

Issue 3
April 2021



Kairos CHRONICLE



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Cover image by: Chloe Nalwoga, Black Queen (2020)

"Kairos is more than a space, it's a feeling" - Kairos Woman

WELCOME

Welcome to Issue 3 of the Kairos Chronicle! We're proud to showcase the lives of women & non-binary people in Renfrewshire. We've had a busy few months at Kairos Women+ - we are taking steps to become an independent charity to help us reach even more women & non-binary people, plus we're moving out of our wee space on Quarry Street in Johnstone so we're on the lookout for something a bit bigger. Pop us an email if you have any ideas where we could go next: info@kairoswomen.org. Don't forget to join us for our exciting online groups too. **Enjoy!**

THE CHRONICLE TEAM



Adeola



Emmagayle



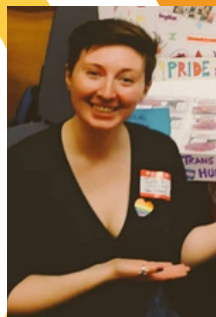
Arti



Amanda



Kate



Jules



MEET THE ARTIST



**CHLOE
NALWOGA**

Chloe Nalwoga moved to Renfrewshire from Uganda in 2006, aged 10. When Chloe and her family moved here, it was so different - her life in Uganda was so free. She had experienced a wonderful childhood where you went out with your friends in the morning, only going home for meals, with a close knit community.

On arrival in Paisley, Chloe felt she was “almost like on house arrest constantly because [her Mum] was

worried” about racism in the neighbourhood where they lived - she was not allowed out to play. She attended Castlehead High School in Paisley with her siblings and at that time, there was only one other black person there. More black children gradually joined until there was a group of around 15 kids and it felt good to have others that she could identify with. Chloe says she did not feel she suffered greatly from racism while at school, but the kids were curious about her because she was seen as ‘different’.



"IT WAS ALMOST LIKE HOUSE ARREST BECAUSE MY MUM WAS SO WORRIED."



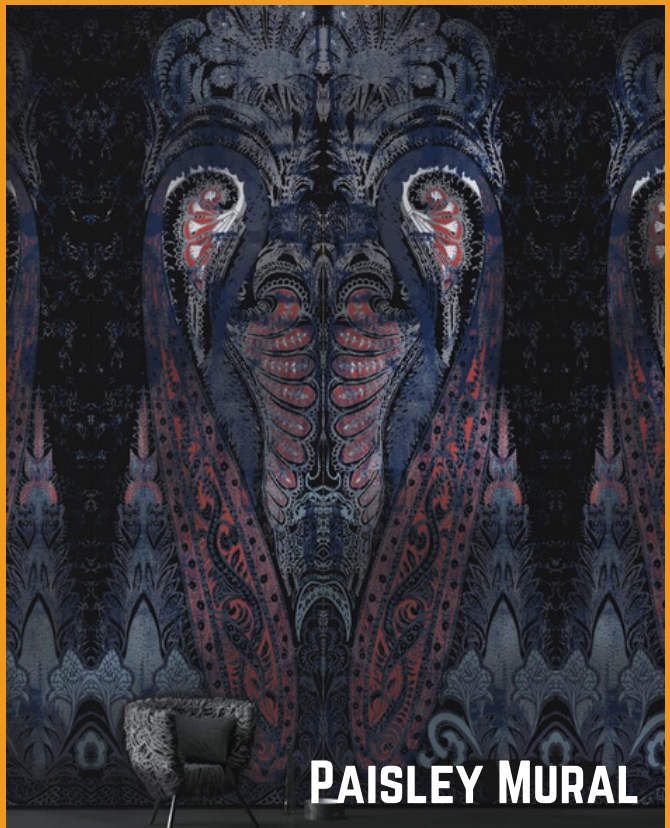
BEAUTY LIES IN THE EYES OF THE BEHOLDER, 2016

They'd sometimes ask silly questions like, "Do you wear shoes in Africa?" and want to touch her hair or skin. At high school you do not want to be noticed in this way, you just want to blend in. Chloe was bullied about her accent at school. Although perfectly spoken, and English feeling like her first language, she didn't really understand the Scottish slang and paid the price for that at school.

Chloe found a great love for writing and art and spent a lot of time in the Art Department **"so instead of making friends I was drawing"**. This was a way for her to process her thoughts and feelings, "a way to escape everything else that was happening round about me really, and that's how I really, really got into it. It was not just the fact that I was good at it but I had this sort of an emotional connection with it and it became a way of escape for me."

