

KEEPSAKE

A collection of thoughts,
inspiration and creativity



ISSUE 7

The
Shoebbox
COMMUNITY HUB

AUTUMN 2021

WELCOME

TO THE SEVENTH ISSUE OF KEEPSAKE
THE SHOEBOX'S COMMUNITY MAGAZINE



It feels like autumn is truly with us now that the leaves are turning brown and there's a chill in the air. We love the look of autumn and The Shoebox is feeling cosier than ever with twinkling fairy lights and the smell of freshly brewed coffee!

Our Autumn issue has contributions from new members and some familiar faces. As always, if you would like to see your photographs, words or stories included in Keepsake, please get in touch! Your piece could be included in our printed magazine, on our website and social media. Simply pop us an email team@theshoebox.org.uk or call us on 01603 850309 to get involved.

We hope you enjoy the latest issue of Keepsake!

- The Creation Team

THE SHOEBOX UPDATE

We have had a busy few months at The Shoebox with lots going on behind the scenes. We've launched new groups, updated our membership scheme and had a great time reconnecting with returning members and meeting lots of lovely new members!

Our What's On page is growing rapidly, it's just wonderful to see The Shoebox be a bustling hub of fun activities with members building connections and making friends!

Would you be interested in starting your own community group? Let us know! We can support you to share your passion and find like-minded people to join your group.

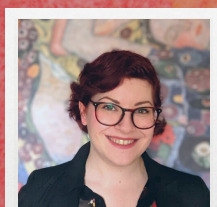
- The Shoebox Team



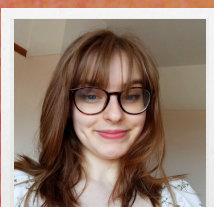
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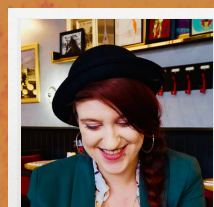
LAUREN



RED



ELIZA



WILLOW

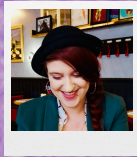


TOM

EMAIL: [TEAM@THESHOEBOX.ORG.UK](mailto:team@theshoebox.org.uk)

WEBSITE: WWW.THESHOEBOX.ORG.UK

CALL: 01603 850309



SHOEBOX MEMBERSHIP

WILLOW FARRELL, GENERAL MANAGER

At The Shoebox, we pride ourselves on being driven by our wonderful members. Since launching our membership scheme in May of this year we have listened to our members to help us to continue to grow and improve.

Our new flexible 'Pay What You Can' membership scheme gives members access to our brilliant membership benefits including attending up to 3 groups a week, plus free activities like our Baking for Wellbeing group and our weekly Community Coffee Morning!

Contribute what you can with a recommended £2 contribution per group you attend or £10 a month. Payments can be made on our website or you can pop your contribution in the honesty box at The Shoebox. We also have a limited number of Sponsored Shoebox Membership which are free for 6 months to those on a low income or benefits.

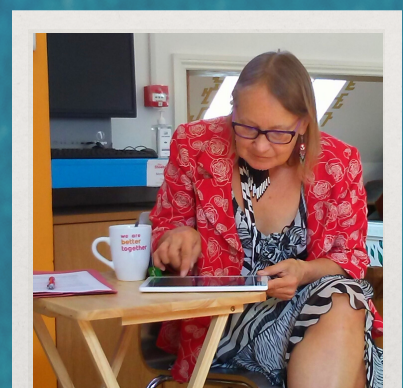
You can see our range of community groups on the back cover of this magazine or by looking on our website www.theshoebox.org.uk.



BAKING FOR WELLBEING



WALKING & RUNNING CLUB



DIGITAL SKILLS GROUP

Visit www.theshoebox.org.uk or call 01603 850309 to find out more.

Want to give it a go? Our weekly Community Coffee Morning every Monday 10.30am-11.30am is the perfect time to pop in!



COMMUNITY BOOKCASE

NICOLE SEARS, SHOEBOX VOLUNTEER



National Read a Book Day has just passed so I thought I would take this opportunity to write about one of the many things I love about The Shoebox: the large community bookcase! When I visit to attend groups, I like to take some time to look through the huge range of genres to see if anything takes my fancy. I recently picked up Elizabeth is Missing by Emma Healy which I really enjoyed reading.

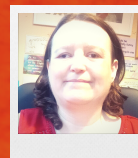
Sitting down in the community lounge with a cup of tea and a book is a very relaxing way to spend a few hours. Research shows that reading has many benefits including stress reduction and improved sleep so even if you aren't usually one to devour a book it's worth giving it a go!

