

Issue 1: Lockdown Special
July 2020



Kairos CHRONICLE



Cover image by: Mandi Cowen. Find her on Instagram @mandimixupart

WELCOME

What is Kairos?

Kairos Women's Space is a second-home for women and non-binary people in Renfrewshire - online and in the community! We're all about arts, food and learning - personal development, women's history projects, arts & crafts workshops, discussion spaces, social and cultural events and much much more!

What's the Kairos Chronicle?

Our quarterly homemade community magazine filled with creativity from our Kairos family.

Enjoy!



Some of our Kairos Volunteers



EMMAGAYLE'S LOCKDOWN DIARY

**2 months and 2 weeks.
That is how long I have
been in lockdown for.**

I began to self-isolate a full week before the official UK lockdown was put into place. As a wheelchair user living with Muscular Dystrophy, I felt this was the best course of action to protect myself from COVID-19.

I'm not what you'd call a social butterfly by any means, but I like to go out like everyone else. Whether it's for a coffee and a catch up with friends, shopping or going to Kairos Equalities

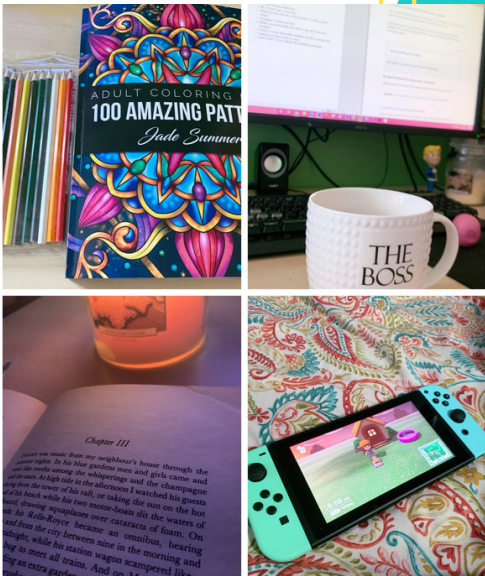
Collective meetings. But being cooped up for months on end has made me yearn for literally any social interaction. I've been coping though with some days proving easier than others, but I won't lie, being part of the vulnerable shielded group is extremely difficult in terms of mental health and possibly facing many more months of...

***In these uncertain times
looking after your mental
health has never been more
important (as well as keeping
safe and socially distant of
course).***

...lockdown is a grim thought and brings a wave of fear and anxiety over me. I've been trying not to let those feelings overcome me during lockdown though and just taking each day as it comes. Having an abundance of free time during all of this means I often have more time to overthink and let that wave of emotion build up and wash over me, but keeping my mind occupied has saved me countless times while being stuck inside. In these uncertain times looking after your mental health has never been more important as well as keeping safe and socially distant (of course). So, until the lockdown is lifted for the shielded, here I shall sit, tea in hand reading my book and blogging away.

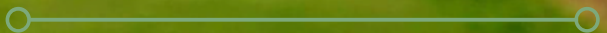
THINGS THAT HAVE HELPED GROUND ME:

- Blogging
- Colouring in therapeutic adult colouring books
- Speaking to family and friends on the phone and Zoom
- Reading (I'm currently halfway through *The Great Gatsby*)
- Playing chilled computer games like *Animal Crossing*



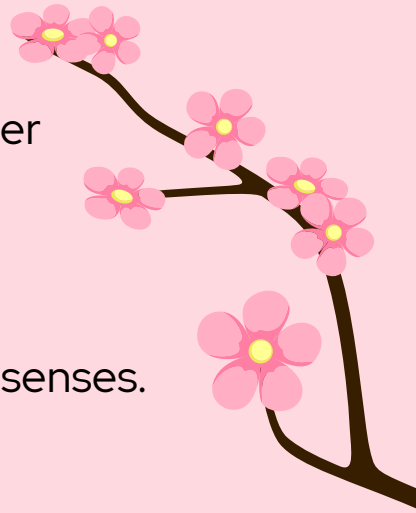


Photograph by Arpie Martin



LOCKDOWN BLUES

Scribble, scribble, scribble!
Words you can't express
Your pen is not helping you either
Your day isn't any better.
Oh this lockdown blues
It felt like endless
The uncertainties crept to your senses.
I went for a walk
Felt the cold breeze
Noticed the cherry bloom tree
It stood still during the winter
It patiently waited for the perfect weather
Its blooms, it made me feel better.
Scribble, scribble, scribble! Life is beautiful
Let us take one day at a time
Let the wind blow the grey sky
And when you look back to these
lockdown blues
You can now whisper to yourself
"I did it!"
Hope it'll make you smile.