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On passing her exams well, Chloe progressed to Cardonald College to study Applied Arts which included ceramics, jewellery design and textiles. This led to an HND in Textiles and despite offers for Glasgow School of Art and a London Art School, Chloe went onto Herriot Watt University and



PAISLEY MURAL

completed a Textile Design Degree. The course involved knit, weave, print, and interior design and in her third year, Chloe chose to specialise in print. She did not like fashion as it felt too restrictive and wanted to do textiles for interiors, using big expressive designs. Her final project was influenced by the Paisley pattern and fused with her African heritage, with pattern and colour, expressing both sides of her cultural upbringing. Chloe was awarded the New Talent of the Year in 2019 at the Surface Design Awards Show in London for her handmade wall coverings and was selected to collaborate with Hewlett-Packard on their stand design in Frankfurt .

CHLOE WITH 'BLACK QUEEN', 2020



2020 looked like it was going to be Chloe's year and things looked set to take off, when the pandemic hit and everything ground to a halt. However **you cannot keep a creative and positive spirit like Chloe down for long** and although she felt a bit down and stagnant, *"a creative person never has only one skill, you have multiple skills and its understanding the multiple skills that you have and utilising them"*.

She quickly pulled on those skills to diversify. As the interior design side of Chloe's business slowed she started a new online business called SVN Studios selling screen printed T-shirts, phone covers, and exquisitely embroidered hoodies and lounge wear.

In addition to all of this, Chloe has created a beautiful collection of portraits called **Adorned**, one of them, the Black Queen features on our front cover of this zine. It is a striking portrait of a woman of a regal confidence and assurance.

"A CREATIVE PERSON NEVER HAS ONLY ONE SKILL, YOU HAVE MULTIPLE SKILLS AND ITS UNDERSTANDING THE MULTIPLE SKILLS THAT YOU HAVE AND UTILISING THEM".

This portrait was inspired by the Black Lives Matter Movement and the death of George Floyd; how black people are being treated unfairly by institutions, “black people cannot get into work because of their braids, or dreads or you are forced to wear a wig with straight hair because you want to blend in”. But Chloe feels black people have to be Queens for ourselves, and that black is beautiful, “we have to find pride and wear our skins as crowns, wear our hair as crowns, black people have to find pride in our culture and in ourselves, and that is what makes you beautiful.” I hope soon in non-Covid times we could take a trip to see Chloe’s collection of portraits.



NOW YOU SEE ME, 2016

"BLACK IS BEAUTIFUL"

This article was written by Amanda Mackie following a Zoom interview with Chloe on 29th January 2021. Hear more details from this interview on our Facebook Page.



HOPE

by Emmagayle Harper

Hope. Never before has this word played such a prominent role in all our lives, not at the same time at least.

After restrictions lifted last year, I had a lot of hope. The hope that we would get out of this pandemic before the new year, hope that we could all see our family and friends in person again and hoping for a sense of normality in 2021. These hopes were somewhat dashed due to the most recent lockdown that as I'm writing this, we still find ourselves in but a light at the end of the tunnel came to me in early 2021 in a wee clear vial;

the Oxford–AstraZeneca COVID-19 vaccine. I was called by my GP in early February to be offered the vaccine as I'm part of group four (all those 70 years of age and over and clinically extremely vulnerable individuals) of the recommended priority list set out by the Scottish Government Joint Committee on Immunisation & Vaccination and was booked in for my first jag the same week.

"A light at the end of the tunnel came to me in early 2021 in a wee clear vial."

It went as smoothly as possible when I got to the surgery, all the usual covid procedures; social distancing, going in one dedicated entrance and leaving through another exit, masks in place, hand sanitising etc. The jag wasn't sore itself which was surprising seeing as I've always been a big baby when it comes to needles and people always make fun of me because I've got tattoos but they're apples and oranges, it's just not the same thing. The process went well though, although I did have some of the typical side effects afterwards such as headaches, aching muscles and general nausea but nothing too serious, but it did give me an excuse to lay in bed for a few days binging Netflix! I feel so very grateful and extremely lucky to have received the vaccine as quickly as I did, not even a whole year after we were first plunged into lockdown and after hundreds of thousands of lives lost.



Emmagayle getting her first vaccination in Feb

My heart goes out to those who have lost a loved one to the virus, to each and every member of the NHS and essential worker and to those who lockdown has hit the hardest. I hope that the vaccine will be a light at the end of the tunnel not only for me but for all of us to be able to break free of what feels like a never-ending cycle of lockdowns. I've got my fingers crossed for the second half of 2021 because don't know how many more Zoom calls and lockdown birthdays and Christmases I'll be able to handle with before I start to go a bit mad.

