

Friday

Art		
<input type="checkbox"/> 10.30am-12.30pm	Printmaking Techniques in Focus ★☆	Art Studio 1
<input type="checkbox"/> 11.30am-2.30pm	Textiles & Fashion Design ★	Hall
<input type="checkbox"/> 1.00pm-4.00pm	Portrait Painting 👤🎓	Art Studio 2
<input type="checkbox"/> 2.00pm-5.00pm	Printmaking	Art Studio 1 and 2
Music		
<input type="checkbox"/> 10.30am-12.30pm	Song Writing ★☆	Studio 1
<input type="checkbox"/> 10.30am-3.15pm	Vocal Performance Skills 1:1 30min slots	Green Room
<input type="checkbox"/> 11.00am-5.00pm	MIDI 1:1 1hr slots 👤	MIDI Suite
<input type="checkbox"/> 12.30am-1.30pm	Song Writing Jam ☆	Studio 1
<input type="checkbox"/> 2.00pm-5.00pm	Easy Jam Sessions	Studio 1
<input type="checkbox"/> 2.30pm-5.00pm	Music Technology: Logic	ICT Suite
<input type="checkbox"/> 3.30pm-4.45pm	Choir all welcome ✓★☆☆🎓	Hall
Multimedia & Creative Writing		
<input type="checkbox"/> 10.30am-12.30pm	Creative Computing	ICT Suite
<input type="checkbox"/> 2.00pm-4.00pm	Alternating Multimedia Courses 👤	Pink Room
Sport		
<input type="checkbox"/> 10.00am-11.30am	Table Tennis Meet at 8.50am at Core ✓	Bounce Shoreditch
<input type="checkbox"/> 1.00pm-3.00pm	Gym Meet at 12.30pm at Core	Copper Box, Olympic Park

Additional Core Sport Courses: Located at Core Arts Hall

Saturday

Yoga 12pm-1pm
Boxing 1pm - 2pm
Table Tennis
 2.30pm - 4.30pm

Monday

Dance 12.30pm - 1.30pm
Core Health 1.30pm - 2.30pm
Circuit Training 2.30pm - 3.30pm
Stretch & Relaxation 3.30pm - 4.30pm

don't miss!

Opening times & term dates

Monday	Core Sport	Thursday	10am-7pm
Tuesday	10am-7pm	Friday	10am-5pm
Wednesday	10am-5pm	Saturday	Core Sport

Summer term 2019

reopens
 Tuesday 23rd April 2019
closed for half-term
 Thursday 30th May to Friday 31st May 2019
last day
 Friday 26th July 2019

Autumn term 2019

reopens
 12th August 2019
closed for half-term
 Tuesday 22nd October to Wednesday 23rd October 2019
last day
 Friday 20th December 2019

Spring term 2020

reopens
 Monday 6th January 2020
closed for half-term
 Thursday 20th February to Friday 21st February 2020
last day
 Friday 10th April 2019

Summer term 2020

reopens
 Monday 20th April 2020
closed for half-term
 Tuesday 26th May to Wednesday 27th May 2020
last day
 Friday 31st July 2020
reopens
 Monday 17th August 2020

core arts exists to promote the artistic and creative abilities of people who experience enduring mental health issues.

Core Arts, 1 St Barnabas Terrace, London E9 6DJ

tel: 020 8533 3500
 email: mail@corearts.co.uk

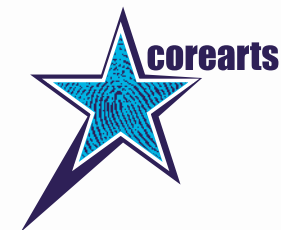
www.facebook.com/coreartshackney
 www.twitter.com/coreartshackney

www.corearts.co.uk

charity no: 1043588 • company no: 2985939



core arts promoting positive mental health.



timetable

2019/2020



Music Art

Multimedia

Sport

Horticulture



access via

- Wellbeing Network
- Personal (Health) Budgets
- Direct Payments
- City & Hackney CCG Recovery Alliance

