

May 20<sup>th</sup> 2020

Hey Core poets!

How are you doing? Hope you're well. How did you get on with last week's prompts? Anyone made a start with writing a poem for the **'View From My Window' exhibition? Doesn't have to be long, just like a photo, just capture a moment!** 😊

If you choose to: add it to the whatsapp group or email to [mail@corearts.co.uk](mailto:mail@corearts.co.uk)

Just to remind you, it's half term next week, you won't hear from me until the week after. But I've added a little extra for you to help keep your pen moving! 😊

So until the next time, keep strong, keep safe and keep writing! 😊

Sara

## LITTLE THING warmup

I heard a new advert, don't recall the item it was advertising(!) ***BUT*** I do recall the tag line:

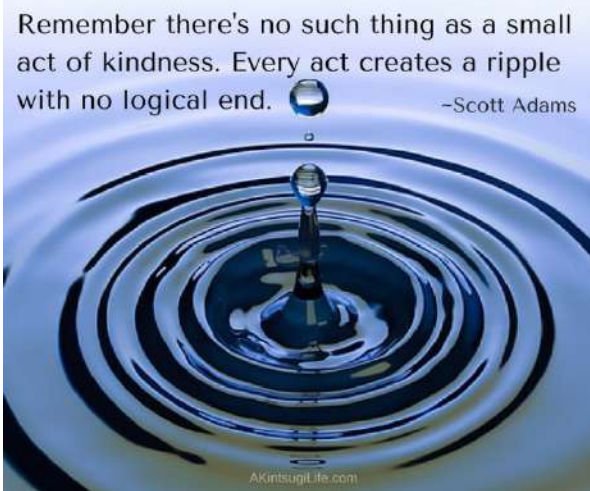
**“EVERY LITTLE THING IS EVERYTHING”**

This line inspired me to write a poem. So i thought I'd share it with you!

### PROMPT

- *Use the line as a prompt to write your creative piece.*
- *Consider its message; explore what the line means to you.*
- *NOTE; its simplicity. The wording and message are so simple. Yet perhaps hold a greater message. What could that message be?*

**EVERY LITTLE THING IS EVERYTHING**



**“Kindness” has been announced as the new theme for Mental Health Awareness Week, in response to the coronavirus outbreak.**

**The Week will run from 18th to 24th May and is a moment for the UK to focus on mental health.**

**The charity will publish new polling data and a summary of the latest research evidence about the important mental health benefits of kindness, along with tips, ideas and stories that it hopes will inspire the nation.**

**Mark Rowland, Chief Executive of the Mental Health Foundation, said: “Now more than ever, we need to re-discover kindness in our daily lives.**

**“We want to use Mental Health Awareness Week to celebrate the thousands of acts of kindness that are so important to our mental health. And we want to start a discussion on the kind of society we want to shape as we emerge from this pandemic.**

**“Kindness unlocks our shared humanity and is central for our mental health. It has the potential to bring us together and create unity.**

**“One thing we have seen all over the world is that kindness is prevailing in uncertain times, helping people to connect and communities to cope with the impact of the coronavirus pandemic.**

**This is a 13th century Persian poet’s way of illustrating how kindness ripples throughout our lives. Think of how long some kind act of yours can linger....**

**Your acts of kindness  
are iridescent wings  
of divine love  
which linger and continue  
to uplift others  
long after your sharing  
—Rumi**

## **PROMPT**

- Write a poem or short story using the theme of '**kindness**' which could inspire people offering comfort and support.
- Then if you wish, you could use **#KindnessMatters** to reach out as an act of kindness. (see below)

## **Mental Health Awareness Week, asks you to do three things:**

- **Reflect on an act of kindness. Share your stories of kindness during the week using #KindnessMatters and #MentalHealthAwarenessWeek**
- **Use resources in your family, school, workplace and community to join with thousands in practising acts of kindness to yourself and others during the week**
- **Share your ideas on how you think we could build a kinder society that would support our mental health using #KindnessMatters and #MentalHealthAwarenessWeek**