INSTA: @EMMAGAYLEHARPER

**"MY HEART GOES OUT TO
THOSE WHO HAVE LOST
A LOVED ONE."**



Emmagayle is a member of our Equalities Collective, campaigning for change for women and non-binary people!

When I was reading through local newspapers recently for anything relating to the suffragette movement in Renfrewshire I came upon an article from the 9th of May 1914 in the Paisley & Renfrewshire Gazette. It was

a report of a public meeting held at the Methodist Central Halls in Paisley where several speakers from the Women's Social & Political Union (WSPU) took the platform talking passionately on the right of women to vote. The article header was "Votes for Women – "General" Drummond on the Warpath!" By 1914 the suffragette movement was well known for taking part in direct acts of militancy to further its aims. The acts of protest carried out by suffragettes led often to imprisonment. In prison the suffragettes...

Back in Time with Lil Brookes

Suffragette "General" Flora Drummond

believed themselves to be "political prisoners" and as such they were due certain privileges. However the authorities did not recognise this and so many suffragettes went on

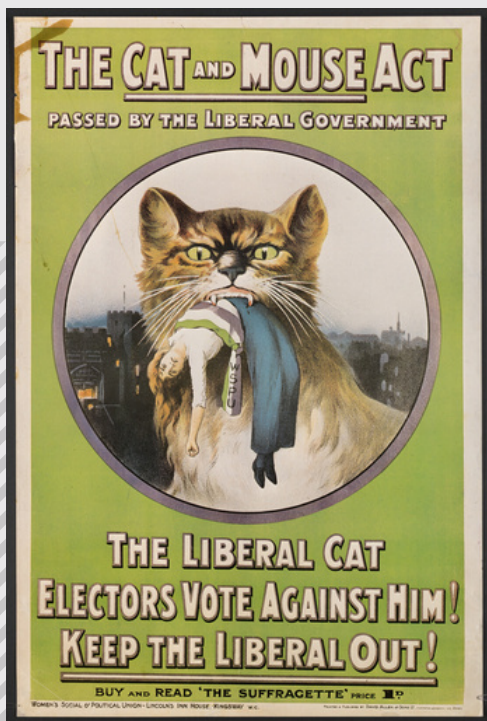


LIL BROOKES IS A SOCIAL HISTORIAN AND ARTIST WORKING IN RENFREWSHIRE



hunger strike whilst enduring the harsh prison regimes. The women as common felons who refused food were often force fed leaving many very ill and traumatised. There was a public outcry when the methods used on hunger striking suffragettes became known. The Prisoners (Temporary Discharge for Ill Health) Act, commonly referred to as the Cat and

Mouse Act was established in 1913. The act allowed prisoners who were on hunger strike to be released on licence as soon as the hunger strike affected their health. They could then recover but after a pre-determined time to allow recovery the prisoner was rearrested. The nickname of the act came about because of the domestic cat's habit of playing with its prey, allowing it to temporarily escape a number of times, before killing it. The speakers at the meeting in Paisley spoke of their revulsion with regard to the Cat & Mouse Act. The key note speaker was a well-known suffragette leader recognised for her militancy..



**"THE "CAT AND MOUSE ACT"
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and had herself been on hunger strike several times. When she stood to speak she received "hearty applause". "General" Flora Drummond addressed the audience saying that this was the first time she had been to Paisley and she was delighted to be in the town as her grandparents were both Paisley "buddies". To quote from the article she went on to say: *"If she was arrested again she was not going to endure the tortures of the Cat & Mouse Act. She was not going to bend the knee to the Government, and if she was let out of Holloway she would spend her time on the doorstep public offices and probably the doorsteps of Cabinet Ministers. She would continue to hunger strike until she got unconditional surrender...!"* My interest in the local history of Paisley and Renfrewshire was



"General" Flora Drummond

raised with her referral to her grandparents being Paisley "buddies". I decided to find out more about "General" Flora Drummond and try to confirm that she was descended from Paisley "buddies". To find out what I discovered see my second article in the next edition of the Kairos Chronicle!

Find Lil on Twitter
@Gatekeeper_art or
gatekeeperart.co.uk

A PROBLEM SHARED



“The lockdown has been a really positive experience for me – I’ve been able to focus on getting well and building a good routine. I don’t feel like I can talk about it because it’s been so hard for others, do you think I’m the only one?”

LEANNE SAYS...