Tuesday

Wednesday

Thursday

Art			Art			Art			
<input type="checkbox"/> 10.30am-12.30pm	Art Techniques and Materials ★☆	Hall	<input type="checkbox"/> 10.30am-12.30pm	Botanical Drawing & Colour Techniques ★	Art Studio 2	<input type="checkbox"/> 10.30am-12.30pm	Ceramics (throwing)	Ceramics Studio	
<input type="checkbox"/> 10.30am-12.30pm	Introduction to Art ☆	Art Studios	<input type="checkbox"/> 10.30am-12.30pm	Collage, Painting and Ink Techniques ★	Art Studio 1	<input type="checkbox"/> 10.30am-12.30pm	Ceramics (hand building)	Art Studio 2	
<input type="checkbox"/> 2.00pm-5.00pm	Life Drawing ★☆	Hall	<input type="checkbox"/> 2.00pm-4.00pm	LeatherCraft & Accessories ★	Hall	<input type="checkbox"/> 2.00pm-5.00pm	Ceramics (hand building) ★☆	Art Studios 1 & 2	
<input type="checkbox"/> 2.00pm-5.00pm	Developing Art Practice ☆	Art Studios	<input type="checkbox"/> 2.00pm-5.00pm	Oil Painting Techniques ★	Art Studio 1	<input type="checkbox"/> 5.00pm-6.30pm	Ceramics (individual work)	Art Studios 1 & 2	
<input type="checkbox"/> 5.00pm-6.30pm	Studio (individual projects)	Art Studios							
Music			Music			Music			
<input type="checkbox"/> 10.30am-12.30pm	Introduction to Music Production ★	ICT Suite	<input type="checkbox"/> 10.30am-1.00pm	Live Studio: Experienced Musician Jam ★☆☆	Studio 1	<input type="checkbox"/> 11.00am-1.00pm	Live Studio, Performance and Vocal Skills ★	Studio 1	
<input type="checkbox"/> 10.30am-12.30pm	Open Jam	Studio 1	<input type="checkbox"/> 11.00am-5.00pm	MIDI 1:1 1hr slots ☆	MIDI Suite	<input type="checkbox"/> 11.00am-6.45pm	MIDI 1:1 1hr slots ☆	MIDI Suite	
<input type="checkbox"/> 11.00am-1.00pm	Music Group Skills ☆	Green Room	<input type="checkbox"/> 11.30pm-1.30pm	Bass 1:1 30mins slots	Green Room	<input type="checkbox"/> 11.00pm-1.30pm	R'n'B Song Writing ★	Green Room	
<input type="checkbox"/> 11.00am-6.45pm	MIDI 1hr slots ☆	MIDI Suite	<input type="checkbox"/> 2.00pm-3.30pm	Guitar (Intermediate) ★	Green Room	<input type="checkbox"/> 2.00pm-5.30pm	Kit Drumming 1:1 30mins slots ★	Studio 2	
<input type="checkbox"/> 12.30pm-1.30pm	Rhythm & Beats Jam	Studio 1	<input type="checkbox"/> 2.00pm-5.00pm	Jam Sessions ☆	Studio 1	<input type="checkbox"/> 2.00pm-4.00pm	R'n'B & Soul for Performance ★	Green Room	
<input type="checkbox"/> 2.00pm-5.00pm	Keyboard ☆	Green Room	<input type="checkbox"/> 2.30pm-5.00pm	Music Technology: Logic ☆	ICT Suite	<input type="checkbox"/> 2.00pm-5.00pm	Furthering Song Ideas ☆	Studio 1	
<input type="checkbox"/> 2.00pm-5.00pm	Music Performance Skills ☆	Studio 1	<input type="checkbox"/> 3.30pm-5.00pm	Guitar (Beginners) ★	Green Room	<input type="checkbox"/> 4.30pm-6.00pm	Women's Singing Group ☆	Green Room	
<input type="checkbox"/> 5.30pm-6.30pm	Keyboard Tuition ★	Green Room				<input type="checkbox"/> 5.30pm-6.30pm	Open Jam Sessions ☆	Studio 1	
<input type="checkbox"/> 5.30pm-6.45pm	Music Performance Skills	Studio 1							
Multimedia & Creative Writing			Multimedia & Creative Writing			Multimedia & Creative Writing			
<input type="checkbox"/> 3.00pm-5.00pm	Creative Computing ☆	ICT Suite	<input type="checkbox"/> 10.00am-2.00pm	ICT and Music special projects ☆	ICT Suite	<input type="checkbox"/> 10.30am-12.30pm	Digital Profile and Social Media ★	ICT Suite	
<input type="checkbox"/> 1.30pm-3.00pm			Creative Writing Group 2 ★	Pink Room	<input type="checkbox"/> 1.30pm-6.30pm	Creative Computing	ICT Suite		
<input type="checkbox"/> 3.30pm-5.00pm			Creative Writing Group 1 ★☆	Pink Room	<input type="checkbox"/> 4.00pm-5.00pm	Digital Media open access ☆	ICT Suite		
Sport			Sport			Sport			
<input type="checkbox"/> 2.00pm-4.00pm	Gym & Swim Meet at 1.15pm at Core Arts	Aquatic Centre, Olympic Park	<input type="checkbox"/> 11.00am-1.00pm	Alternating Sports ✓	Hall	<input type="checkbox"/> 11.00am-1.00pm	Alternating Sports ✓	Hall	
				<input type="checkbox"/> 1.30pm-3.30pm	Cycling ✓	Core Arts Garden	<input type="checkbox"/> 1.30pm-3.30pm	Walking Group Meet at 1.20pm at Core Arts ✓	Local Area
							<input type="checkbox"/> 2.00pm-3.30pm	Tennis Meet at 1.20pm at Core Arts ✓	Olympic Park
						<input type="checkbox"/> 4.30pm-6.30pm	Club Core Daytime all welcome ✓	Hall	
Horticulture			Horticulture			Horticulture			
<input type="checkbox"/> 11.00am-3.30pm	General Gardening and Horticultural Workshops	Core Arts Garden	A Referral to Core Landscapes is required, please contact nmerc@corearts.co.uk www.core-landscapes.co.uk			<input type="checkbox"/> 11.00am-1.00pm	Assisted Gardening / Maintenance Sessions	Core Arts Garden	
						<input type="checkbox"/> 1.30pm-3.30pm	Structured Horticultural Workshops (specific dates)	Core Arts Garden	