You can borrow any book from the shelf you like or take one book and leave another. There is also a mystery book exchange for those of you that are up to the challenge of choosing a book from a three word hint without seeing the cover beforehand!

THE SHOEBOX COMMUNITY BOOKCASE IS ONE OF THE MANY BENEFITS OF JOINING THE SHOEBOX MEMBERSHIP! TO FIND OUT MORE AND JOIN THE HUB, VISIT WWW.THESHOEBOX.ORG.UK

FREELANCE FREEDOM

LORNA SMART, SHOEBOX MEMBER



Hello, my name is Lorna Smart and I have taken the leap into the world of freelancing, although I am part-time at the moment. The move was prompted by some changes in my circumstances, so I decided to combine my creative talents with my customer service experience. I have set myself up as Lorna Smart Wordcrafter and I provide writing, copywriting, and proofreading services.

Researching things such as what sort of insurance would I need, whether the business should be set up as a sole trader or a limited company, and the many other factors that need to be considered and decided on was a minefield! Luckily, I found a few useful websites that helped me. One of these was www.simplybusiness.com and another was www.syob.net.

I know that I am in for a long, hard but rewarding journey to make my business a success. I want to strike the best balance that I can between earning money, supporting other businesses no matter how big or small, and being able to support charities and non-profit organisations.

FOLLOW LORNA'S JOURNEY ON HER WEBSITE AND SOCIAL MEDIA
WWW.LORNASMAWORDCRAFTER.CO.UK
INSTAGRAM AND PINTEREST @LORNASMAWORDCRAFTER



GREEN LIGHT FOR A BRIGHTER FUTURE



Green Light Trust (GLT) is a well-respected environmental charity, which uses the 'power of nature' to help people who are struggling with their mental health or other challenges such as personal wellbeing, chronic illness, long-term unemployment, recovery from addiction, offending history, victims of violence or abuse or other traumatic experiences. Each year we support around 2000 adults, children, and young people to overcome any personal barriers they have to life progression and transform their lives. Those seeking support can attend progressive wellbeing and educational 'EARTH' courses in GLT's woodland locations at Lawshall, Martlesham Heath, and RSPB Minsmere in Suffolk, and at RSPB Strumpshaw Fen, near Norwich.

Courses are free to attend, with various courses running at any one time. Activities include learning about ecology and natural animal habitats, coppicing and planting, crafting with wood and willow, campfire cooking and bushcraft, walks, and nature meditation. Courses are designed to reduce anxiety and social isolation, and improve mental and physical wellbeing, confidence, and self-esteem. They typically run for 1 day a week over an 8-12 week period and include a free campfire lunch and refreshments throughout the day.

We are currently taking bookings in Norfolk at our RSPB Strumpshaw Fen location, near Norwich. Bookings for courses can be made online by individuals on a self-refer basis, or through a referring organisation.



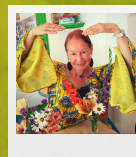
DETAILS OF CURRENT COURSES AND HOW TO BOOK CAN BE FOUND ON THEIR WEBSITE UNDER THE 'BOOK A COURSE' PAGE.

WWW.GREENLIGHTTRUST.ORG

CONTACT GREEN LIGHT TRUST ON 01284 830829 OR INFO@GREENLIGHTTRUST.ORG

ALLOTMENT AMBITIONS

KAREN BOCKING, SHOEBOX VOLUNTEER



I live in a flat and it was the first time in my life that I did not have a garden, no matter how small, so I got my allotment in 2008. It was a full-size allotment entirely covered with brambles.

In the past, it had been rotavated which spread the brambles from one end to completely cover the whole allotment. It had then been left for a year until I came along and decided to take it on but by then, the brambles were my height, 5ft, and there were no pathways to be seen!

Over the years I managed to clear the brambles but life, and death, happens and my mum died in 2010. I helped my dad clear the family home and inherited several fruit trees from the family garden which I planted on the allotment. My dad wasn't getting any younger so I care for him as he is 88 now and needs more of my time.

Over the last few years, I have become depressed about the allotment as I am in my 60s and it was getting too much for me on my own. I was seriously thinking about giving up my allotment. Then, one of the volunteers at The Shoebox asked if I would like some help with it. I said you had better have a look at it first, you might change your mind! But he didn't.

