

CORE NEWSLETTER
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THURSDAY 16TH JULY 2020

Gardener's Q&A with Nemone

Did you know that gardening has many surprising benefits? From building self-esteem and confidence, to being a great way to incorporate a bit of cardio into your daily life; it is therefore good for your heart health, reduces stress and provides a boost of vitamin D, which in turn can lift your mood and enhance your mental health. The mere activity of gardening from lifting, digging, planting is also a great way to strengthen muscles in your hands and can keep you more agile and mobile to do daily tasks as well. As you know from previous newsletter articles and also updates on our Instagram and Facebook pages, Core Landscapes manager Nemone Mercer has been keeping the Core gardens looking beautiful in our absence. On Thursday 16th July at 2pm live on Zoom, we will be able to pick the brains of our very own horticulture expert with our very own Gardener's Q&A, which we are all very excited about. So if you are new to gardening or have already established green fingers, we are sure it will be a very in-

formative session for everyone. Nemone will be sharing tips, and tricks on how best to care for your plants and flowers, whether they are outside in a garden, on a balcony or on a window sill inside your home. Either way, plants and flowers really can make a huge difference to our lives, add colour and textures to our homes and also help us eat healthily too. What better way to encourage our nurturing side than to get outside into the sunshine and get our hands dirty! So if you want to know how to grow seasonal vegetable patches, identify a plant you have been looking after for years but have no idea what it is called or you just simply want to know how to get started, you'll be heading over to the right place. Nemone will be answering your gardening questions during the live session, so you can save them for Thursday afternoon or you are more than welcome to send them over beforehand via email to nmerc@corearts.co.uk. If you prefer, you can always pass them on to your membership

manager, who can always forward them on your behalf. If you don't have the internet, you can also join our zoom session by dialing in using phone number 0203 481 5237 and follow instructions to enter the meeting ID and Password and you'll be able to listen in. Please use the following Zoom details to access; Meeting ID: 859 9840 5798 password: 164733. Looking forward to seeing some of you there, it will be one you don't want to miss.



Gardeners Q&A

July Core Council

Another Core Council meeting is upon us next week on Thursday 23rd July at 1.30pm and we would love to have you all join us over on Zoom. Not only because we get to see all your lovely faces, which we really miss so much, but also to get your feedback, views and input during this time and moving forward into the latter part of the year. It will also be a nice way to catch up with your peers, tutors, volunteers and staff as well. We will be providing you with updates with everything

Core, and will also be a chance to put your ideas across, and give us your input on the creative goings on online during our closure. If you do have any questions you want answering or you want to see something on the agenda, do get in touch with your membership manager and we will do our very best to address it in the Core Council meeting. If you do not have internet connection, not to worry you can still join the meeting by phoning 0203 481 5237 and follow the instruc-

tions to input the meeting ID and password, which you can get from your membership manager.



Core Arts Star