★ = Wellbeing Network Course

☆ = Volunteer Supported

☆ = Registered Learning Trust Course

1:1 = Bookings only

✓ = all welcome

🎓 = Graduate Offer: 12-7pm on Thursdays



Core Arts is a hub of creative learning in the heart of Hackney, offering access to workshops under five departments: arts, music, multimedia, sport and horticulture.

As a registered charity we exist to promote the artistic and creative abilities of people who experience severe and enduring mental health issues. We welcome people of all abilities and are responsive to individual members skills, drive and imagination and celebrate talent through exhibitions, performances and events.

- Creative Freedom; the majority of Core Arts workshops are project based giving maximum opportunity for members to work on their own projects and to realise personal aspirations and potential.
- The tutors are on hand to provide professional and educational input and to guide the creative process, learning and skill development according to collaborative Creative Work Plans.
- Additionally, there are workshops available for those who enjoy a more formal structure. You choose which style compliments your own.

Art

Art Techniques and Materials Learn how to make and grind coloured pigments to make your own oil paints and colours. Make rabbit skin glues, glazes and your own canvases. Learn about egg tempera and fresco, how to cut window mounts and frame your work for exhibitions and selling. (all abilities)

Botanical Drawing & Colour Techniques Develop your botanical drawing and painting skills through close observation of seasonal fresh flowers and plants, berries and seeds, to create detailed and evocative artwork. (all abilities)

Ceramics (hand building) Learn how to work with your hands to create sculptures, ornaments, plates and bowls. (all abilities)

Ceramics (individual work) Develop and create your own ceramic pieces or complete pieces you have previously started, asking for help when needed. (all abilities)

Ceramics (throwing) Further your throwing skills and experiment on the wheels with clay to create pots, plates and bowls. (intermediate to advanced)

Collage, Painting and Ink Techniques Through drawing, painting and mixed media, we will explore representation through a range of different projects, including portraiture and creating imaginary spaces. Taking inspiration from historical and contemporary examples, we will draw, paint and construct inventive images. (all abilities)

Developing Art Practice Focus on personal art projects you want to develop through supported portfolio discussions. Enhance your artistic practice and skills as you concentrate on your Creative Work Plan throughout the day. (intermediate and advanced)

Introduction to Art If you're new to Visual Arts, this essential class is where to develop your artistic skills. Create artwork in response to ideas and themes that inspire you, as you explore a wide range of art mediums including drawing, painting, printmaking, collage and sculpture. (beginners)

LeatherCraft & Accessories The course will offer a variety of technical disciplines, and demonstrate product ranges that can be seen in the Jewellery and Small Accessory departments of modern fashion brands. (all abilities)

Life Drawing Draw the human form through observing a life model. Create drawings in quick succession through short poses and more detailed drawings or paintings. Use a range of materials such as chalks, charcoal and inks. (all abilities)

Oil Painting Techniques Develop your techniques in brushwork, colour mixing and composition design. Create portraits, still life and interpret famous paintings into your own transcriptions. Journey through the History of Art in paintings as you learn about artists in our group discussions. (all abilities)

