

core arts promoting positive mental health



art
music
horticulture
multimedia

corearts

City and Hackney
Wellbeing Network

ABOUT CORE ARTS

Core Arts promotes positive mental health and wellbeing through creative education. Our mission is to support and promote recovery, social inclusion and mental wellbeing through the arts and accessible creative education.

We are part of the City and Hackney Wellbeing Network offering courses in Art, Music, Creative Computing and Health. The 12 session courses are designed to facilitate rapid progress by providing a temporary framework of positive social networks, quality education and enable personal development. Members build skills and relationships that are sustainable beyond the length of service which has been shown to have a direct impact on quality of life and wellbeing.

Being a member of Core Arts challenges the concept of disadvantage and vulnerability and encourages positive self regard and active and equitable roles within the space and beyond.

- **Connecting with others:** Core Arts provides those who are experiencing mental health issues and at risk of social exclusion an opportunity to interact with others who have had similar experiences and to build relationships with them. A necessary support system can be established here- especially for those who do not have social support systems (or family) in place.
- **Peer support and mentoring:** The emphasis on creative expression, progression and learning through creative activity allows members creative freedom to regain confidence and reconstruct own identity as an artist/competent individual. This is mutually beneficial to the organisation and the member.
- **Skill Development/access to learning:** Creative skill development is the main focus at Core Arts and establishes human capital (self investment/own assets/strengths) for each member. Learning and skill development, completion of projects & goals can continue irregardless of mental health difficulties. Engagement in the creative process encourages skill development in cognitive process as well, such as planning, decision-making, problem solving etc.
- **Self-esteem building:** In addition to skill development, social factors, such as the support and affirmation from tutors as one's artwork/composition is appreciated, encourages improvements in the member's self-perception and beliefs about their potential and actualise/realise achievements.
- **Development of artist identity (changing the label):** The opportunities for creative skill development and the validation of ability enables the adoption of positive regard/perspective from others.
- **Bridging opportunities. greater lived experience:** Members are able to take on greater responsibility through volunteering positions at Core Arts, work training and build employability skills. They are also able to establish relationships with the community through the exhibitions and event opportunities made available to members/local networks/arts community.
- **Being active & structured activities:** impact on motivation, routine and lifestyle and wellbeing. Core Arts timetable plus daytime/evening and various weekend events as part of events program.
- **Education and Progression routes/achievements:** Core Arts have established move on opportunities for members to continue personal development (away from mental health services)
- **Non clinical environment:** in preparation for mainstream opportunities (not currently able to engage due to support needs)
- **Keeping Safe/well-being:** early intervention and communication with services (Core Arts supported communication & intervention) re: welfare, safeguarding, self care.
- **Better sense of support and options to seek help:** less crisis admissions/less CMHT input/less dependency on NHS services. A friendly, supportive and open staff and membership base for members to talk and relate to. These relationships offer a sense of belonging and support beyond the service and give opportunities to role model and demonstrate abilities in this area. The result may be less crisis admissions, reduced social isolation and less need for NHS services.
- **Quality of life and impact of environment and spaces:** London is an urban, heavy and for some, difficult place to live and find beauty or space. Core provides an open, large space & creative flourishing environment.

HOW TO ACCESS

Our courses are available to people with moderate to severe mental health needs.

If you are interested in joining Core Arts please call us on 0208 533 3500 to book yourself on a tour of the building.

Tours take place every Friday at 12:00.

These courses are part of the City And Hackney Wellbeing Network, we will support you to gain entry to the network and if you are already in the network we will liaise with your coordinator.

“I feel alive and calm when creating, I am producing work which for once in my life I am proud of!”

Introduction to Art

If you're new to visual arts, this class is the place to develop your skills. Create artworks in response to ideas and themes that inspire you. Explore a wide range of art mediums including drawing, painting, printmaking, collage and sculpture.