by Arpie Martin



CREATIVE CORNER



Liz's Recycled Flip Flops

1. Wash the bottles and remove the labels
2. Squash the bottles (they are easier to cut that way) & cut the tops and bottoms from both bottles to a size that will fit your feet
3. Put one foot on each bottle & draw around your foot to the size you want your flip flops to be
4. Cut out your flip flops
5. Make 3 holes on each bottle to which you then thread through the elastic to make the toe bits
6. Decorate with glittery sparkly stickers or whatever else you have!
7. **Now you can show off your fabulous flip flops - everyone will want a pair!**

What you will need

- 2 large plastic bottles
- Scissors
- A pen
- Elastic (you could use a hair elastics)
- Sparkly stickers



KAIROS KITCHEN



Adeola's Nigerian Style Shepherd's Pie

Method:

- Peel a bag of baby potatoes, boil on high heat for 35 minutes
 - Fry onion, add ginger & garlic paste (or powder)
 - Cook medium heat for 10 minutes then add mince of your choice
 - Add stock & spices then cook until brown before adding chopped red pepper, half a cup mixed vegetables, mushrooms, chilli, 3 tbsp tomato puree, 1/4 cup water.
 - Stir and leave to cook for 15 minutes.
 - Drain water from potatoes, add milk, butter & cheese then mash until smooth
 - Add cooked mince to baking tray, layer mashed potato on top. Put in oven 200° for 25 minutes
- Now it's ready!



**Watch Kairos
Kitchen over
on our Facebook!**

1/2 kilo lamb mince
1 bag baby potatoes
1 white onion
1 red pepper
1/2 cup mixed vegetables
Handful of mushrooms
1 red chilli, 1 magi stock cube
Curry powder, suya spice, thyme
1 tsp garlic paste, ginger paste
Butter & milk
1/4 grated cheese



OLD AGE POEM



Just a wee poem for all to see
Some will think its all about me
Read it all especially your mum's
Look at her smile then do the sums
We're not all old you'se are catching up
We think we're spring chickens and you are
just pups
Your mum's your life no matter her shape
She gave you life so please don't hate
Some of our bits may wobble or go saggy
So some of our clothes may be old and baggy
They hide the wrinkles, the bumps an lumps
Some feel ok with that
Some are down in the dumps
Our hair goes grey, the hearing goes
We put on weight and say 'bye bye' to out toes
But it comes to us all at some time, some stage
We are not all passed it,
IT'S CALLED **OLD AGE.**

by Lynda McNally

1. Mix together the flour & salt in a bowl & water, oil & a few drops of food colouring in another bowl
2. Now add all together into one bowl & mix
3. Knead the dough on a floured surface until smooth
4. Leave to cool completely then it's ready for little hands! Store in the fridge in a container to keep fresh.

What you will need

- 1 cup of flour
- 1/2 cup of salt
- 1 cup of warm water
- Food colouring
- 2 tbsps vegetable oil
- Bowls, jug & spoon



HOMEMADE PLAYDOUGH

Line drawing by Katrina Hunter



Mony a mickle makes a muckle!

Whit's fur ye'll no go past ye

GUESS THE SCOTTISH PHRASES

A PROBLEM SHARED...

Hi everyone! I'm Leeanne, a nursing student and volunteer for Kairos. This is an advice column dedicated to you. I am here to answer any questions, fears, worries, uncertainties or even offer a bit fashion and beauty advice.



