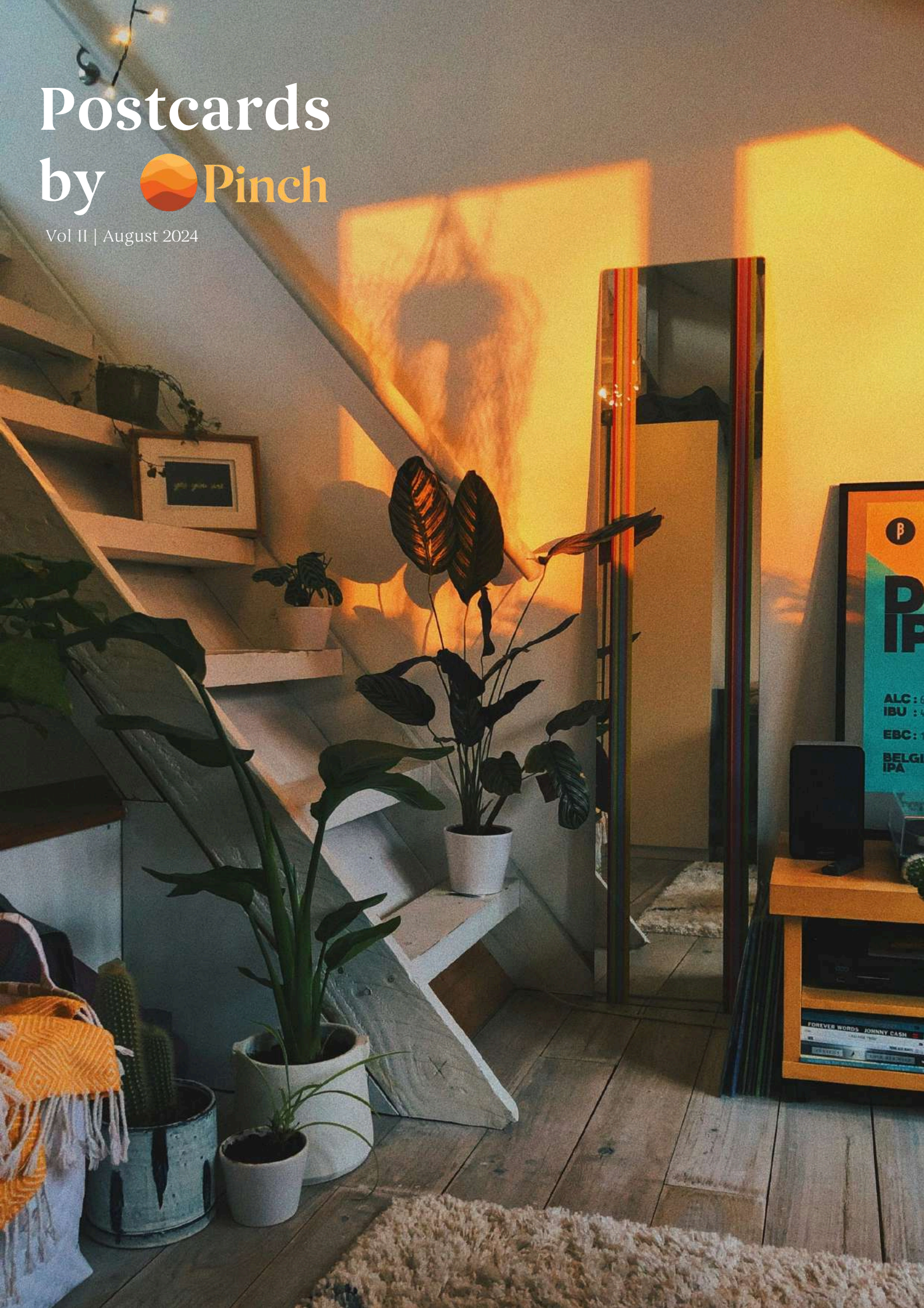


# Postcards

by  Pinch

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# Rediscovering The Joy of Family Time at Home



## As family routines evolve,

home is becoming a sanctuary for curated, immersive experiences. What began as a necessity during the pandemic has transformed into a conscious choice for many families who now prioritise fostering deeper connections, relaxation, and creating lasting memories within their own homes.

