

CORE NEWSLETTER
BY
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The Core Chronicles



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Black Lives Matter

Core as an organisation is committed to equality, inclusion and creating better lives for all. We condemn the brutal killing of African-American George Floyd and stand in solidarity with the Black Lives Matter movement protesting his killing and wider injustices. Core stands with the Black community and other BAME communities against all forms of racism, whether overt, insidious, or structural and we encourage our members, staff, volunteers, and supporters to do the same. Racism and discrimination are faced by BAME community members every day, and the mental health sector is not immune to these scourges. We therefore encourage our members to engage with members of the BAME community, whether colleagues, or services users, to under-

stand their reality and to understand the challenges they face on a day-to-day basis. It is essential that we as an organisation take it upon ourselves to research more into these issues. The onus should not always be on people of colour to educate others on these issues. There are no easy answers, but Core continues to engage our membership and continues to learn in order to address this issue, as we have done over the last 28 years and will continue to do so into the future. Core pledges to actively work with our members to stand with the Black community and other BAME communities against all forms of racism, to be anti-racist, and to do everything we can to bring about a positive change. Through our social media platforms and website we shall continue to spread

awareness of these important issues. Including a mixture of learning resources, events and opportunities. We also understand in the light of what has happened, it can be quite traumatic, triggering and deeply upsetting. So if you have been affected in any way, do get in touch with your membership manager, where we will be able to offer you support remotely, enable you to be heard and more importantly, listened

**BLACK
LIVES
MATTER**

#BlackLivesMatter

Celebrating Pride Month

June is Pride month, it is a month to celebrate LGBTQIA+ communities. Pride is usually celebrated with parades, marches and events, but with Coronavirus and social distancing still in place, things will be a little bit different this year. June is the month chosen to celebrate Pride, as it was the month of Stonewall riots - the protests that are seen as a crucial turning point in the ongoing fight for LGBTQIA+ rights across the World. A lot of events have been postponed or cancelled, but the celebrations will continue on Zoom and other social media platforms, keeping people connected and celebrating. Core will be no different. Pride month is about teaching tolerance, education in LGBTQIA+ history, and continuing to move forward

in equality and ending transphobia, homophobia, and all forms of discrimination against LGBTQIA+ people. It's about being proud of who you are, no matter who you love, and not being discriminated against based on sexual orientation or gender identity, encouraging people to come together in love and friendship, to show how far LGBTQIA+ rights have come, and acknowledge how much more work there is to be done. Pride is especially important to Core, as statistics show those who identify as part of the LGBTQIA+ community are almost three times more likely than others to experience a mental health condition. Core shall be hosting events to celebrate Pride month and also sharing educational resources for learning on our online

platforms. One to look out for is our Pride themed pub quiz on Friday 26th June at 7pm on Zoom, with a dress to impress in your most colourful outfits or as your LGBTQIA+ icon dress code.



Progress Pride Flag

Members' Work...

We have shared some beautiful pieces of artwork this fortnight. The vibrant colours of Sally's 'Nemesis' are truly eye catching. You can also listen to Kym's track on Facebook and Soundcloud called 2020, which highlights there is no place for homophobia, fascism, sexism, racism and hate in today's world; Some very poignant lyrics. Natasha and Danielle also shared some work from the live classes with Helen and Sally, which are great - Can't believe those sketches were done without even looking at the paper. We have also been sharing some workout videos from Core Sport's membership manager, Michael, who is making sure we stay physically fit, remain moving and don't turn into couch potatoes. Lastly, we managed to offer you a sneak peek taster of Core's R&B singer-song writer, Natalie Duncan's new single 'Sirens', which will be released on Spotify on Friday. A beautiful mix of neo-soul, R&B and jazz.



'Nemesis' by Sally



Live textile work by Danielle



Kym's Track cover—2020



Lorraine's Tadpoles

Creative Classes Are Now Live!

Core's creative classes have now gone live on Zoom! We have had a great couple of weeks. Learning new skills such as, mastering the satin stitch with Sally in the textiles class, who has a fantastic two camera set up, which defo wins zoom tutor of the fortnight. Music jams with Lolly, Mike and Joe, in which we created a new dance craze song last Friday, as well as creating beautiful pieces of artwork with Helen and Noel. We even have had students back strumming their guitars with Mikey in the Improvers' Guitar class and song writing with Natalie, which I hear was a brilliant class. The Core Choir has also been preparing something quite special over the last few weeks, but it is being kept under wraps until

we reveal it on our social media platforms. It has been really great connecting with students in this way and has positively helped enhance the learning and maintaining physical activity with our Core Sport classes too. If you need help getting on to zoom, speak to your membership manager, who will be happy to assist you in attending the classes – they come highly recommended.



Live Zoom class with Helen

Brain Teaser



Guess the London tube stations from the emojis

Creative Corner

To be prepared for the Pride quiz, unleash your scissors, needles and thread and create a fabulous outfit or accessory for our dress to impress LGTBIA+ theme.