Introduction to Art Materials and Techniques

A focused session exploring a variety of art techniques, tools, and a range of Art Materials. Learn about how paints are made and the differences across mediums and learn about yourself as an Artist through exploration and playful activities.



Botanical Drawing and Colour Techniques

Each week, have the challenge of detailing and responding to vivid, beautiful still life designs.

With a special focus on botanical drawing, the group will look at various forms of painting styles and techniques, including watercolour.

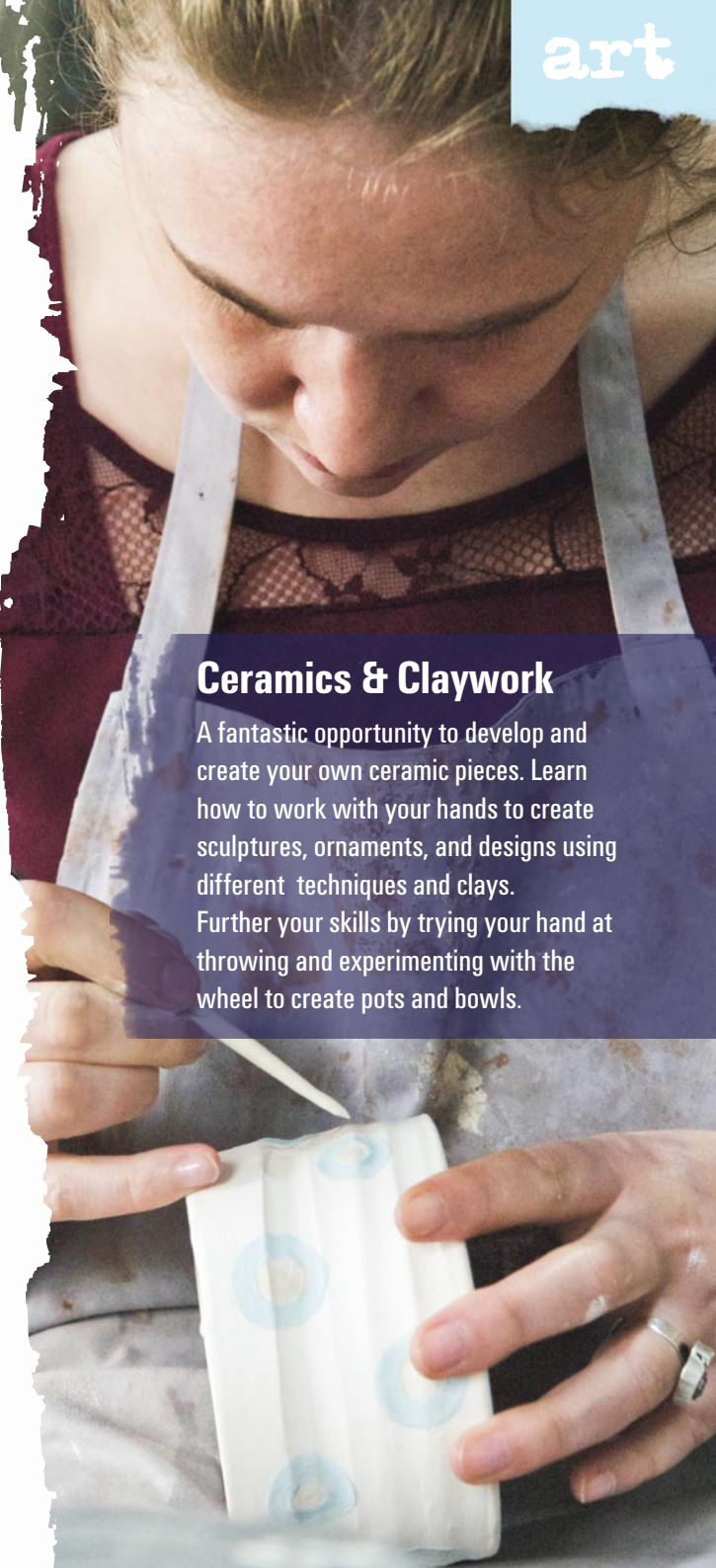


“Core Arts is a wonderful place which has raised my confidence, lowered my depression and anxiety and gives me hope for my future.”

