to manage my mental health. One of the things that helps me is baking. At my lowest, I had very little confidence so even shopping was a struggle. Having a list of ingredients and instructions to follow really helped. As I baked, my confidence grew. I found anything I can lose myself in helps me to relax. Learning a new skill showed me that I could change how I was thinking. I now experiment a bit more in my baking. It doesn't always go right but I've learnt that doesn't matter (although my kids are brutally honest!)

When Covid restrictions allow I'm planning to run baking sessions at KindaKafe for small groups. I'm fundraising at the moment to buy equipment and Aviva are kindly helping with this through their Community Fund. We've raised over £7,000 already! I'm self-taught and I believe anyone can bake. I'm creating detailed recipe cards (though it won't be like a Bake Off Technical Challenge) and it's a fantastic opportunity to bake as a group in a Covid secure environment rather than a course. We're keen to use this as a way for everyone that meets at KindaKafe to get to know each other and share their baking successes with a hot drink and a chat.

Join Mark for a baking demonstration and to learn more about this new project on Facebook Live on Saturday April 24th, 2-3 pm on the KindaKafe Facebook page.

CHOCOLATE NESTS

PREP TIME: 10 MINS (PLUS 30 MINS SETTING TIME)

VEGETARIAN FRIENDLY ALTHOUGH IT'S GREAT WITH VEGAN CHOCOLATE TOO!

Got any leftover Easter eggs? You can use them up and get into the springtime spirit with these chocolate nests.

100g (about 4 Biscuits) of Shredded Wheat

200g of Chocolate

Mini Chocolate Eggs

Paper cupcake cases

- 1) Line a muffin or cupcake tin with paper cases.
- 2) Break the shredded wheat into a bowl. Try to keep the strands long so that they resemble twigs.
- 3) Place the chocolate into a separate bowl and melt over a pan of simmering water, or microwave for 30 seconds, stir and repeat until melted.
- 4) Once the chocolate has melted pour into the shredded wheat and stir gently to coat the shredded wheat in chocolate.
- 5) Spoon the mixture into the cases and make a small indentation in the centre.
- 6) Place 3 mini eggs into the nests and rest in the fridge for at least 30 minutes to firm up and set.



If you're a master baker, we want to see your beautiful bakes! Share your photos with us at team@kindakafe.org



MARK'S SPICY COOKIES

PREP/COOK TIME: 30 MINS
MAKES AROUND 25

I first baked these cookies with my mum about 45 years ago. I must have made them over 100 times since. They always remind me of home and childhood and of course my mum. I've adjusted the recipe over the years, different amounts of spices, time in the oven. Sometimes they come out softer and sometimes slightly harder. Always good dunked in a cup of tea!

250g Plain Flour

1 heaped teaspoon (1 hpd tsp) Baking Powder

1 hpd tsp Bicarbonate of Soda

1 hpd tsp Ground Ginger

1 hpd tsp Ground Mixed Spice

1 hpd tsp Ground Cinnamon

125g Margarine (or dairy free alternative)

125g Caster Sugar

3 tablespoons (3 Tbsp) Golden Syrup

1) Wash your hands and preheat the oven to 200c / 400F Gas Mark 6.

2) Sift the flour into the mixing bowl and add the baking powder, bicarbonate of soda, ginger, mixed spice and cinnamon.

3) Rub in the margarine. Get your hands in and keep rubbing the flour mix into the margarine until all the lumps of margarine are gone. A little shake of the bowl will bring lumps to the top.

4) Mix in the sugar with a spoon.

5) Measure 3 tablespoons of golden syrup into a Pyrex bowl. Having made it a lot I just do 3 good squeezes as how much you need can vary anyway (see step 6). Put this on top of a saucepan of hot water on the hob on medium heat until the syrup is quite runny. This should only take a few minutes. (This is known as a Bain Marie when you want gentle heat for example when melting chocolate. A stronger heat could cause the syrup to crystallise).

6) Using a cloth, as the bowl will be hot, pour about half the syrup into the flour/margarine/sugar mix and give it a stir with a knife. I use a knife at this stage as the syrup is hot and the knife is easier to clean. It will be very sticky! Get your hands in and bring it all together. Keep adding a little more syrup until the mixture has a doughy texture. It should come clean from the bowl into a single ball and not be sticky. If it is sticky just add a little more flour. When I was 7, cooking with my mum, this would be when I'd be eating the mix off my hands (still do, so time to wash hands again).

7) Rub some margarine onto the baking trays so that the cookies won't stick. Pick a lump of the dough and roll into a walnut sized ball and put onto the baking tray. They don't have to be exactly the same size but if they're similar in size they will cook at about the same rate and have a consistent texture. Continue until all the dough is used. Spread them out as best you can as they will flatten and spread out in the oven. Put in the oven at 200c for 5 mins.

8) After 5 mins turn the oven down to 190c and cook for a further 4 mins. This timing and temperature works for my oven and gives the texture I like. Experiment with slightly longer or shorter times. Longer will give a crunchier cookie that will be hard on the outside but still soft on the inside. I swap the trays over (top to bottom) and turn them round to get a consistent bake but with a fan oven, this shouldn't be necessary.