LEEANNE



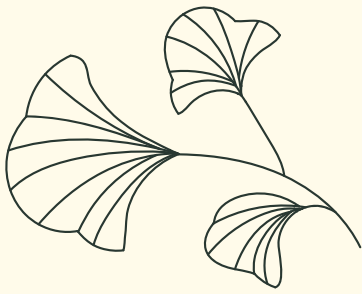
RUTH

Welcome, I'm Ruth and I'll be here to give you a Tip of the Month every month! If you have a question or problem that you would like answered please contact us and we can help! Remember, **"a problem shared is a problem halved, a joy shared is a joy doubled."**

CONTACT OUR AGONY AUNTS

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

Ask us here: www.bit.ly/KairosAunts



LEEANNE'S LOCKDOWN ADVICE

LIFE CAN DEFINITELY BE TOUGH AT TIMES

That's why I am here to offer some fun, friendly advice. We will start with some tips to beat the lockdown blues, in these times of uncertainty it is so easy to get caught in the trap of going to bed late, getting up late, not going out much, not eating well and generally not looking after ourselves.



MY TOP SEVEN PIECES OF ADVICE

1. Stick to a routine even on the darkest of days
2. Take some time for yourself even 5 minutes paint your nails, meditate, what ever helps you relax.
3. Try and get some exercise
4. Eat well
5. Get out doors for some fresh air you will be amazed how much better you feel.
6. Find a hobbies or read a book, find something you enjoy
7. Set your self small goals and smash them, you will feel a huge sense of pride

JESSIE'S SPECIAL DELIVERY

"That's a brilliant idea, Jules!" Any gathering at Kairos comes with encouragement, advice and fun.....in Lockdown there's no change.

Jessie, my 92 year old mum, lives on her own in Brodick, on the Isle of Arran. Staying safe and at home has meant she hasn't seen her family since February. Rallying all her grit and determination, which she has in bucket loads, she's cooked, cleaned and cared for herself with kindly, neighbourhood support and phone calls from far and wide. It's been fine, but as time moved on her freezer emptied and ours was increasingly packed out with a selection of soups

and dinners labelled 'Jessie's'. We always keep some of our homemade meals for her as she loves the variety,... and it saves on the washing up, which she hates. At the beginning of this present situation, packages were sent with necessities - garlic paste and little treats, but you can't send frozen goods, reliably, on a ferry that is so often cancelled. When Nicola announced our phase one of unlocking, a little chink of hope appeared. Could a delivery be made? I had to check with the 'Authorities'.



After a phone call to Calmac in Brodick permission was granted for me to make a return journey.....as long as I didn't stay on the island! My heart leapt. I couldn't wait to tell Jessie the news. "I'm coming to see you on Thursday for 2 minutes". Oh Joy! With great excitement, and a little more shopping, the journey was planned and the bags got heavier, and heavier.

My heart leapt. I couldn't wait to tell Jessie the news. "I'm coming to see you on Thursday for 2 minutes".

By Thursday afternoon I had no idea how I would lift the rucksack onto my back and carry two heavy bags. Kairos Let's Talk was meeting on Zoom that day, though all I had time to do was call in,



say hello to everyone and tell them why I was leaving the call. That's when Jules said, "Don't you have a suitcase with wheels?" Why hadn't we thought of that! Quickly our old, well used, canvas bag, WITH WHEELS, was packed full with 2 bulging, cool bags and a shopper. I was left with a free hand for the flowers and treats. Thank you so much Jules, and thanks too to Annie, Ruth and Cath for their encouragement to set off so positively- Pure Kairos.

The Reunion - 5 hour journey, 2 minute visit - socially distanced.

Drive from Johnstone to Ardrossan and park in Asda car park (ferry car park closed). First view of the sea in 4 months-lovely. Walk to the ferry terminal. Great to see people travelling and to smell the sea. Ardrossan to Brodick journey in strangely, quiet ferry. The gangway was not on use at Ardrossan and I had to drag the bag up 2 flights of steps steps from the car deck.