Lockdown has had many highs and lows and everyone has had different experiences during it. It is amazing that it has impacted you in a positive way. You should celebrate your successes. In life there is not many times when you get the time to work on yourself, good for you having been able to do that that. I think a lot of people will be feeling the same it is natural to not want to talk about your own successes in the case it upsets other.

Talk about it, celebrate the good things that happen in life. I am sure there are lots of people who will be happy to celebrate with you. Let's remember what Kairos is all about women supporting women no matter what we are experiencing in life the good the bad, the highs and the lows. We always have a friend at Kairos.



"I'm worried that I'm not doing enough during lockdown. Everyone else seems to be getting involved in things online but I can't manage that. What do you recommend?"



RUTH SAYS...

This is a great question, as I think there might be others out there who feel the same way. Don't worry if you can't do online things there is lots more you can do to get involved in your community; but if it is something you really want to get involved with think about what is stopping you from doing online. If you're not sure about the video platforms ask a friend to show you how it's done. The main platforms

are Zoom, Skype, Facetime and WebEx to name but a few. If you're not sure of wanting to talk on it but just want to listen, or you don't want your face on it, you can always have audio and video off and just listen; it means you are still joining in.

Don't forget about our Letters Project. You can write to a volunteer while you're at home. Contact Kairos to get involved: info@kairoswomen.org

CONTACT OUR AGONY AUNTS



Get in touch anonymously with any questions. Remember, we're not professionals, just friendly faces in your community offering a few bits of friendly advice.

Ask us here: www.bit.ly/KairosAunts

Mindfulness

Mindfulness I hear you say
'is something I can't do'
Please let me guide you
and I'll explain it all to you.
It really doesn't matter if
you want to sit, lie or stand
Let me be beside you,
feel me take you by the hand.
We use the breath to focus,
as everybody breathes.
Focus on how your breath comes in
and also how it leaves.
Remember breathing through your nose
is what you're designed to do.
Can you feel if the air is warm or cold,
as it enters into you.
Your body survives on oxygen,
especially your lungs and brain.
So breathe in deeply to start with,
to help your body gain.
Notice how deep your breath goes,
is it to the chest or abdomen.
The deeper it goes the better,
just start by breathing in.



Take a few deep breaths,
then let your own rhythm take over.
Now try scanning your body
and see what you discover.
Relax throughout your body,
letting any tension slip away.
Now that your relaxed you'll find
your mind just wants to play.
You may find your mind has wandered
and you have lost your focus.
Gently bring it back to the breath,
without needing to get anxious.
It's natural for thoughts to come,
learning to let go is the process.
Above is how you meditate,
but mindfulness is much more.
It's paying attention to the moment
in each and every chore.
Checking how your body feels
and letting tensions go.
Being aware of your senses
and letting the moment flow.
It's noticing the trees, the sky and everything round about.
It's tasting your food and not rushing, or hurrying to get out.
It's noticing each thing you do, and really paying attention.
The joy that being mindful brings is the last thing I will
mention.





AN EXCERPT FROM:

THE CRYSTAL STONE

CAROLINE BLYTH

There was a time long, long ago.

In a small village, in the middle of a wide valley, there lived an Enchantress. One day, the Enchantress went to visit her sister, Olivia, who lived at a mill on the banks of the gently flowing river that meandered along the valley floor and passed their village. The ageing miller was very fond of the young girl and hoped that one day, when he became too infirm to continue in his work, Olivia might take over the day to day running of the business.

The Enchantress found her sister in a sad mood.

"What is wrong, my dear?"

"You know the young man who works for the blacksmith? Adrian, his apprentice?"

The Enchantress paused, then stroked her sister's concerned looking face. "Yes...I know him ...he lives in a cottage nearby with his ageing mother. I also remember that you told me that you felt very dearly for him."

"Oh sister ... my feelings for him run so much deeper than that. I feel a great tenderness for him ... no ...it is more than that even. I love him. And now, he has become badly ill, and I am so worried."

The Enchantress smiled, for she remembered with fondness the first, and only, time that she had fallen in love so many, many years before. She knew how the intensity of that feeling had always made her tummy give a little flip every time he had passed near her. Yet, being so inexperienced then, she had been too afraid to declare her love to him, worried that he might consider her to be too 'forward' and that behaviour unbecoming of a young woman. So, she had never told him ...and he found another love, whom he married and with whom he had borne children...

To be continued...

To read the full story, grab a cuppa and head on over to our Kairos Facebook page - quick!

SENSITIVE CONTENT

The poem on the next two pages contains descriptions of violence against women. Please look after yourself and only read the poem if and when you feel able to.