Gone are the days of relying solely on passive entertainment. Today, families are exploring innovative ways to engage in quality time together. One such popular avenue is DIY projects, which allow families to collaborate on creative activities.

A prime example of this trend is DIY kits, with brands like [Kitsters](#) and others offering a diverse range of kits tailored to both kids and adults.

These kits cover activities from herb gardening to birthday crafts, as well as lifestyle-centric projects like perfume and candle-making. They transform any ordinary day at home into a memorable experience, providing hands-on activities that help families disconnect from screens and immerse themselves in meaningful, creative pursuits. The result is not just a finished product, but lasting memories that strengthen family bonds.

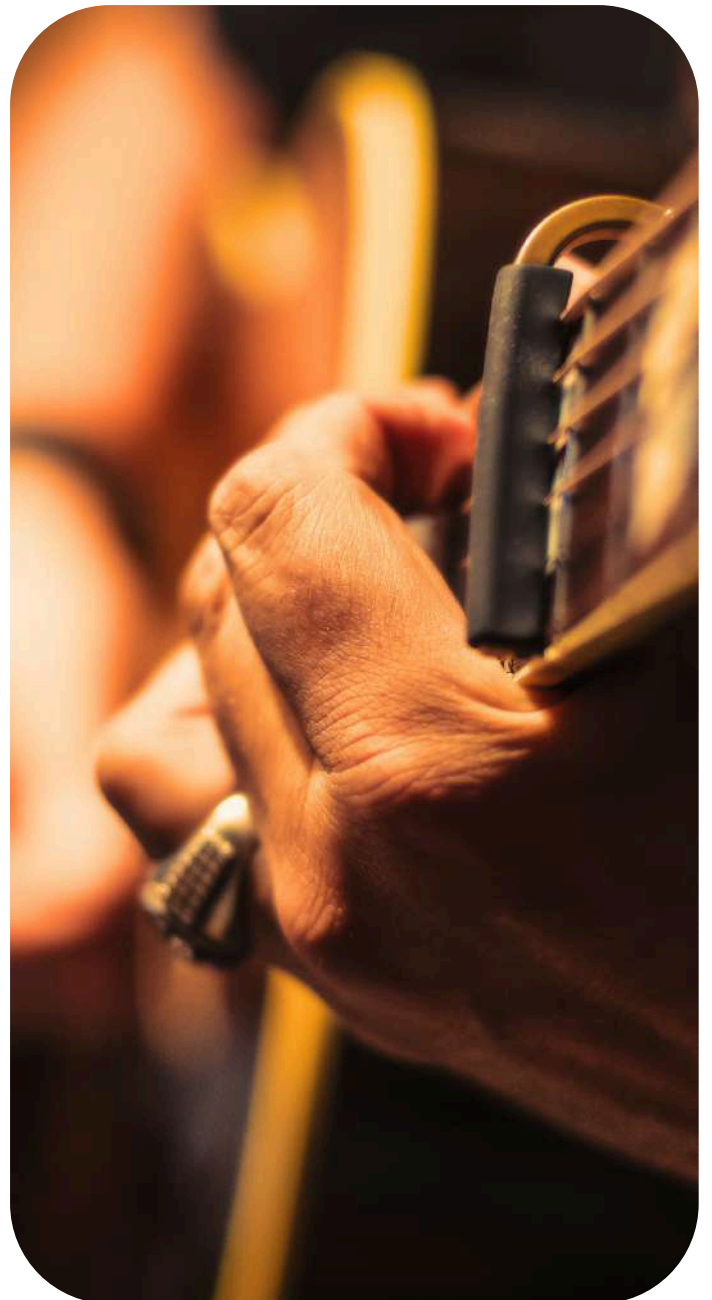
Culinary experiences have also seen a rise in popularity, with at-home gourmet dining becoming a sought-after activity. Brands like [Chefling](#) deliver meal kits that feature high-quality ingredients and innovative recipes, making it easy to create restaurant-worthy dishes at home. Preparing these meals together can turn cooking into a shared adventure. Instead of dining out, families are discovering the joy of cooking exquisite meals as a group, where the process is just as rewarding as the final dish.

