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**INSIDE
THIS ISSUE:**

**Gardener's Q&A
with Nemone**

July Core Council

**Members' work
-sharing space**

Vimeo Update

Brain Teaser

**Creative
Corner**

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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

Members' Work...

As always we have loved all the work you have sent in and we have been able to share on our social media. We have had a good mix over the last fortnight, from beautiful poems by Core Sport members Mandy and Winsome. We have been able to share a lot of music too, starting off with the live Club Core gig, which can be found on our website, some home made beats by Shorty Natz and the fabulous first music video by Kym with their track 'Killing London City' - we can't wait until the next one. We have again been mesmerized by beautiful artwork by Sally, who has been keeping busy during lockdown. Not forgetting we have been very impressed by the art being produced from our live creative classes too and have been able to share some sketched portraits by Ellen. Paula has continued her upcycling and has made some fabulous trousers and waistcoats from home. Members have also tried their hand at a bit of woodwork, which we have been able to share with Suzy's handmade Trowels and Claudia's upholstered cabinet, which are all fantastic. Do get in touch with your membership manager if you would like to share your work with your peers. Even if you don't want them on social media we love seeing what you have been up to.



Upholstered work by Claudia



Portrait sketch from live class by Ellen



Music Video Still of Kym



Hand carved trowels by Suzy

Vimeo Classes

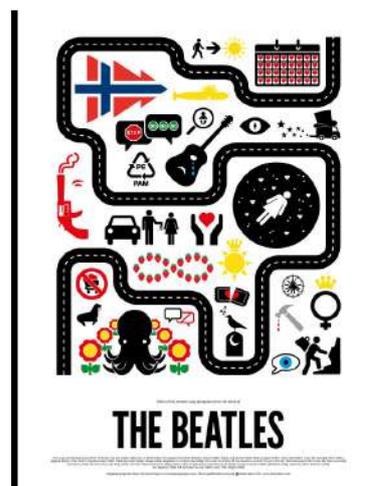
As you may all now be aware we have updated the way you access our prerecorded classes and you can simply access them via our website www.corearts.co.uk, which we hope has been an easier way for you to get involved in classes outside our live offerings on Zoom. All you will have to do is click on the big blue button at the top of the page saying 'members click here to access our online classes' and you will be prompted to enter a password, which will take you to the departments folders. If you are having problems logging in, do get in touch with us and we will be happy to help, as there are over 500 videos to choose from and some really great content from our talented tutors and cover all of our departments from music, art, sport, and horticulture and is a great way to continue your learning during our closure. It is a great way to see some of the shared work from members too (in case you do not have Facebook or Instagram). Some of you may be aware

that the comment function is not enabled due to the new way of access, but we do want to hear about your experience, feedback and any comments you have for your tutors. Feel free to drop us a text, call or email and we will make sure they are passed on. Hope you have fun giving the videos a go and don't forget to share any work you may have produced from them too. We love seeing it all!



Vimeo Classes

Brain Teaser



How many Beatles Hits can you name from the pic

Creative Corner

Keeping active is important for mental health, so find a creative way to get moving. This could be going for a walk in a park or blasting your favourite song and dance like no one is watching!