Exhausting but not impossible. Enjoyed the beautiful views up the Firth of Clyde. At Brodick was first off the ferry for the long run along passageway to the car park. Absolutely wonderful to see my dear mother but no time for chat as the bag was unpacked and I put her 'empties' into a very, manageable bag, with wheels, to take home. A rush back on to the ferry with a feeling of great satisfaction that the mission was completed successfully, for Jessie at least. A more leisurely look at the glorious land and sea. How lucky are we to live here? Walk back to car with a bounce in the step and a lighter load. Drive home on a clear, sunny evening through North Ayrshire and Renfrewshire. Job Done x

by Kate Clark

MANDI'S MIX UP COVID COLLECTION



· Scream Here ·

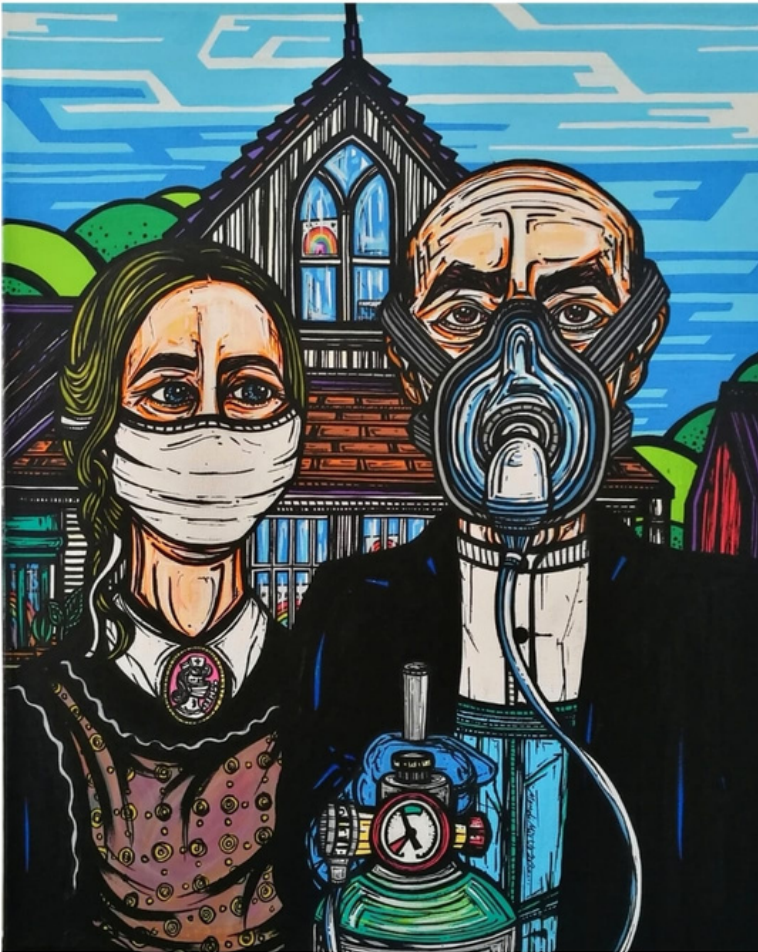
Mandi Mix Up 2020

Being Autistic I express myself through my art. I was very unwell with COVID-19 and spent my time painting my COVID collection during my recovery to help me get through lockdown.



The collection is made up of my take on some of my favourite famous portraits re-done in today's times of the COVID-19 outbreak and the impact it has had on people's lives. I use Posca pens for the details and acrylics for the base. The small details are what I enjoy most in my paintings. **Follow Mandi on Instagram to see more of her incredible work.**

@MANDIMIXUPART



· Global Pandemic ·
MandiMix Up 2020

SUBMIT YOUR WORK TO BE
FEATURED IN FUTURE ISSUES





BREATH OF JOY WITH ARTI

Trying to stay energised, focused and positive on a regular day is difficult enough and we can all attest to the kaleidoscope of emotions and thoughts that this pandemic has brought on. In this article, we would like to introduce you to a simple breathing technique that will leave you feeling energized, uplifted and will really make you smile.

Technique:

1. Standing up straight or sitting on a chair with your back straight.
2. Bring your arms to the side of your body with the palms facing forward.
3. One breath is broken up into 4 parts coupled with an arm movement for each part.
4. The inhalation is completed through your nostrils and the exhalation through your mouth.




