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Mental Health Awareness Week 2020

This week, starting on Monday 18th May 2020, is Mental Health Awareness Week. Each year the Mental Health Foundation sets a theme for the week, with this year being 'kindness.' What we mean by kindness is "doing something that is motivated by genuine warm feelings for others. It is not just an emotion, it is shown by our actions. Importantly, it also involves others experiencing our behaviour as kind." There can many ways in which we can show kindness to others; reaching out and checking-in with someone you haven't heard from in a while, ask someone how they are? And really mean it and be

prepared to listen, run errands for those that cannot get out, smile at a stranger etc. The list is endless! It is also important to remem-



Mental Health Awareness Week

ber that kindness is received and interpreted differently for everyone. Whilst being kind to others is extremely important, it is even more important to be kind to ourselves too. Prac-

ticing self-care is one of the best ways to be kind to ourselves; making sure you do not neglect your own needs and look after your mental health an physical health at the same time. Again this will be different for every single one of you, but it is important to do something nice for yourself every day. In a word where we can be anything, be



Kindness Matters. ALWAYS!

'A View From our Window'

Two weeks ago, Core launched an online photographic and written word art project, which some of you may have seen being uploaded on our Facebook page. Thank you to everyone who has got involved so far, entries have

been great to see and read. Eventually this will be turned into an online exhibition which will be able to view on our website. It is a simple project, but it offers a fascinating glimpse into the lives of everyone involved at Core; mem-

bers, tutors, volunteers and staff. A reminder that we are all in this together.



Photo submitted by Kejenne

Members' Work...

Alex Ingram has been super busy during lockdown and expressing his creative flare with some wonderful water colour botanicals and abstract oil paintings of landscapes on canvas. Kevin's has also shared his collection of photographs, which are really amazing and the way in which it is displayed really brings them to life. Paula has continued to upcycle and use items around the house to make clothing, like socks to make a brick layered jumper! Mandy has brought nature to her art work, using dried leaves and petals to form a collage. Lots of members have been getting the Mary Berry bug and have been sharing baking recipes and offering inspirations on what to bake next through our WhatsApp and social zoom chats. Unfortunately we have no pictures to share of these, as they obviously tasted so good, they were devoured straight away! We really love to see and hear how you are being creative and occupied during lockdown. You can see all these sharing's plus many more of our Facebook page www.facebook.com/coreartshackney.



Textiles by Paula



Artwork by Mandy



Photographs by Kevin

Yoga Retreat on Zoom

During this uncertain time many people have reported having higher anxiety levels and also other mental health struggles they have endured during lockdown. With this in mind and the importance of looking after your mental health through physical activity Core Sport will be hosting an afternoon Yoga Retreat on zoom that will be approx. 2.5 hours long and be conducted by regular Core Sport Yoga tutor, Jane. It will consist of lots of tips for good self-care, expression of kindness to ourselves, yogatic sleep and also a place to take time for ourselves looking after our mind, body and soul. This virtual Yoga retreat will take place on Tuesday 2nd June 2020, 2pm-4.30pm. Further details of what you will need for the retreat will be texted out to those who are interested in a space at the retreat. Make

sure you get in contact with Laura if you wish to attend Either by text, WhatsApp or email.

For those who are not able to commit to a whole afternoon, we do have some shorter videos on our VIMEO channel in the Core Sport folder to help with practicing mindfulness, relaxation and also a full-body gentle stretch class to help reduce mental fatigue (with adaptations on a chair for those who can not get down to the floor) to help reduce mental fatigue.



Brain Teaser

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Each square and line must have the numbers 1-9

Creative Corner

With it being Mental Health Awareness Week and the theme being 'Kindness', write a song, poem, spoken word about what kindness means to you. Also send it in to your Membership Manager