I have decided not to give up my allotment now. I visualise that the allotment will be not just for my own physical and mental wellbeing but the wellbeing of others too. A community allotment!

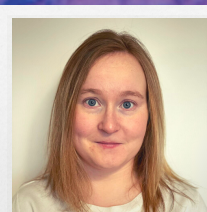
Now I have become a happy allotment warrior instead of a depressed allotment worrier. The allotment is off Wall Road, near Sprowston Road. Any help is appreciated whether it is an hour or joining us once in a while. Please get in touch with The Shoebox if you would like to get involved.

Just bring gardening gloves, wear suitable footwear and dress for the weather as we plan to keep going through the winter months! Unfortunately, I don't have a shed on the allotment to store tools so please bring your own gardening tools along.



HIDDEN GEMS: DEEP HISTORIC COAST

LAUREN LONERGAN, SHOEBOX VOLUNTEER



Norfolk is lucky to have over 90 miles of stunning coastline with a rich history dating back to the Prehistoric era.

Over 1.2 million years ago Norfolk was a great plain just like Africa with animals such as bison, rhinos, deers, lions, hyenas and mammoths. A land bridge connected us to Europe, then called Doggerland, at what now is Happisburgh. Norfolk was the first place in Britain to be settled by early man.



Archaeologists and scientists from The British Museum and Natural History Museum discovered 850,000 year old footprints at Happisburgh of 5 people, adults and children, who had stopped to collect plants and shellfish at the mouth of the River Thames which once flowed through Norfolk. These footprints are the earliest evidence of mankind outside of Africa!



The skeleton of a mammoth was also discovered at West Runton in the 1990s. It was over 600,000 years old, 4 metres tall from its shoulder and weighed 10 tonnes, making it twice the size of anything found on the Jurassic Coast.

200,000 fossils can be found on the Norfolk coast each year, so why not take a trip to the beach and go exploring? West Runton is one of the best places to go fossil hunting, and who knows- you might find amber or even a mammoth tooth!



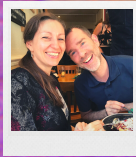
RESPONSIBLE FOSSIL HUNTING



WHILE FOSSIL HUNTING IS A FANTASTIC WAY TO ENJOY THE BEAUTIFUL NORFOLK COASTLINE, WE MUST ALWAYS BE CAREFUL TO PROTECT THE ENVIRONMENT WE ARE SO LUCKY TO HAVE.

YOU CAN FIND GREAT PLACES IN NORFOLK AND BEYOND TO VISIT ON YOUR FOSSIL ADVENTURES AND GET TIPS ON HOW TO FIND AND COLLECT FOSSILS RESPONSIBLY ON THE UK FOSSIL NETWORK WEBSITE.

WWW.UKFOSSILS.CO.UK



BORROW MY DOGGY

LOUISE FARRELL & SIMON FENTON

After two years without a dog in our home, we were truly missing canine company. Unfortunately, circumstances meant we couldn't adopt a new pet into the family and the dog-shaped hole in our lives was becoming harder to ignore.

Then we discovered BorrowMyDoggy, a website that matches dogs in an area with trusted local people who would love to spend time with them! It's simple and free to set up a profile, saying a bit about yourself and what you are looking for, and listing when you are available. You are then able to view the dogs in your area, who are looking for companionship.

Very soon after registering, we were fortunate to meet Luna, a beautiful white greyhound, just before the first lockdown. Walking in the local parks with Luna, and watching her uncomplicated joy at running after a (badly-thrown) tennis ball, brought us so much comfort and delight during an otherwise difficult year. She has since moved away but we will forever be grateful for being given the gift of spending time with Luna during 2020.

As luck would have it, little Olive, an adorable puppy rescued from Romania, was adopted by a lovely local family earlier this year. They were looking for someone to spend time with Olive when they weren't able to be there, and living so nearby meant we could help out as and when. Olive has settled in to our home and become part of the family, often visiting for an afternoon or two a week, and occasionally overnight. I imagine it's a little like being a grandparent – we get to do all the fun things like playing at the park or a trip out to the beach, then hand her back for all the routine things like having a bath or getting her nails clipped!



We hope to offer a home to our own pup someday in the future, but in the meantime borrowing another family's doggy has helped us to fill that dog-shaped hole. Luna and Olive have brought us so much fun, laughter, and happiness, and all while helping their families to juggle the many demands of everyday life and taking great care of their dogs by arranging extra company and exercise. www.borrowmydoggy.com is a win-win-win for all concerned!