9) After cooking let them cool on the tray initially before moving them onto a cooling rack. If they are sticking a little bit, a gentle twist should release them but failing that use a flat knife to get underneath. Enjoy still warm with a cup of tea or coffee and if there are any left store in an airtight box.



Got a passion for baking and a great recipe? We'd love to make it! You can share it with us at team@kindakafe.org

5 WAYS TO WELLBEING

MINDFULNESS

FRAN COGNETTI, KINDAKAFE MINDFULNESS AND MEDITATION GROUP
FACILITATOR AND FOUNDER OF THE ART OF BEING YOU



'Paying attention, in a particular way, on purpose and non-judgmentally'
Jon Kabat Zinn

Mindfulness is not about emptying the mind or endeavouring to sit still for long periods of time. Mindfulness is becoming self-aware and noticing where our attention goes and how easily we become distracted. It is about learning to observe yourself and gaining an understanding of what it means to be human. Mindfulness is about becoming present in the moment, taking a non-judgmental approach towards ourselves, and practicing kindness.

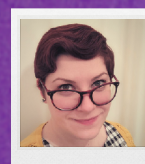
When we bring our attention to the breath and the body, we come into the present moment. The mind tends to be in the past or future. It naturally wanders from one thought to another, drawn into stories, daydreams, worries, or anxieties. Before we know it, we can find ourselves caught up in all manner of challenges, and yet we have only been thinking.

Mindfulness practice over time can demonstrate a better way for us to live, allowing for more choice and acceptance. A chance for us to manage the stresses of 21st Century living with awareness and insight. When we are alive in our experiences, we are truly living. Even the smallest of pleasures can bring delight and broaden horizons. Now is the time to pause and be in the moment- to fully live this one precious life.

If you would like to join Fran for a mindful tea or coffee on April 12th 10.30-11.30 am, get in touch with team@kindakafe.org for the Zoom link.

MINDFULNESS EXERCISE

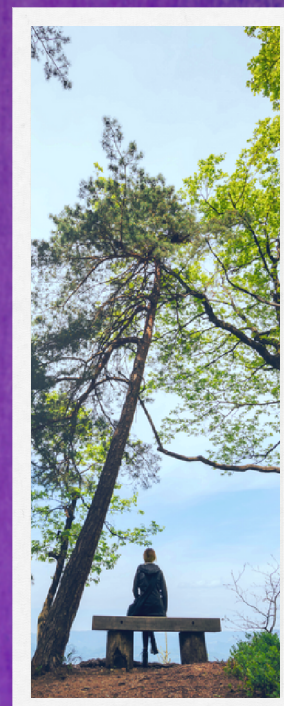
RED IMLAH, KINDAKAFE MARKETING ASSISTANT



This mindfulness exercise is called a Body Scan and helps to relax and focus your mind. To begin with, sit comfortably or close your eyes if you like. Take a few deep breaths and focus on the sensation of your lungs and belly expanding, filling with oxygen. If your mind begins to wander, don't try to stop the thoughts but let them pass and bring your focus back to your body.

As you breathe slowly and deeply, concentrate on the way your body feels as it rests on your bed or chair. Notice how you are holding your feet, letting every muscle relax as if a great weight has been lifted off them. Notice the weight of your legs, the warmth and the sensation of the textures they rest on. Bring your attention up to your stomach and back, if they feel tense or tight allow them to soften as you breathe deeply and rhythmically. Let your shoulders soften and relax and slowly move your attention to your arms and hands, letting go of any tension they might be holding onto. As your attention moves slowly up your neck and jaw, feel the muscles let go of any tightness as you allow your body to relax and just exist as you rest.