BREATH OF JOY

4. **Lower Lung:** Breathe into the lower part of your lungs and stomach while rising your arms up and forward (palms facing up – arms parallel to the ground)

5. **Middle Lung:** Continue the inhale filling the 2nd area of your lungs while bring your arms out to the side of your body in level with your shoulders and parallel to the ground.

6. **Upper Lung:** Inhale into your upper chest and shoulders while bringing your arms up and over your head with the palms facing each other.

7. **Exhale** completely through your open mouth with an audible 'Ha', simultaneously bending your knees deeply as you sink into a standing squat while swinging your arms forward and back like you are attempting a dive.



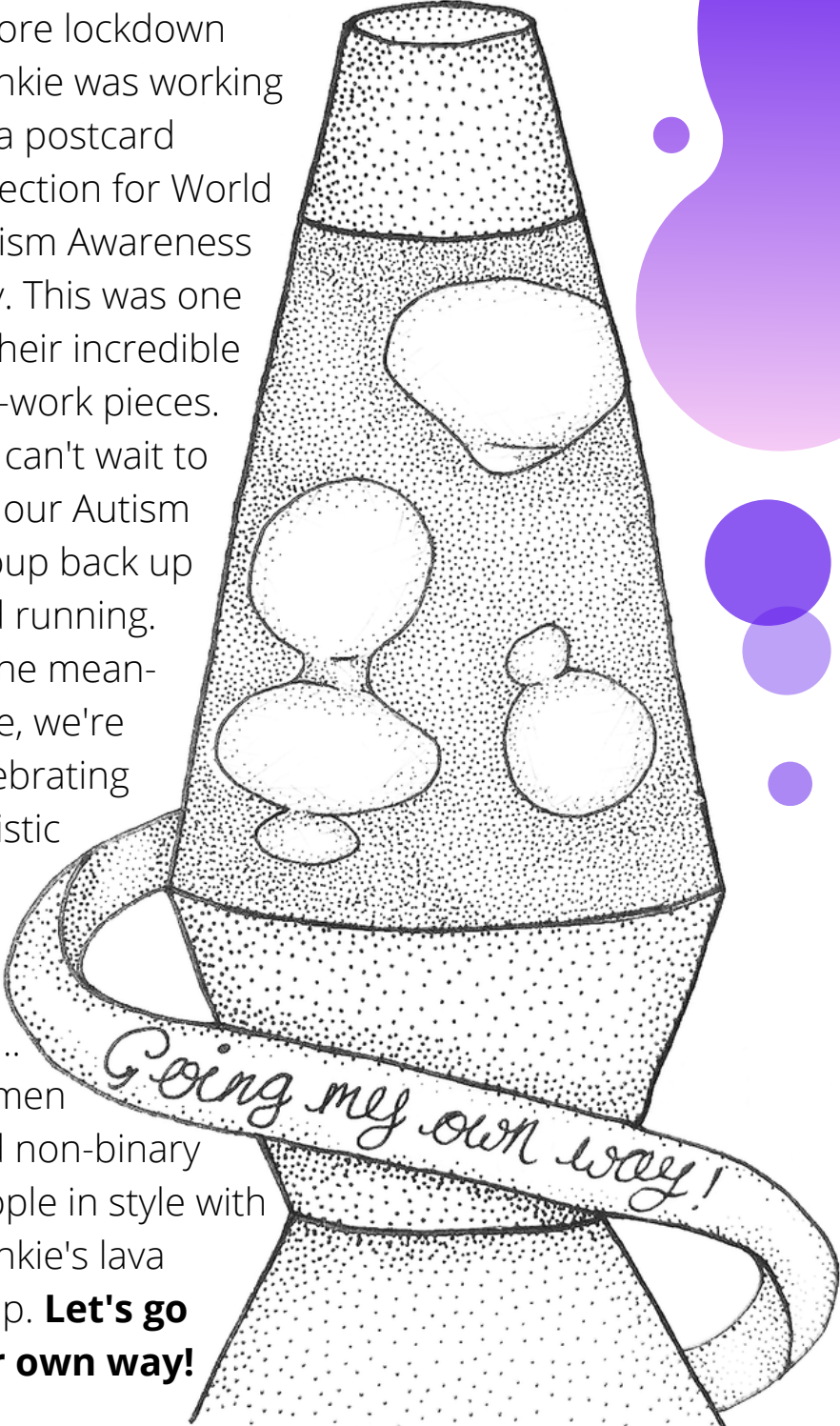
Try taking a minimum of 3 breaths and you can increase these as your body starts to adjust to this practice.