GREY SEALS AT HORSEA

LAUREN LONERGAN, SHOEBOX VOLUNTEER

Norfolk has the largest colony of Grey and Common Seals in the UK with the number increasing each year. From late October to February the beach at Horsey becomes home to thousands of Grey Seals, also known as Atlantic Seals, to have their pups.

Only one pup is born to each cow (mother) who feed their newborn for 2-3 weeks before leaving it to mate again then returning to the water. A pup gets fat fast, putting on 2kg while it is being fed by its mother. Pups are born with yellow-tinted fur which turns white and when they are a little older their fur will shed to a waterproof coat.



Eventually hunger will push the pups into the sea. While they are still on the beach, Friends of Horsey Seals patrol the beach to keep watch on the seals, educating visitors and counting the number of pups born. In the 2019/20 season 2,316 pups were born, 200 more than the previous year. Another 2,000 were born in the 2020/21 breeding season. Over the last few years, as the colony has continued to grow, the seals have moved down the coast towards Winterton.

The beach is cornered off so people don't disturb the seals but you can enjoy amazing views from the dunes and snap a picture of the cute pups from a safe distance.

SEAL SAFETY

IF YOU GO TO VISIT THE SEALS PLEASE MAKE SURE TO KEEP YOUR DISTANCE! THIS IS NOT ONLY FOR THE PROTECTION OF SEALS BUT ALSO YOURS. THE MUMS CAN ATTACK IF THEY FEEL THREATENED. IF THE MUM SMELLS HUMANS ON THE PUP THEY WILL ABANDON IT REGARDLESS OF ITS AGE WHICH CAN BE FATAL.

PLEASE ALWAYS KEEP YOUR DOGS ON LEADS AROUND A BEACH WITH SEALS AS IN THE PAST BABY SEALS HAVE BEEN ATTACKED AND FORCED INTO THE SEA BEFORE THEY ARE READY BY DOGS!

THE BRITISH DIVERS MARINE LIFE RESCUE HAVE GREAT RESOURCES ABOUT PROTECTING OUR MARINE WILDLIFE AND CAN BE CALLED TO HELP A SEAL IN NEED.
VISIT WWW.BDMLR.ORG.UK OR CALL THEIR RESCUE HOTLINE 01825 765546.



TURNING A CORNER

FRAN COGNETTI, SHOEBOX GROUP FACILITATOR

Unless the path is familiar, when we approach a corner, we may be aware of a slight feeling of apprehension. This awareness depends on how connected we are to our thoughts, feelings, and body sensations. Turning a corner can also offer feelings of excitement and wonder. As we move towards the unknown, is it possible to notice what we feel and think about what will be around the corner.

When walking around the town or city that we live in, we are accustomed to the sights and sounds of that place. There appears nothing new or surprising and more often than not our attention is sitting in our minds and occupied by our thoughts. During Lockdown many people have taken the opportunity

to explore areas in nature and around the space they live in. This has proven beneficial for inspiring ideas, connecting to the natural world, and appreciating what is there. Cityscapes and buildings can also offer an opportunity for exploration and provide us with a source of interest and exercise.

What has all this to do with mindfulness, I hear you ask? I am using the city walk as a metaphor for taking on board new projects in our lives, and the unseen challenges that can arise. Some challenges may be of our own choosing, some may be out of our control. Changes to our familiar circumstances can arise without our approval and we can be tested by them. We can prepare for change by challenging ourselves. Rather than waiting for change to happen to us, we can venture forth and welcome a change with appropriate preparation and forethought. We do this naturally.



When it's raining, we dress in waterproofs, when it's cold we put on extra layers, when food is getting low, we go shopping. We prepare for future events such as these all the time without thinking too much about it. So, imagine what can be achieved if we do put our mind to it, in fact if we put our whole being into something we can truly experience what is happening.

With a kind awareness of how you feel and what is present in your body as sensations and thoughts you can approach a corner, whether it is in the street, or perhaps a challenge of a different nature with your undivided attention. Allowing yourself to simply be awake to your experience as it unfolds.

There are lots of mindfulness and meditation techniques that can help us all. The 3 Step Breathing meditation is a great example that offers a way to be with yourself in moments of uncertainty and moments of clarity.



MINDFULNESS & MEDITATION

FRAN COGNETTI, SHOEBOX GROUP FACILITATOR

We practice the 3 Step Breathing meditation regularly in our weekly session at The Shoebox and much more so if you are curious, please join us! No experience is required so you can just come along, you are most welcome.

