

SUMMER 2021

# NORFOLK CLUBHOUSE



1 OF 320 WAYS TO BETTER MENTAL HEALTH



## BIG SKIES - NEW HORIZONS?

Dear Members and Friends

More of us are managing to get out into the fresh air with progress made around vaccines.

We hope that you are making the most of the opportunities we have to connect with family and friends. Our Members are meeting up now more face to face with friends and family. We still have a way to go before we can safely relax however and people are still facing many difficulties.

Please do spread the word about us. We hope to be out and about more as things open up and take advantage of the better weather. We always welcome new Members!

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# Funding Update

## Urban Eco-Coffee Bike

Crowdfunding for an Urban Eco-coffee Bike was successful in June 2021 and we thank the Aviva Crowdfunding Community Fund for helping us raise the £5,500 target.

We will now place a deposit on the custom make bike. We look forward to next Spring, providing opportunities for some of our Members to train in hospitality skills and help us connect with local people and visitors to our lovely city.

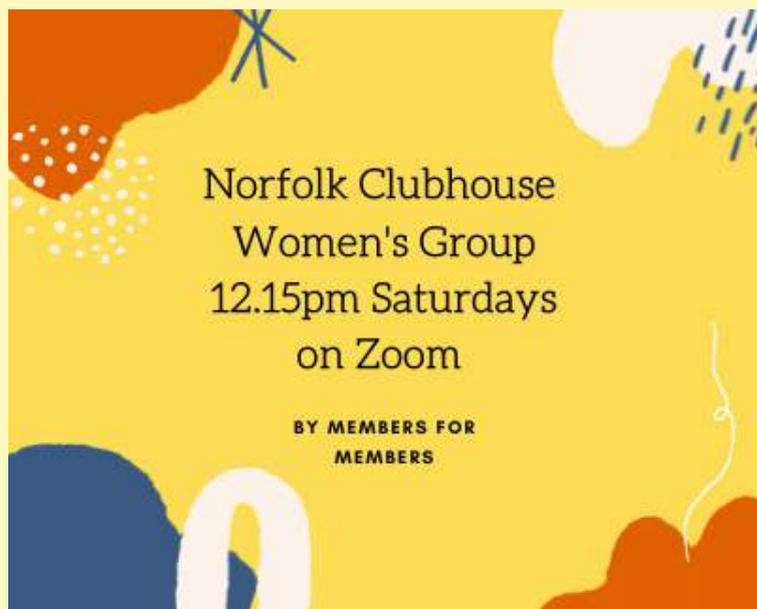
We will be selling locally roasted coffee and sourced teas from local entrepreneurs, thus contributing to our local circular economy.



An example of a bike from the Cargo Bike Company, UK

We're now registered with **easyfundraising**, which means you can help us for FREE. Over 4,000 shops and sites will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE! These donations really mount up, so please sign up to support us at [https://www.easyfundraising.org.uk/causes/norfolkclubhouse/?utm\\_campaign=raise-more&utm\\_content=en-n1](https://www.easyfundraising.org.uk/causes/norfolkclubhouse/?utm_campaign=raise-more&utm_content=en-n1)

# CURRENT ONLINE GROUPS



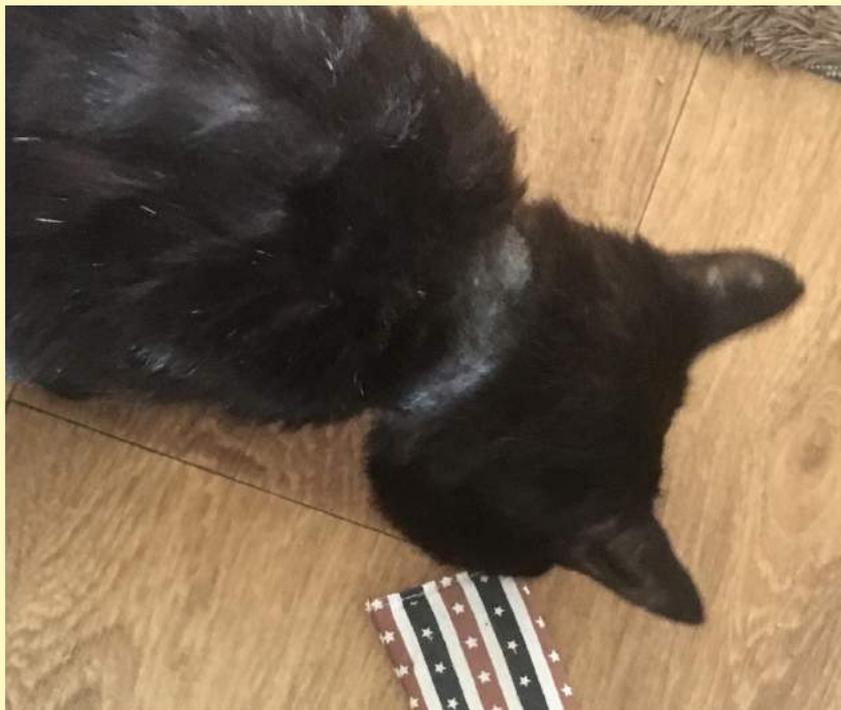
## Stitch in Time Craft Corner

One of our creative Members donated these to our Newsletter. Norfolk Rocks!