It is said that variety is the spice of life so we hope you are tempted to give this exercise a try or that you are intrigued enough to learn more about the Breath of Joy and other amazing techniques.

Before lockdown Frankie was working on a postcard collection for World Autism Awareness Day. This was one of their incredible dot-work pieces. We can't wait to get our Autism Group back up and running. In the mean-time, we're celebrating autistic

.....
.....
.....
.....

women and non-binary people in style with Frankie's lava lamp. **Let's go our own way!**



BY FRANKIE TURNER



#TINYREVOLUTIONSREN

The Tiny Revolutions project is about sharing tiny steps that anyone can take to connect a little more in their local community or simply pass time creatively. Each Friday we will bring out an idea for a simple and fun creative activity; and all the activities will be archived here:

<https://www.renfrewshireleisure.com/arts-projects/>

We'd love people to join in with the activities and ideas and to share what they make with us using the hashtag #TinyRevolutionsRen... as we gather more pictures of what people make, we will find ways to display these out and about to create mini art trails around Renfrewshire.

**For more info – or to get involved –
contact artsteam@renfrewshire.gov.uk**

MAKE A DELIGHTFUL COLLAGE



'WHAT'S THE POINT?'

BY SARAH-JANE RUSSELL

When lockdown was announced I went into panic mode. I worried about the kids' education, finances, mental health, friends and family. I made an indoor school plan, a to do list and a new work plan for myself.

My husband is self-employed in the building trade and was unable to work and I was put on furlough from my job for the foreseeable future so I found a job in a supermarket in the early morning before I started home-schooling. Within 2-weeks I started working from home supporting an NHS COVID-19 helpline which I worked around my supermarket job and home-schooling. In the beginning my plan was to complete school work in the morning and in the afternoon get some exercise and then do something creative with the kids like

cooking, baking, artwork. It started really well and the kids were enthusiastic for learning and eager to learn some essential life skills. I was also enthusiastic and determined to make this time count with my family.



In the beginning we painted, made crafts, baked banana bread and made pizza dough from scratch. We also walked to the woods for 2 hours every day. The boys were happy and content but their enthusiasm for learning on the online classroom had fizzled out and every day I found myself nagging at them to complete their school work. It just wasn't the same for them to learn at home. They missed their friends and teachers. They missed a routine.

Meanwhile I was working up to 45 hours a week and was beginning to struggle with everything I needed to do. My husband was a massive support but as his role had changed and he was now at home all the time his mood began to drop and he also needed support. I felt that I was failing the kids as I wasn't always available when they needed me and I was constantly tired. At the same time my son's mood began to decline as he was really struggling with life and started asking what Heaven was like! He would cry at the slightest challenge and had

no zest for life. I was so worried about him and didn't know how to help him.

I just thought **'What's the point?'** I'm working so hard for what? There's nothing to look forward to, everything has been cancelled, there's nowhere to go, I can't see my family and friends. I missed normal things like going for a coffee with my Aunt Anne, taking the kids swimming, going to the cinema. It became overwhelming. I had a good cry to myself that night and went to bed early.

I SAID A PRAYER AND PASSED MY WORRIES ON...

The next day I received a beautiful card reminding me of my worth and my prayers had been answered. I started to feel better and made a new plan (I like a plan) which was more realistic to the time we were now living in. I relaxed my expectations and just went with the flow. I stopped pressuring the kids to complete their school work and just encouraged them. I focused on what I could achieve and what I could influence and discarded what I had no control over. Our highlight of the day became our exercise



