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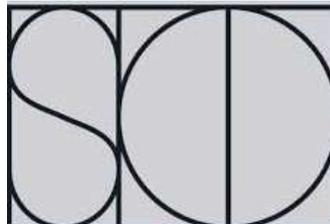
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## SoShiro Art Competition

SoShiro has invited all our members, staff and volunteers to take part in the 'unlock your spirit' competition. The competition features artworks created during lockdown and will lead to the winning entrant's work being showcased at The Artistry (23 Welbeck Street, Marylebone). To enter the competition, the artist needs to post an image or video of their work on Instagram by June 30<sup>th</sup> and do the following: Tag the gallery @so.shiro and also use the following hashtags:

#ArtistsSupportingArtists and #UnlockYourTalent. More details about the competition can be found on the website [www.soshiro.co](http://www.soshiro.co), but the general criteria are: 1. The artist must be able to demonstrate the relevance of their piece as a response to the current lockdown and to the theme, "Unlock your spirit". 2. To qualify for the final solo

show prize, the artist must be able to provide a digital portfolio to support the submitted work. 3. The work should be made available for the agreed-upon period of the show, factoring in shipping



SoShiro Gallery Logo

time, delivery dates and installation (date to be confirmed). 4. The submitted entry (the work) must be original, and can be created in any media. 5. There is no minimum size limit or format. The competition is open to both 2-dimensional and 3-

dimensional works. 6. All work entered into the competition must have been completed while in lockdown. Good luck to everyone who wishes to enter. Don't forget to send them across to your membership manager, as we would love to see them, and also share your work across our social media. You can also use the hashtag #CoreArts and tag @CoreArtsHackney on Instagram.



Unlock your spirit entry.

## Fund Your Creative Talents

SANE has launched a Creative Awards Scheme to improve the quality of life for people with mental health problems, their families and carers, by helping them to fulfil their creative potential. Awards range from £75 to £300 and are given for the cost of materials, specific projects, training courses, or funds for relief cover for carers. The scheme is open to anyone with a mental health problem, or a carer. Applications

are assessed by a panel, that includes practicing artists. For the purposes of the scheme, visual art encompasses all forms of painting, drawing, printmaking, photography, mixed media and digital art. You can find more information about the scheme at [www.sane.org.uk](http://www.sane.org.uk) or you can always get in touch with your membership manager, who can support you with your application. If you would like more information

about the Creative Awards Scheme, please call Thomas Andrews on 07932 693 663.



SANE Creative Awards Scheme

# Members' Work...

Nemo has once again got his sketch book out and has shared many wonderful sketches, which are so life like and utterly superb. We have continued to share Tom Bentall's music composition project on Facebook and Vimeo, based on the Earthsea books by Ursula Le Guin, and are over halfway in process of sharing of this project. Lindsay has been busy making a dear friend a needlepoint needle case, that is stunning and so thoughtful, as it resembles the cat of their friend, which is truly adorable. Ellen, Lorraine and Natasha are venturing into the world of being green-fingered creating vegetable patches, tending to window-sill boxes and nurturing tadpoles, one has even grown strawberries from a Core Landscape plant! Bomback has shared some wonderful written word too. The choir has also been preparing a piece that we hope to share with you very soon, and like always, will share on all of our social media outlets as well.



Artwork by Nemo



Needle work by Lindsay



Natasha's Strawberry Plant



Lorraine's Tadpoles

## Thank You to ALL our Volunteers!

June 1st-June 7th is National Volunteers week, and despite the current pandemic, this year it is no different. On behalf of everyone at Core, we would all like to say a MASSIVE thank you to all of the wonderful volunteers who have taken time out of their busy schedules to support us this past year. Without your help, dedication, motivation, and encouragement you give to members and staff, Core wouldn't be what it is today. All of your valuable time and effort is greatly appreciated, at the centre and during lockdown, where your presence is still ever impactful and most needed. You are all great advocates and set fantastic examples in every department,

where you bring your lived experience and skillset to every single class and session. You truly are amazing and we at Core believe we have the very best volunteers! As a small independent charity, we heavily rely on the generous time you give and contribute to make such a big difference to so many people's lives. So, thank you to each and every single one of you. You really are truly inspirational.



### Brain Teaser



Guess the Football Stadium from the emojis

### Creative Corner

With June being Pride month, get creative in the form of art, photography, and music, written word to write something inspirational that we can share for Pride month on our social media. This will be showcased during the anniversary of the Stone Wall riots.