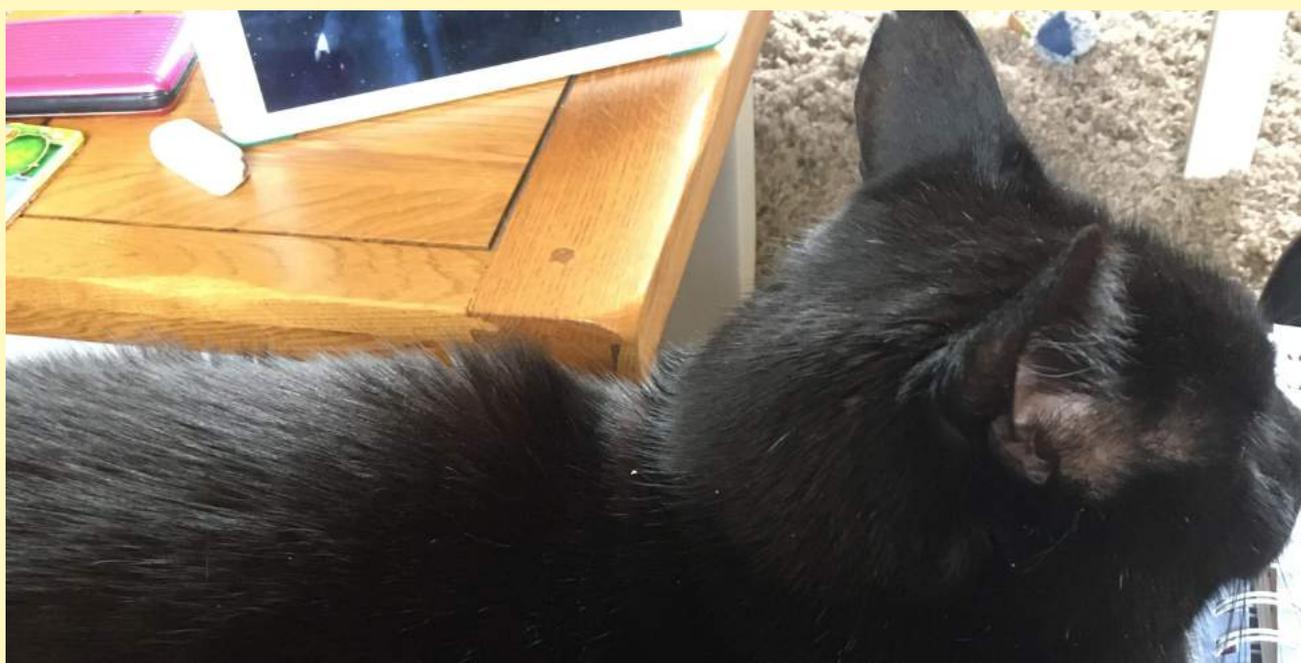
To join us as a Member or refer someone, please check out our website at [norfolk-clubhouse.org](http://norfolk-clubhouse.org) for full details.

# Marmite - A story of a very loving cat.



Marmite was re-homed from Hallswood animal sanctuary. Here is an early photo of him. He apparently spent a lot of time on the streets before he found his current loving owner.

At the sanctuary he weighed a mere 1.6kg when found and had worn a collar since being quite little, hence the lack of fur round his neck. The collar may have affected his vocal cords as his owner says he has a very quiet plaintive meow.



Marmite, often attends our Women's Group on Saturdays. He loves to be the centre of attention and we get to admire his lovely coat in detail as his favourite spot is to sit directly in front of the screen on Zoom. Here he is being quite restrained.

Marmite's owner loves him very much and said "every time I think about his start in life I cringe, though I suspect he has been loved before as he's such a friendly and loving cat."

He is and we love him too!



## Real Poems for Unreal Times

*One of our Members "donated" these poems, sharing her favourite ones. These helped her following the death of her mother.*

### Wild Geese

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert,  
repenting.  
You only have to let the soft animal of your  
body love what it loves.  
Tell me about despair, yours, and I will tell you  
mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of  
the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers,  
Meanwhile the wild geese, high in the clean  
blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and  
exciting -  
over and over announcing your place  
in the family of things.

Mary Oliver

### The Summer Day

Who made the world?  
Who made the swan, and the black bear?  
Who made the grasshopper?  
This grasshopper, I mean -  
the one who has flung herself out of the grass,  
the one who is eating sugar out of my hand,  
who is moving her jaws back and forth instead of  
up and down -  
Now she lifts her pale forearms and thoroughly  
washes her face.  
Now she snaps her wings open, and floats away.  
I don't know exactly what a prayer is.  
I do know how to pay attention, how to fall down  
into the grass, how to kneel down in the grass,  
how to be idle and blessed, how to stroll through  
the fields,  
which is what I have been doing all day.  
Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
with your one wild and precious life?

Mary Oliver