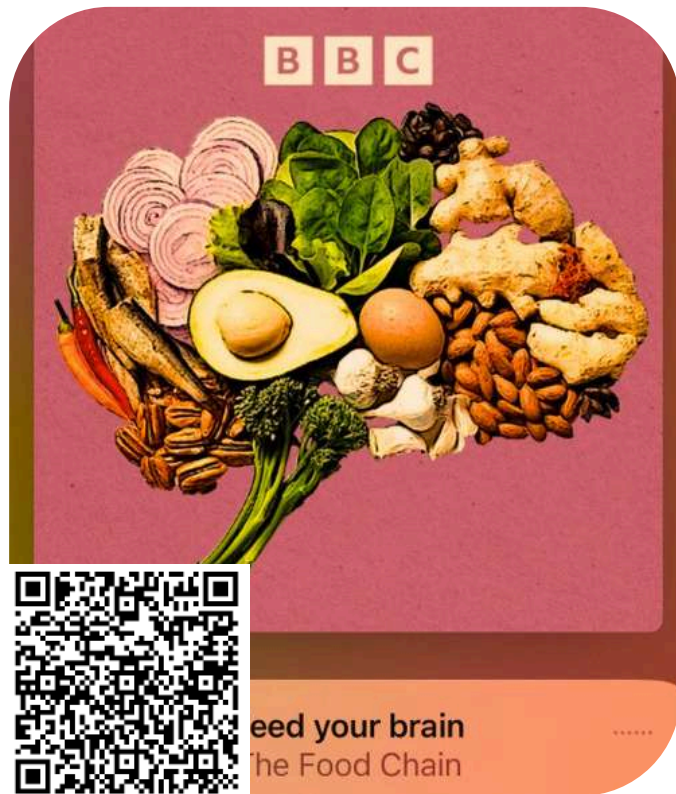


These personalised home experiences are not just about entertainment—they offer families a chance to slow down and focus on what truly matters. Whether they are crafting, cooking or enjoying live music, families are finding balance and well-being through purposeful activities that create cherished moments. These experiences help them step away from the hustle of everyday life and invest in time spent together.

The rise of home experiences reflects a broader cultural shift towards more meaningful and personalised ways to spend time. It's about creating extraordinary moments that redefine family life at home.

Families are also embracing live entertainment at home, adding an entirely new dimension to their gatherings. With platforms focusing on at-home entertainment, families can book private musicians or bands to perform in their living rooms, transforming a regular evening into a memorable event. Whether it's a soulful acoustic set or a lively jazz performance, live music at home creates an intimate and special atmosphere that deepens connections and leaves a lasting impact.





## To Listen

### Feed your brain, The Food Chain

Ever wondered how what you eat shapes your mood? This episode on The Food Chain podcast is your quick guide to understanding how food fuels our brains. Two experts—a nutritional neurologist and a nutritional psychologist—break it down in a way that’s easy to digest. They talk about the micro-nutrients our brain needs to function even when we’re sleeping and how balancing our diet with spices, seeds, leafy greens and seasonal food can regulate how we feel. It’s a laid-back chat packed with insights that’ll make you think twice about what’s on your plate.

This episode is part of a weekly podcast that lets you into the fascinating world of food, exploring its business, science, and cultural significance. So if you’re curious about the mind-food connection, hit play—you won’t want to miss this one.