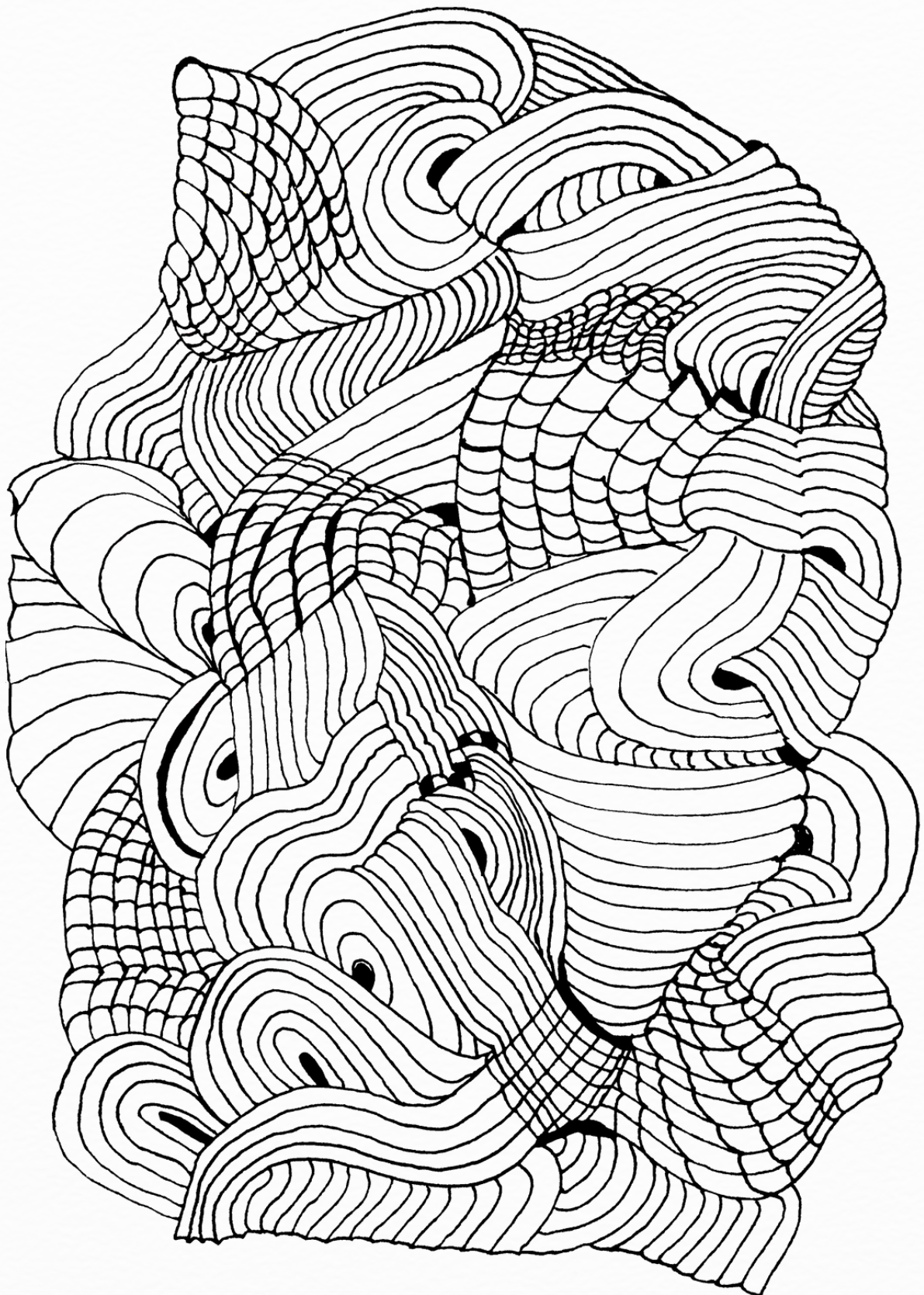
As you relax, be aware of your whole body and how it feels here in this present moment. Take as long as you need to as you let your body rest, and just be. When you are ready, take a deep breath and open your eyes again, returning to everyday life.



COLOURING PAGE

TRACEY RICHES, WONDER WOMAN SUPORT GROUP MEMBER

Doodling and colouring in helps me with my mental health. I don't overthink things and it brings me back to the here and now. I hope it helps you too.



If you've enjoyed colouring this, why not show us your handiwork?
Email us a photo to team@kindakafe.org



KINDAKAFE UPDATE

TOM GASKIN, GENERAL MANAGER

This month has all been about partnership working with some exciting new collaborations with local social enterprises including Lola Stafford Consultancy and Cup-O-T. Together we've offered a programme of Zoom workshops for our volunteers, staff and partners aimed at building confidence and skills in hosting community groups and activities. We've received excellent feedback and we're looking forward to hopefully reopening soon so that everyone can put their learning into practice! Thank you to everyone who took part and to Better Together Norfolk for supporting the project. See our website for updates on future workshops.

We've also got a new collaboration with Mark Ahier on the Baking for Wellbeing project (see page 5), we'd like to thank him personally for all his fundraising efforts!

We're also working with Norwich Together and Better Together Norfolk to launch a new pilot project in Mancroft to help strengthen opportunities for people to come together (Covid permitting) and make stronger connections. Watch this space for more info.



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



COMMUNITY COFFEE MORNING
EVERY MONDAY 10.30-11.30 AM

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



MONTHLY MEMORIES CLUB - FOOD
TUESDAY MAR 30TH 3-4 PM

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



KINDAKAFE PUZZLE CLUB
TUESDAY APRIL 6TH 3-4 PM

If you're a fan of crosswords, sudokus or word searches then this is the group for you. Come together on Zoom with likeminded people, share your puzzles and maybe help each other with an answer or two! Every first Tuesday of the month.



BRIDGES CREATIVE WRITING GROUP
EVERY WEDNESDAY 2-4 PM

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



KINDAKAFE CREATIVE WRITING GROUP
EVERY FRIDAY 11 AM-1 PM

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



FRIDAY SOCIAL SUPPORT GROUP
EVERY FRIDAY 2-4 PM

Friendly, supportive group to talk, listen and laugh and make new friends. Join us on Zoom or at KindaKafe.

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