D O N ' T

Don't shout at me
Don't swear at me
You used your words to threaten, scare and charm me.
This was just the start of your abuse.

Don't gaslight me so I question my own thoughts and reality
Don't lie to me, cheat on me, laugh at me and belittle me.
By undermining me, you feed your own pathetic, weak ego.
Don't think you can continue to abuse me, to inflate your sense of importance.
Don't think abusing me is acceptable, in order to make you feel powerful.
Only the weak do that.

Don't think you can continue to mistake my kindness for weakness
Don't use alcohol and stress as excuses for being an abuser
Don't harass and manipulate me into debt, then punish me for it.
Don't try to turn my family against me.
Don't take my phone from me
Don't lock me out of my house
Don't lock me in a room when I am 8 months pregnant.



Don't push me
Don't hit me
Don't slap me
Don't punch me
Don't bite me
Don't drag me across the floor by the hair
Don't kick me
Don't smash my head repeatedly off the bathroom tiles.

But most of all:
Don't think you have destroyed me
Don't think you can control me anymore.
I am a strong and determined woman
You cannot change that.
Just as you cannot change your weakness.

- Anonymous

Thank you to the courageous woman who chose to share this poem with us in the hope that it might help other women in similar situations. If you need support with domestic abuse you can contact Scottish Women's Aid via their helpline 24hrs a day on 0808 2000 247. You are not alone.



TIME

BY SARAH-JANE RUSSELL

Too much time, not enough time, deadlines, appointment times, shifts at work, time to pick up kids, me time, family time, chore time, dinner time.

Time rules my life I've realized. I am constantly checking my watch to see what time it is and think where I've got to be or what I should be doing. I feel guilty if I sleep in or if I go to bed too late. I find it difficult to just relax and forget about time. I am definitely more of a morning person as I prefer to get up early and seize the day. I like routine and organisation.

I love the daylight and fresh air and I especially love the silence before anyone stirs in the morning. I cherish my cup of tea on my own before the kids wake up and Scott is already away to work. It sets me up for the day gives me a chance to prepare for the day ahead and lets me gather my thoughts and plans. This is my time just me on my own and I really need it.



"I especially love the silence before anyone stirs in the morning. I cherish my cup of tea on my own before the kids wake up."

If I don't get this time (which can vary from 20 minutes to one hour) I feel a bit off all day, so it is so important for me to take this time to get up before the kids and enjoy this peace and quiet. Most of the time I feel like there's never enough time to do everything that needs done as there's just too much needing done like housework, cooking, cleaning, sorting paperwork etc. and then you need to find time to relax!

How is this possible? Then sometimes I feel like there's too much time to fill especially when I'm trying to entertain, teach and mediate my three children. I've learned that I can't do everything as I'm only one person so I have to choose, prioritise tasks and delegate where possible.



Sarah-Jane with her family

Some days I feel like I have totally nailed it. The house is relatively clean and tidy, the dinner is cooking away in the slow cooker and the kids are all set about completing their own tasks with not a cross word or huff in sight and I'm sitting chilling (with another cup of tea) and my dog Floyd is cooried in next to me. I take a deep breath and inhale the positivity and enjoy my moment of peace.

"Some days I feel like I have totally nailed it."

Inside I'm doing a little victory dance-YIPPEE! All is calm! I know that this feeling won't last and any minute now that peace and calm will be shattered and I will have to react. I wonder what it will be this time? A ping of a message, a phone call, a shout from upstairs or the chatter in my own brain telling me I should be doing something and shouldn't be just sitting here doing nothing. However, for now I will enjoy my time just being and not doing. Then there's the feeling that I've not spent enough time checking up on my loved ones even though they never check up on me, but I can't let that stand in my way because we never know how much time we have here on earth so.... I call or message my loved ones and feel relief when I know they are all okay. I try to silence the chatter in my brain and try to ignore the mountain of chores building up and make everyday count. Time is precious so spend it wisely. The chores need done but they are never ending whereas my kids are growing up so fast so...

"We never know how much time we have here on earth so I call or message my loved ones & feel relief when I know they're okay."

Sarah-Jane with son Luke



I choose to spend my time with them while I can. Everyday looks a little different and I embrace that. Oscar loves to bake so we spend a lot of time in the kitchen creating masterpieces. Logan likes to show off his boxing skills, so we spend time sparring or admiring his hamster 'Blue' together. Luke likes a cuddle and chat on the sofa which I absolutely cherish. So, if you visit me, be welcomed into an unkempt noisy house with a gorgeous aroma of baking and lots of tea and cuddles I would not have it any other way.