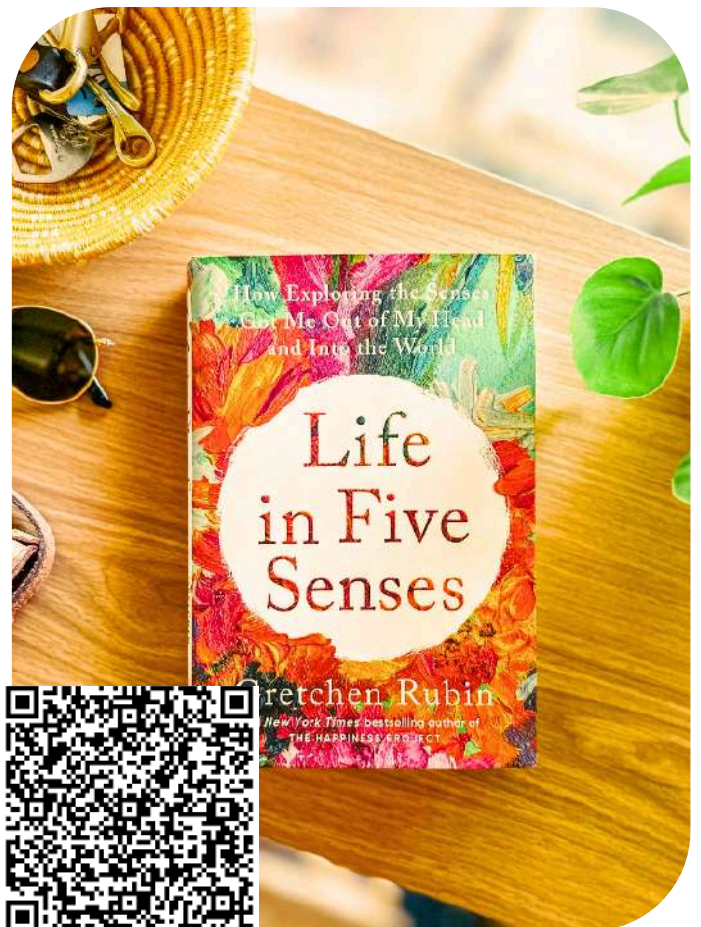
## To Read

### Life in Five Senses, Gretchen Rubin

Life in Five Senses by Gretchen Rubin is an insightful read on how reconnecting with our senses can bring more joy into our everyday lives. Known for her practical advice on happiness, Rubin shifts gears in this book, taking her readers on a personal journey where she learns to experience the world in a whole new way.

A sudden epiphany led her to rediscover her five senses, turning everyday moments into opportunities for deeper connection and happiness. The book feels like a conversation with a friend who’s nudging you to pay a bit more attention to the little things. It’s packed with practical tips and a touch of science, making it both inspiring and doable.

Rubin shows how small moments—like enjoying the smell of fresh coffee or the sound of birds chirping—can make life more vibrant. This makes for a perfect read for those who enjoy self-improvement books or anyone curious about living more fully in the moment.





## To Gift

### reMarkable 2, Digital Notepad

The reMarkable 2 is an innovative digital notepad designed to replace traditional paper. It features a 10.3-inch monochrome display that mimics the feel of paper, providing a natural writing experience. Key features include handwritten note conversion to text, PDF annotation, cloud integration with Google Drive, Dropbox, and OneDrive, and a battery life of up to two weeks. The device is lightweight and portable, making it ideal for professionals and students who need to organise their notes and documents efficiently.

## To Enjoy

### The Amazing Nina Simone

For those who appreciate the depth and soul of classic jazz and blues, "The Amazing Nina Simone" is an essential addition to your music collection. This album beautifully showcases Nina Simone's powerful voice and unparalleled ability to convey emotion through song.

Picture a serene evening at home, the soft glow of candlelight casting warm shadows, and a cosy spot inviting you to unwind. As the needle touches down on this record, Nina Simone's mesmerising vocals fill the room, creating an atmosphere of intimate sophistication. Each track on "The Amazing Nina Simone" album is a journey through heartfelt ballads and stirring performances, perfect for setting a reflective and soulful mood.

Let Nina Simone's extraordinary talent elevate your listening experience, providing the perfect backdrop for moments of relaxation and contemplation.





Make Time For More