*Or*

**Use some of the words from the list below to write your piece**

**Aware  
Moment  
Ripple  
See  
Inspire  
Sleep  
Language  
Reach  
Focus  
Change  
Hear  
Shape  
Connect**



May 14, 2020

## **Paul Simon praises ‘extraordinary’ rendition of ‘Bridge Over Troubled Water’ by health workers**

<https://www.youtube.com/watch?v=WXISBPKrf2E>

**Paul Simon has praised “brave” health care workers who recorded an emotional rendition of the hit Simon & Garfunkel single “Bridge Over Troubled Water.” The singer, songwriter reposted a video of the “extraordinary” performance, which features UK National Health Service (NHS) workers performing a choral cover of the song in English and Welsh, to his Facebook page on Wednesday.**

**The video pays tribute to staff at Llandudno’s Venue Cymru in north Wales, which has been converted from a theater into a field hospital to treat coronavirus patients in the area.**

**The field hospital, created to tackle the coronavirus pandemic, has been renamed “Ysbyty Enfys,” which is Welsh for “Rainbow Hospital.” as a symbol for hope.**

**Musician, pianist and television presenter Jools Holland opens the performance on his piano, paying tribute to “all of the extraordinary people in the NHS and the brilliant people working to support them.**

## **Bridge Over Troubled Water Simon and Garfunkel lyrics**

<https://www.azlyrics.com/lyrics/simongarfunkel/bridgeovertroubledwater.html>

When you're weary, feeling small,  
When tears are in your eyes  
I will dry them all  
I'm on your side  
Oh when times get rough  
And friends just can't be found

Like a bridge over troubled water  
I will lay me down  
Like a bridge over troubled water  
I will lay me down

When you're down and out  
When you're on the street  
When evening falls so hard  
I will comfort you  
I'll take your part  
Oh when darkness comes  
And pain is all around

Like a bridge over troubled water  
I will lay me down  
Like a bridge over troubled water  
I will lay me down

Sail on, silver girl  
Sail on by  
Your time has come to shine  
All your dreams are on their way  
See how they shine  
Oh if you need a friend  
I'm sailing right behind

Like a bridge over troubled water  
I will ease your mind  
Like a bridge over troubled water  
I will ease your mind

## **PROMPT**

- Write about a time when something or someone offered you a bridge, a way out of troubled waters. Perhaps a friend, a nurse, a poem, a song, a new mind set, which led you on a new route like a bridge over troubled waters.

***OR***

Use some of the words from the list below to write your creative piece.

**Eyes  
Found  
Bridge  
Water  
Street  
Down  
Time  
Comfort  
Darkness  
Sail  
Friend  
Silver  
Dreams  
Shine  
Ease  
Mind**

## **How Florence Nightingale's 200th birthday is being marked on International Nurses Day 2020.**

*12th May 2020*

**Today marks both International Nurses' Day and 200 years since Nightingale's birth in Florence, Italy, on 12 May 1820.**

**International Nurses Day is an annual event celebrated around the globe, which says thank you to the contribution that nursing staff make to the lives of people every year.**

**On the 200th anniversary of Florence Nightingale's birth – and as health workers across the globe continue to battle against the coronavirus pandemic – the legacy of the trailblazing nurse has never been more relevant.**

**Two hundred years after her birth, an exhibition sheds light on nursing pioneer Florence Nightingale.**



**Nightingale in 200 Objects, People and Places, runs at the Florence Nightingale Museum in London from 8 March 2020.**

**A family album featuring unseen drawings of Florence Nightingale is to go on public display for the first time at a show hoping to shine new light on a figure whose name is world famous.**

**Florence Nightingale, the lady with the lamp, the founding figure of modern nursing, was someone who “is known but not known”, said David Green, director of London's Florence Nightingale Museum.**

**“Most people in the world have heard of Florence Nightingale, but they don't really know her full story,” he said.**

**The 200th anniversary of her birth has prompted the museum to shine light on different aspects of her life in an exhibition of 200 objects.**

**Also on display for the first time is a gold watch, given to Nightingale by her father, which she wore throughout her service in the Crimean war.**



## **PROMPT**

- Write a piece about an object that holds great sentiment to you. Perhaps a piece of jewellery that someone gave to you. Or a lucky charm. An object that perhaps reminds you of someone or something. Describe your attachment to the object and depict the sentiment it holds to you.

Or use some of the words from the list below to write your creative piece,

**Nightingale**

**Light**

**Object**

**Gold**

**People**

**Places**

**Trailblazing**

**Family**

**Shine**

**Unseen**

**Lamp**

**Sketch**

**Watch**