"I would not have it any other way"



Logan with his hamster, Blue



Oscar in the kitchen baking

TATTIE BOGLE OAN THE ALLOTMENT



A poem by Elaine Loch

There wis a wee tattie bogle jist cum tae the allotments,
brung tae scare the birds awa...

Weel, that wis the plan

bit this smiley wee man had nae notion fur that,
he wis oot tae mak friens....weel maybe no wi that big
aul cat.

Whun he cam the allotment wis that tidy an as yit bare,
sae nae work for him there..

But ower ahint the poly tunnel weel there the gairden
wis a guddle.

The nursery weans in lockdown haed tae stay at hame.

These big aul weeds wur takin ower,

the grun, aw dry and crackt, it wis needin a shower.





The neeburs could see the weeds thocht they hid got
away wi takin ower
an wir spierin hoo tae cover up the wee plants.
The herbs, an rhubarb an ither veggies, wanted tae
learn the weans o hoo things
dae grow so in guid time they could say wow...we did
grow that wursels!

Pair wee tattibogle,
tae stert wi it wis jist weeds ,
an it taen a wheen o days hammerin an sortin the
wudden veggie beds,
humans doun oan their knees keekin fir roots o
dandelion tae mak the pads tidy.

First o aa wee tattiebogle noticed the rhubarb wis
growin weel,
whit a shame nae weans this year dippin the stalks o
rhubarb in sugar,
thur wee faces grinning atween the sour an the sweet!
Tattiebogle wull mind thir plot fur noo.



**"THIS ARTICLE IS AN ATTEMPT
TO SET THE RECORD
STRAIGHT".**

Refugees Welcome

In June 2020, we met online for a virtual 'Let's Talk' and spoke about World Refugee Week and spent time thinking about some of the struggles faced by people forced to leave their countries.

The UNHCR defines a refugee as someone who 'has a well-founded fear of persecution for reasons of race, religion, nationality, political opinion or membership in a particular social group.' An 'asylum-seeker' is simply someone whose request for sanctuary or refugee status is being processed, and everyone has the right to seek asylum from persecution. There are many myths prevalent in the media about people seeking asylum in the UK, with terms such as 'scrounger' and 'illegal' thrown around without any context.

This article is an attempt to set the record straight.

Every year around the world around one million people seek asylum - fleeing war, persecution or poverty. In 2019, there were just 35,566 asylum applications made in the UK, less than 0.05% of the entire population. People seeking asylum are not allowed to work until they are granted refugee status, so are forced to rely on asylum support from the government. This is £39 a week or £5.65 per day (50% less than the rate of Universal Credit), and basic accommodation. People are 'dispersed' to different cities without any choice in where they live, often occupying poor quality, sparsely furnished accommodation and having to share with a stranger.



Glasgow is a major dispersal city, home to 10% of the UK's dispersed asylum population (around 4000 people). Scotland has also welcomed more Syrian refugees than any other part of the UK under the Syrian Vulnerable Person's Resettlement Scheme, with Paisley providing a new home to over 60 people in 2016.

"IT ISN'T ALWAYS EASY TO WELCOME NEWCOMERS, ESPECIALLY WHEN RESOURCES ARE TIGHT. BUT EMPATHY CAN GET US A LONG WAY."

Renfrewshire Council alongside organisations such as Engage Renfrewshire and Renfrewshire Refugee Support Group worked hard to ensure new arrivals had everything they needed and could connect to their communities. However, racist slurs were posted on the Facebook group 'Paisley Legends' from a member of the Scottish Defence League, showing another side to the 'welcome' shown by the community.

It isn't always easy to welcome newcomers, especially when resources are tight. But empathy can get us a long way. I have met mums who have carried their babies across the world, hiding away until they found a safe place to call home. I've met daughters who have started a new school after months on the road, only to find other kids bully them and tell them to go back 'home'. Home is here now. I ask you to imagine you have arrived in a foreign, freezing country where you don't know anyone. How would you like to be treated?

***how
would
you like
to be
treated?***

BY ANNIE TOTHILL

KAIROS CREATIVE CORNER

To All My Female Friends

Most of us are going through the next stage of our lives. We are at that age where we see the wrinkles, grey hair, extra pounds. We see the pretty 25 year old's and sigh. But, we were once 25, too, just like they will one day be our age. What they bring to the table with their youth and zest for life, we bring with our wisdom, experience and good hearts. For all we've been through earning each grey hair... raising kids, bills and ills and whatever else life brought us over our 30's ,40's 50''s and dare I now say 70's, we are survivors... we are warriors... we are women. Like a classic car or a fine wine. While our exterior may not be what it once was, it is traded for our spirit, our courage and our strength to enter this chapter of our lives with grace and pride for all we've been through and accomplished. Never feel bad about ageing. It is a privilege denied to many...