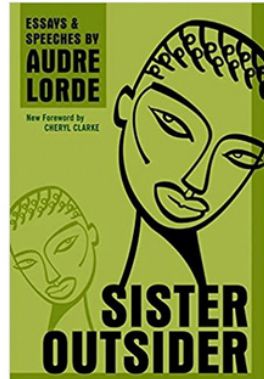
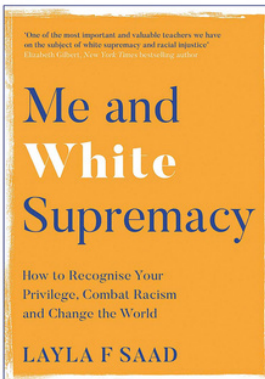
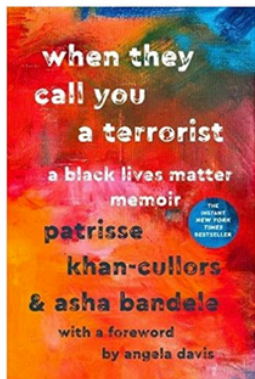
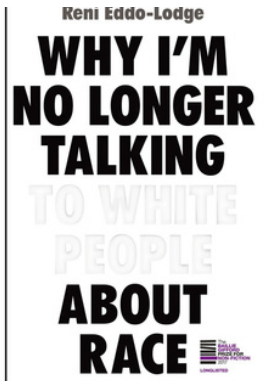
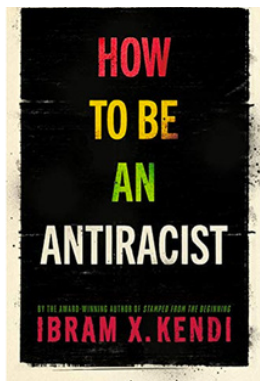
time where we would discover some lovely walks around Johnstone. We were out observing nature and climbing trees. All our moods improved and we have enjoyed some glorious weather. So, you see there is a point and we've found it. Family, Love, Nature, Time and Life. We only have one life and we need to grasp it with both hands and really cherish every day.... **"Stop hating yourself for everything you aren't. Start loving yourself for everything you are."** This is now my motto and one I'm trying to live by every day.

"So, you see there is a point and we've found it. Family, Love, Nature, Time and Life."

BLACK LIVES MATTER

"WHAT WE DO IS MORE IMPORTANT THAN WHAT WE SAY OR WHAT WE SAY WE BELIEVE."

BELL HOOKS



Book recommendations

Learn about racism in the world today

KAIROS MUSEUM

**GUESS
THE
OBJECT
FROM
THE PAST**

We love history! Kate has made a wee history game with objects she has lying around at home, good luck! Do you have mystery objects around your house? Send us photos of your objects for the next issue!



Object 1

- a) a bell pull
- b) candle snuffer
- c) wind chime
- d) light switch pull

Object 2

- a) blade sharpener
- b) butter pat shaper
- c) door stop
- d) book end



Object 3

- a) darning device
- b) anchor for rowing boat
- c) sock drier
- e) tacky jock



Object 4

- a) rhythm instrument
- b) light reflector
- c) greenhouse component
- d) clothes washing implement

Answers at the back

Why not join Kairos Museum? We meet regularly to explore women's history in Renfrewshire and beyond! Join our Facebook Group Kairos Museum to join the chatter or get in touch for more info katy@activecommunities.co.uk



ACTIVE COMMUNITIES POSITIVITY 5K

Join in the Active Communities 5K routes across Renfrewshire! There's routes in Johnstone, Ferguslie, Shortroods, Glenburn and Gallowhill. You'll find quotes along the route to keep you motivated and make you smile! Get in touch with the team for a medal when you're finished too - they're going fast, so be quick!

Contact

Get in touch with the team on Facebook by searching Active Communities, where you can see all the walking routes and more!

Why not watch some online classes while you're at it? Search Active Communities on **YouTube** for exercise classes, food and crafts. For more information about any activities get in touch with the team:

info@activecommunities.co.uk



*Your life
has **purpose.***

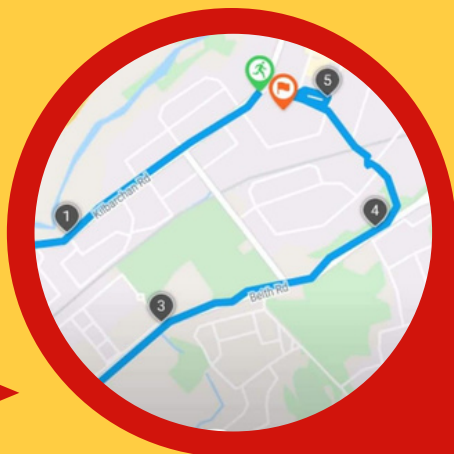
*Your story is
important.*

*Your dreams **count.***

*Your voice **matters.***

*You were born to
make an*

impact.