Ceramics & Claywork

A fantastic opportunity to develop and create your own ceramic pieces. Learn how to work with your hands to create sculptures, ornaments, and designs using different techniques and clays.

Further your skills by trying your hand at throwing and experimenting with the wheel to create pots and bowls.



Ourselves, the World and Others: Collaborative Arts Projects

Develop your painting techniques in brushwork, colour mixing, visualisations and composition design through structured Art projects in a group for an inclusive range of skills and abilities.



Lifedrawing Class

Draw from the human form through observing a life model. Create drawings in quick succession through short poses or detailed drawing or painting. Learn to use a range of art materials and mediums to develop your techniques.

“Through art you’re able to forget about whatever problems you might have.”

Portrait Painting

This class is lead by a professional portrait artist. Develop your painting and drawing skills as you observe and create a portrait in response to the sitter. The class will focus on a different model every few weeks, giving you time to learn how to produce a finished portrait.

Printmaking Techniques in Focus

In this course you will explore the art of relief print, using reduction or multi block techniques. You will produce an edition of your own design incorporating 2-3 different colours and develop at a pace which suits your skill level.



Textiles

Create textiles using a range of fashion garments and soft furnishings. Design, and tailor your own styles or creative ideas. Be inspired by others in the group. Learn the skills of applique, embroidery, printmaking and create something truly unique.



Rhythm and Beats Carnival Drumming

This class is lead by a professional musician with a keen interest in African and funk music. Develop your techniques and experience new sounds creating a carnival atmosphere and learning about timings, fills and rhythm.

Guitar

(Beginners/Intermediate)

Pick up a guitar and try your hand at a different song each week. Develop your technique as a guitarist, in this supportive group setting. Develop chords, tuning your guitar, open strings and fingerpicking patterns. Guitars are provided.



Now I have my photography,
a record release,
I have meaning,
I have structure,
I have goals.
I have dreams again.
When I got ill I thought
my dreams were shattered.
I've got new dreams now
and I'm achieving them.

Introduction to Home Recording

Learn how to record vocals and live instruments to produce demos. This course focuses on free or very cheap ways to take what you learn at Core back to your own home studio.