JULES O'BRIEN: PHOTOGRAPHY IN PAISLEY

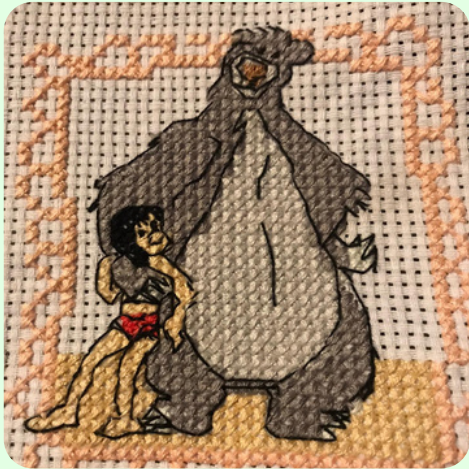


*A piece by Susie
Hemingway, found and
submitted by Ann Lister*

www.susiehemingway.com

KAIROS CREATIVE CORNER

LYNDA MCINALLY: CROSS-STITCH CARTOONS



We've been busy during lockdown making and creating! Are you a creative soul? Would you like to be? Join our **weekly Creative Cafe** on Zoom every **Thursday 3.30-5pm**.

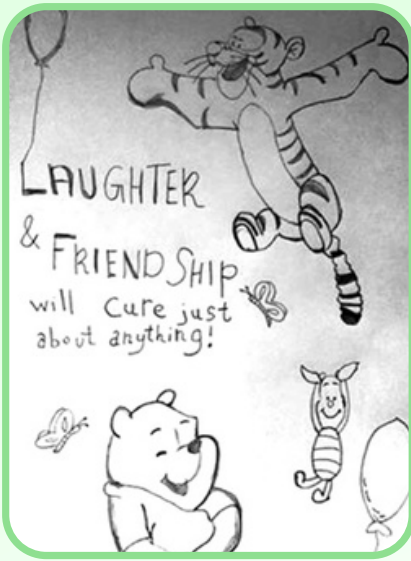
Get in touch with liz@kairoswomen.org to get the Zoom link or pop Liz a message on WhatsApp 07716950857!

ANNE C: CACTUS CRAFT



RUTH HART: THE VIEW FROM MY WINDOW

KAIROS CREATIVE CORNER



KATRINA HUNTER: WINNE THE POOH ARTWORK

Suzanne's Searching

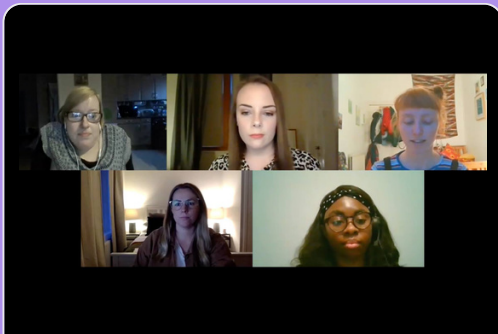
E	D	I	W	R	E	U	E	C	E	I	E	M	M
C	O	T	I	I	F	U	E	D	E	I	H	I	C
U	G	C	U	C	H	L	G	S	E	L	K	C	O
T	N	K	T	A	H	C	R	F	F	H	A	B	M
E	I	K	A	S	P	P	W	O	R	N	U	E	M
R	E	F	T	I	T	T	B	P	I	P	I	L	U
A	B	R	R	E	R	P	I	G	E	H	U	O	N
P	L	I	O	V	O	O	S	R	N	Y	S	V	I
P	L	M	P	I	P	C	S	L	D	P	E	E	T
U	E	F	P	T	H	K	I	I	S	P	C	V	I
C	W	O	U	C	S	E	B	L	H	A	H	O	E
C	F	O	S	A	A	W	R	T	I	H	I	P	S
Y	U	D	A	C	A	R	E	P	P	C	I	D	U
O	A	I	I	O	W	C	N	N	T	W	C	P	C

KAIROS
ACTIVE
CARE
CUPPA
HAPPY
LOVE
FOOD
SUPPORT
COMMUNITIES
FRIENDSHIP
CHAT
WELLBEING

WHAT'S ON AT KAIROS

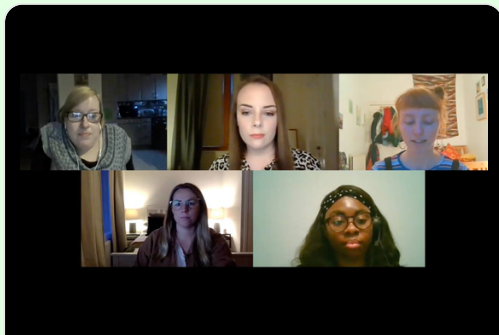
KAIROS INTERNATIONAL WOMEN'S DAY FESTIVAL

"You appreciate the guys that are coming around emptying your bins. People are being friendly on walks, people are appreciating people more."