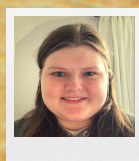
You can join the Mindfulness and Meditation group by joining The Shoebox Community Hub as a member.

We meet every Tuesday 10.30am - 11.30am at The Shoebox and on Zoom. If you'd like to come along in person or on Zoom, please email team@theshoebox.org.uk or call 01603 850309 to find out more.



POETRY CORNER

EMILY BIRT, WOMEN'S WONDROUS WORDS MEMBER



ALL THAT GLITTERS IS NOT GOLD.
SOME OF IT WILL BE CRYSTAL,
AND SOME DIAMOND,
AND SOME WILL BE SEQUINS ON A MONARCH RED BALL GOWN,
AND SOME WILL SPARKLE UNDER LIGHT,
AND SOME WILL GLOW IN THE DARK OF NIGHT,
SO, IS GOLD THE GREATEST TREASURE?
WHEN YOU ARE EMPTY AND DULL AND FLOATING AWAY,
WILL IT WEIGH YOU DOWN?
THE VALUE OF GLITTER DOESN'T STOP AT GOLD,
OLD AND VULNERABLE ARE NOT SYNONYMS FOR DULL AND USELESS,
AND YET WE SMILE.
SMILE THAT THE SICKNESS WILL TAKE THEM AND NOT GOLD
THEM AND NOT US.
STARLIGHTS AND THE SEA IN THE SUN AND THE GLITTER ON A BIRTHDAY TABLE
BUT NOT GOLD, NEVER GOLD.

WHAT'S ON

JOIN OUR NEW MEMBERSHIP SCHEME OR START YOUR FREE TRIAL TO ATTEND GROUPS. EMAIL TEAM@THESHOEBBOX.ORG.UK FOR ZOOM LINKS. CALL 01603 850309 FOR MORE INFORMATION.



COMMUNITY COFFEE MORNING EVERY MONDAY 10.30-11.30 AM

Come along for a cuppa and a chat at our weekly coffee morning and start your week with a smile. Open to members, guests and non-members. Join us at The Shoebox or over Zoom.



MINDFULNESS AND MEDITATION GROUP EVERY TUESDAY 10:30-11:30 AM

Join Fran at The Shoebox or on Zoom to go through guided meditations, the benefits of being mindful in your favourite activities and daily life.



DIGITAL DROP IN 2ND & 4TH TUESDAY 1-3PM

Group to learn new digital skills and gain confidence with the help of Digital Inclusion Volunteers from Voluntary Norfolk. Please get in touch to reserve a space.



LADIES CHAT & SUPPORT GROUP 1ST & 3RD WEDNESDAY 10AM-12PM

Come together with like-minded women for support, conversation, and laughs!



LET'S TALK M.E. 2ND & 4TH WEDNESDAY 10AM-12PM

A welcoming group for people who live with the diagnosis of M.E., Chronic Fatigue, Fibromyalgia and chronic pain.



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 The Shoebox and bring along any sort of writing to share and discuss.



THE BRIDGE SOCIAL GROUP EVERY THURSDAY 10.30AM-12PM

A social group for young adults (18-30 year olds) moving between services or who are ready to make changes and require some support. Join on Zoom or at The Shoebox.



CREATE CRAFT CHAT EVERY THURSDAY 1-5PM

Bring a crafty or creative project you're working on and join this group of like-minded people for fun, friendship and support. Some materials are available for use in the group by members.



WOMEN'S WONDROUS WORDS EVERY FRIDAY 10 AM-12 PM

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



FRIDAY SOCIAL SUPPORT GROUP EVERY FRIDAY 1-3 PM

This friendly, supportive group is the perfect place to talk, listen, laugh and make new friends. Everyone is welcome and accepted. Join us on Zoom or at The Shoebox.



...DIFFERENT DAY EVERY FRIDAY 3-4 PM

A group for people aged 18+ who are experiencing depression, bipolar or both. Just people sharing their views and experiences to help each other. Relaxed, respectful atmosphere.



RUNNING & WALKING CLUB EVERY FRIDAY 4-5 PM

Join this friendly, supportive group on a short weekly run around Norwich city centre, starting and finishing at The Shoebox.



VISIT WWW.THESHOEBBOX.ORG.UK TO SEE OUR UP TO DATE GROUPS INFORMATION OR FOLLOW US ON FACEBOOK FOR FUTURE UPDATES ON WHAT WE'RE UP TO AT THE SHOEBOX

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