JOHNSTONE ROUTE

1. Start at our office at 2a
Quarry St and head
down Graham St

2. Straight down the
Kilbarchan Rd (1K
marker)

3. At the roundabout turn
left onto Cochranemill
Road (2K marker at the
train station)

4. At the roundabout
turn left and up the
Beith Road

Tip: (3k marker near
J.High school, 4K marker
at the Castle)

5. Turn left onto Linn
Brae straight onto
Campbell St straight
over to Quarry S

6. One lap round
Ludovic Square at
Johnstone Town Hall
then along to the very
end of Quarry St

**Then it's back to the Police
Station and finish in the
carpark! 5K complete!**

WEE GARDEN CORNER WITH KATE

Do you have a window sill, doorstep or garden?

No matter how much, or little, space you can grow your own plants and food. I was the most reluctant of gardeners, I thought:

- It was for boring people
- I did not want to be in view of neighbours when I knew nothing
- You have to know all about plants before you do anything
- It was certainly too much like hard work
- I was too busy

It is all and none of these things. It is about 'having a go', choosing what you fancy growing, enjoying the wonder of plant growth, and eventually feeling connected to nature and the seasons.



Just go ahead and enjoy it. It can give you some quiet time to yourself and/or the joy of creating a lovely vase of flowers or a delicious salad for friends. A small collection of plants, in pots, can give you colour all year round. I have been using perennial plants for pots over the past few years. This saves me replanting all pots every year, though I also have bulbs and annuals too.

**Are you growing sunflowers... how tall will they grow?
How's your vegetable patch ? Roses? Trees?**



TOP TIPS

1. Herbs and fruits, such as tomatoes, are great to grow on a window sill, verandah or entrance.
2. Courgette, kale, chard, potatoes and many other vegetables/fruits are easy to grow in a container, in some sun, if you can regularly water them.
3. Containers can be made from recycled materials, such as larger yoghurt containers, tins, large milk bottles.
4. Remember to pierce a hole or holes in the base to allow water to flow out.....use a saucer or tray if your plants are indoors.



I hope, when we are back in our Quarry Street base, we can start a plant exchange. Gardening does not need to be expensive. Our Kairos volunteers have great ideas for making your growing space beautiful.

Send in your photographs on Facebook by searching Kairos Women's Space, Twitter or Instagram @kairos_women

GUESS THE OBJECT ANSWERS

Object 1 - b) a candle snuffer. We use it at Christmas when there are lots of candles lit.

Object 2 - a) It's a whetstone used for sharpening blades. My husband David found it amongst his father's tools but he thinks it pre dates his dad and is possibly Edwardian/Victorian.

Object 3 - d) My Grandpa McCulloch's last/tacky jock which he used to repair the shoes. He he put many segs into boots and shoe heels and did other minor repairs. We had it our house when I was young and we used it for the same purpose. It was usually my dad who put the sets on heels, one of the few household duties he performed. He taught us to do it ourselves too.

Object 4 - d) It's a wash board used in hand washing and especially good for agitating stubborn stains. My mother used this before we had a washing machine. I still use it for an item that needs an extra scrub. It's quite 'sore' on the material of garments and the knuckles of the washer, and has to be used with care! a) This is also correct as it is an essential part of any self respecting skiffle group. Check out Lonnie Donegan and his group singing his hit 'record' called, "Does Your Chewing Gum Lose it's Flavour on the Bedpost Overnight."



SUBMIT YOUR WORK

**Do you have ideas or submissions for our
October issue?**

Get in touch:

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FIND US ONLINE:

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Kairos Women's Space





A Kairos Project 2020