WOMEN& COVID-19

Available on YouTube



"My experience of going for jobs as a disabled woman is that there isn't necessarily always overt discrimination, something that you can definitely pinpoint & prove, but you get to know."

WOMEN& WORK

A BREW AND A BLETHER

Our podcast is out NOW! Listen online: anchor.fm/kairoswomen or head over to our YouTube channel to watch the full video with subtitles.



BLACK LIVES MATTER



1



2

Adeola's top TV & Film picks



3



4

ALL DAY
AND A NIGHT



1 Anthony, BBC iPlayer, Drama based on a true story

2 Hair Power: Me and My Afro, Channel 4 (All4), Documentary

3 Trial 4, Netflix, Documentary

4 All Day and a Night, Netflix, Documentary

5 Small Axe, BBC iPlayer, 5-part mini drama series based on true stories

6 The School That Tried To End Racism, Channel 4 (All4), Documentary

Check out our Culture Melting Pot videos on facebook for amazing content from black artists and creatives in Scotland and beyond!



5

6



ONLINE GROUPS

FIND OUT MORE ON OUR
FACEBOOK PAGE OR EMAIL
INFO@KAIROSWOMEN.ORG

KAIROS MUSEUM

Wednesday's 1-2/2.30pm (weekly)

Are you interested in women's history? Join our women's history project in partnership with Paisley Museum to explore women's lives and reflect on the past.

CREATIVE CAFE

Thursday's, 3.30-5pm (weekly)

Join Liz every week for a good natter about art and crafts. Work together on a joint craft project throughout the week and share what you make with the group. Or just come along for the giggle!

MENTAL HEALTH GROUP

First Friday of every month, 1-2pm

Join Adeola for topics exploring mental illness and ways of coping. This is a peer support group filled with women and non-binary people who understand.

RECOVERY SPACE

Friday's, 3-4pm (fortnightly)

Do you have experience of addiction? Are you in recovery or thinking about recovery? Join Liz and Ade every fortnight to get support from women with similar experiences.

KAIROS MUSEUM

**GUESS
THE
OBJECT
FROM
THE PAST**

We love history! Kate is back with another wee history game with objects she has lying around at home, can you guess what was in each bottle? Answers at the back!



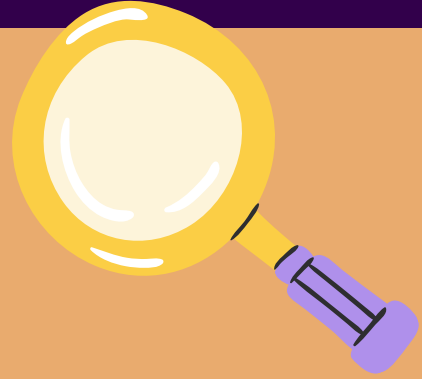
Why not join Kairos Museum?

We meet regularly to explore women's history with Paisley Museum! Join our Facebook Group Kairos Museum to join the chatter or get in touch to find out more:

info@kairoswomen.org

GUESS THE OBJECT ANSWERS

- a. Eureka, Rowats and Co of Glasgow. Pickle or chutney, possibly pickled onions?
- b. Sloans, The Road to Health, Fulton Street, Glasgow. Milk.
- c. J Collins and Son- Newcastle upon Tyne. Dublin Stout.
- d. Ba Bru, A G Barr, Glasgow. Irn Bru.
- e. Berwick Bros., Blaydon. Mineral Water. There's a little glass marble trapped in top compartment.
- f. Lea and Perrins, Worcester. Worcestershire Sauce.
- g. Kutnows Powder, made in England. Elixir stirred in water.



WITH
KATE

SEE THE ADVERT
FOR ITS AMAZING
CLAIMS!



SUBMIT YOUR WORK

Do you have ideas or submissions for our next
issue?

Get in touch!

FIND US ONLINE:

Email: info@kairoswomen.org



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07742149990



@kairos_women

Kairos Women+





A Kairos Project 2021

