



**HOW TO
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Summer Holidays!

As Core runs like the academic year, as usual we will be implementing our summer holidays. Therefore, the creative side will be taking a little hiatus to give our staff and tutors a well-deserved break. We will therefore be closed for two weeks from Monday 3rd August until Friday 14th August 2020. No live creative classes will be running during this time and there will be limited contact to office staff, although some staff will still be working, so do check with your membership manager on whom to phone if you need us! Do not forget you can find all our contact numbers and email addresses on this newsletter. If you are looking for a creative outlet during the break, be sure to check out our pre-recorded videos on Vimeo, which you can access through our website www.corearts.co.uk. We have over 500 videos for you to choose from across all our departments - music, art, multimedia, sport, and horticulture. If you need help to access, then do please get in touch, and we look forward to seeing your creative creations when we return. You may also wish to use this break

to work on some new material to showcase at our next Club Core event, which will be taking place after we return in September, which we are all really looking forward to, as the last one was brilliant! However, we will not be completely closed as Core Sport will be continuing our live classes on Zoom throughout the summer break, so there will be plenty to choose from. Core Sport has a range of live classes which run Monday through to Saturday on Zoom from high impact classes like boxfit and circuit training, to more gentle classes of yoga, stretch & relaxation, and chair-based aerobics. If you are looking for more nutritional based classes, we have a plethora of Core Health videos to choose from too. We look forward to seeing all our regulars and welcoming newcomers as well. We would also like to reassure you that there is no pressure in the class, members can do as much of the class they feel they can do, we can make adaptations to every session depending on your fitness level and mobility and of course there is no obligation to have your camera on either. If

you would like to know more, please get in touch with Laura or Michael, and of course if you are not a Core Sport member, your membership manager will send out the timetable and you are also welcome to come along and check out the classes. During our closure we will also be running our virtual social events; Wednesday at 12pm with our Social chat catch-up and our virtual pub quiz every Friday at 7pm. Hope to see you on Zoom soon!



Happy Holidays!

Core Council Update

Last week we had our monthly Core Council meeting, and was lovely to see you there. We had a lovely catch up and really appreciated your positive feedback of our staff and tutors who have helped during this difficult time of our closure, making it a more positive experience and knowing you have felt supported warms our hearts. We also discussed the important topic of Core's reopening, which we are hoping will be in September 2020. We are currently risk assessing all classes to see which face-to-face session can restart in the building and also making the venue safe to ensure social distancing can be applied. We also discussed what the experience

will be like once we reopen, and what measures will be put in place, like the use of facemasks and antibacterial stations etc. We will of course update you once we know more detail. We also want to reassure you that when we do reopen, we will still maintain a strong online presence for those who still have to self-shield and/or do not feel ready to come to the building, so you are able to keep fit and maintain your learning. We will also be welcoming two new members of staff, who will join the membership team called Winston and Chenee, who have started with us from Monday 27th July and will be making lots of phone calls to get to know you all, so

be sure to give them a very warm Core welcome! They are going to be a fab addition to the great team we already have.



Core Arts Star

Members' Work...

This fortnight we have had loads to share and every single piece has been very inspiring and showcasing so much talent. We have shared a number of poems by Winsome, Louisa, Edwina, Lorraine and a group collaboration for the creative live class this week by Mandy, Cat, and new membership officer Winston. Gary has produced two beautiful wildlife abstract water colours. Kym produced an outer space music video, which is absolutely fantastic and is a must watch, long with the musical talents by Deago with a soundcloud production of one of his singles called 'roll the joint'. Fiona did a great job upcycling t-shirts and facemasks using fabric paints, with a very cute unicorn design. Gabrielle also show cased an ongoing project which maps out her own personal journey that oozes a real personal message. Of course the fortnightly newsletter wouldn't be complete without the mention of another brilliant piece, by Sally, who has been busy as always with her new piece called 'Jack in the Box'. All shared work can be found on our Facebook and Instagram pages as well as some videos shared in the members sharing folder on Vimeo with access via our website.



Art work by Mandy



Upcycling by Fiona



Art work by Gary M



Art work by Sally

Core-memorative Blanket

Sally the wonderful tutor from the textiles class has come up with a fabulous group project idea; the Core-memorative blanket! This is a project to celebrate that even in adversity and lockdown, at Core, we are all bonded together in mutual creativity and individuality. All you need to do is make a square to be added to the blanket, in a style, technique, and design that you love or want to experiment with. You just need to make sure your square is textile based, so we can sew it all together. If you are looking for some inspiration or ideas, you can look at the textile downloadable sheets that can be found on our website www.corearts.co.uk, as a lot of ideas can be found on those. You may want to try to hand paint a piece of fabric, make a collage, or even use Tyrex - an un-rippable paper that indestructible envelopes are made of. The project is a good opportunity to recycle/upcycle. So here comes the techy bit... Your square should measure either 6 x 6 inches square

or 12 x 12 inches square. If it is crochet or knit, please make it the exact size. Any other material, please leave an additional half inch boarder all around your 6 inch or 12 inch design, so that we can use for seam allowance to sew all together. Please send your square to Core at 1 St Barnabas Terrace, London, E9 6DJ. We can't wait to see all of your creations! Good luck and enjoy.



Core-memorative Blanket

Brain Teaser



Name the Disney movie from the emoji's

Creative Corner

Recycle or upcycle those scraps of material and make a 6x6 or 12x12 inch square to add to our blanket! Be really creative with your design.