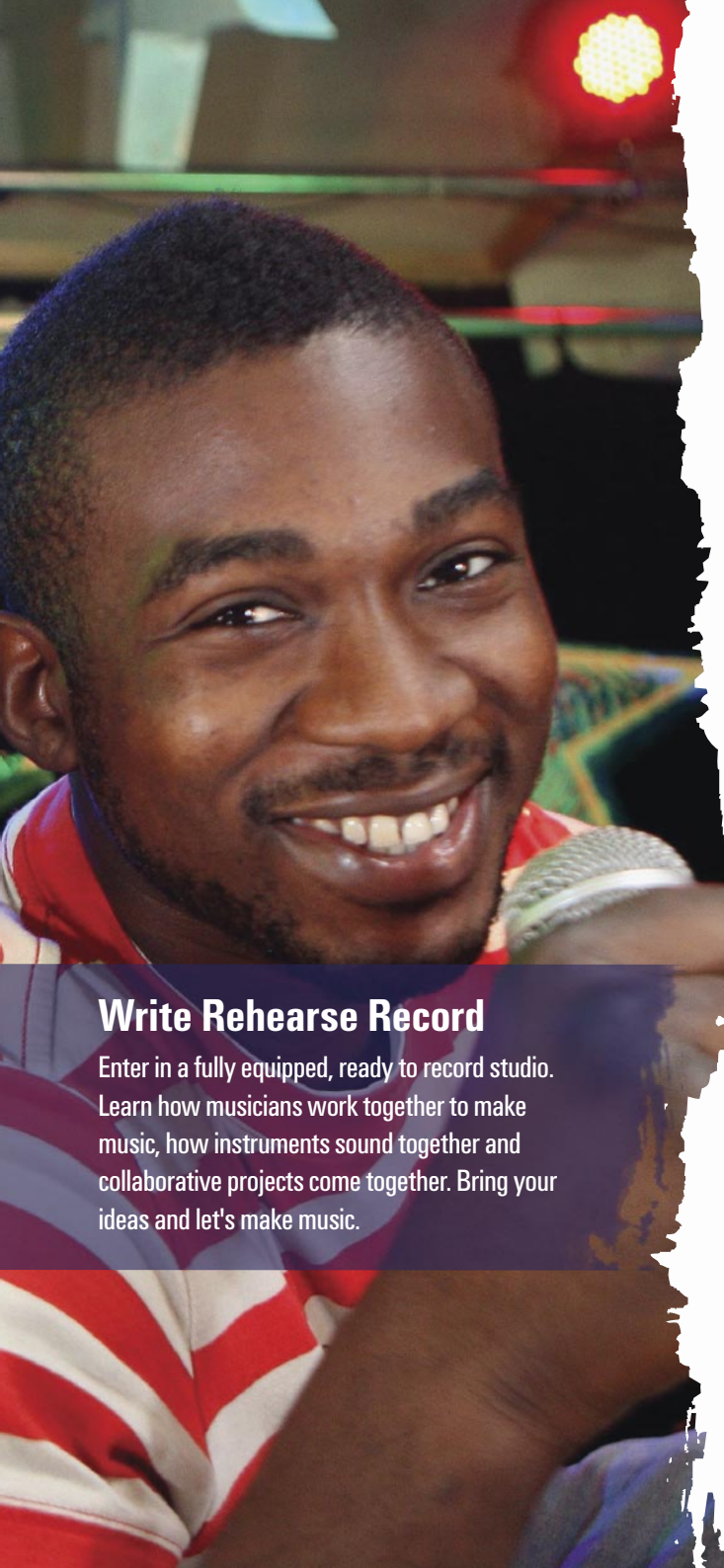


“I’m relaxed at Core.
I can concentrate.
Feeling relaxed
outside the home
is very important.”

Songwriting Easy Jam

In this session you can learn how to construct and write music lyrics for your songs. You will have the opportunity to experiment with creating sounds and playing in a group as well as sharing creative ideas. Practical demonstrations will be given; course includes structure, lyrics, melody, harmony and rhythm.





Write Rehearse Record

Enter in a fully equipped, ready to record studio. Learn how musicians work together to make music, how instruments sound together and collaborative projects come together. Bring your ideas and let's make music.

Vocal Strength and Performance Skills

Enter in a fully equipped, ready to record studio. Explore the instrument that is your singing voice and strengthen your vocal chords through enjoyable studio sessions exploring popular songs. Musicians will be on hand to provide the music.



“Attending art classes at Core Arts has been beneficial for my mental health on a lot of levels. Core Arts is a safe, positive, supportive environment where I can express myself without being judged for having long term depression.”

Digital Profile and Social Media

Empower yourself as an artist, musician or writer by creating a web presence that defines and promotes your individual voice. Social media has given artists more control over their career than any point in history and this course is designed to explore the opportunities now available. Platforms such as bandcamp, blogspot, Blurb, Wix, soundcloud, youtube and facebook. Release electronic books, music and use internet based services to manufacture hard copies.

Poetry & Creative Writing

Explore your imagination and bring your thoughts to life through creative writing and poetry performance. Develop your literacy skills and improve your confidence to read prose in these group sessions.



“I find being at Core inspiring! I'm inspired by other members, seeing what they can do and what they try out and the different variety of techniques!”



core arts exists to promote the artistic and creative abilities of people who experience severe and enduring mental health issues.

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