Portrait Painting Constructed Portraits. A Collaborative group project. (all abilities)

Printmaking Experiment with printmaking techniques such as collage, mono printing, linocut and woodcut. Develop new ideas or draw upon your existing artwork as a starting point for your prints. Learn about artists and designers. (all abilities)

Printmaking Techniques in Focus Experiment with printmaking techniques such as collage, mono printing, linocut and woodcut. (all abilities)

Studio (individual projects) Work independently in the art studio to develop and create personal artwork or complete pieces you have previously started. (intermediate and advanced)

Textiles & Fashion Design Create a collection of textiles ranging from garments to soft furnishings. Learn the skills of appliqué, embroidery, crochet, knit and printmaking to create artwork you can wear, use or display. (all abilities)

Horticulture

Assisted Gardening / Maintenance Sessions Learn how to grow and care for a wide variety of plants and grow your own veg and herbs. Enjoy a relaxed setting in the open air. (all abilities)

Structured horticultural workshops Tutored 6 Weeks Horticulture Sessions in our Core Arts Nursery (all abilities)

Music

Bass 1:1 One to one tutorials you can book with our skilled volunteer. Learn the basics or develop your existing technique so you can join the Core Jam in the Music Studio. (all abilities)

Choir All welcomed, free and not part of your hours or day.

Open Jam 1:1 / Open Jam Sessions From Roots to Blues and Rock to pop this session is all about the joys of playing. We will jam through the genres leading to a performance at one of the Club Core social evenings. (all abilities)

Song Writing / Song Writing Jam Turn your words and poetry into lyrics and learn how to construct a song in this focused group. (all abilities)

Furthering Song Ideas Explore renowned songs through performance and improvisation. improve your songwriting skills and musicianship. (intermediate and advanced musicians and singers)

Guitar (Beginners) Develop your technique as a guitarist, in this supportive group setting. Develop chords, tuning your guitar, open strings and fingerpicking patterns. Guitars are provided. (beginners and intermediate guitarists)

Guitar (Intermediate) Add to your repertoire by learning music from a range of genres including Reggae, Folk, Blues and Rock. Develop your knowledge of chord construction and rhythm to compose your own music. (intermediate and advanced guitarists)

Introduction to Music Production Create and record music, using music technology (Apple/ Logic). Develop existing skills or learn from scratch. (all abilities)

Jam Sessions Join in and interact with your fellow musicians, contributing to the music being created through improvisation and expansion. (all abilities)

Keyboard Develop your keyboard skills and technique. (all abilities)

Kit Drumming 1:1 One to one kit drumming lessons that will help you develop your technique. (all abilities)

Live Studio: experienced musician jam Working as a group over 10-12 weeks you will collaborate in the writing of a song, which you will then develop and rehearse. Once perfected, you will record the piece, promote it via social media and performing at one of the Club Core evenings. (all abilities)

Live Studio, Performance and Vocal Skills Develop your voice. Open jam sessions for musicians and vocalists, enjoying making music in an improvised setting. (all abilities)

MIDI 1:1 Produce your own tracks over a series of weekly sessions. (all abilities)

Music Group Skills Learn about and make music through rhythm, melody and harmony within a group. Using percussion and other instruments, play music together and learn how to improvise while keeping in time. If you are new to music, this class is essential for your induction into Core music studios. (basic and intermediate)

Music Technology: Logic Learn how to use Logic Express software to compose and produce your own music on the Mac. (beginners)

Music Performance Skills Discover and maximise your potential as a performer on live stage and in the music studio (intermediate and advanced)

Popular Singing Enjoy taking part in this easygoing group where you can sing your heart out and flex your vocal chords. (all abilities)

R'n'B Song Writing Fun, light-hearted, RnB, Soul and jazz song-writing sessions with piano accompaniment. (all abilities)

R'n'B & Soul for Performance Fun, light-hearted, RnB and Soul singing for performance sessions with guitar accompaniment. (all abilities)

Rhythm and Beats Jam High energy Rhythm session. Come and play any instrument of your choice. From African Djembe to Congas or tambourine. Let's improvise and write songs together. (all abilities)

Vocal Performance Skills 1:1 One to one bookable tuition – develop your voice. (all abilities)

Women's Singing Group Come and flex your voice in our warm friendly women's singing group. After vocal warm-ups, learn how to sing acapella using harmonies and arrangements. (all abilities)

Multimedia & Creative Writing

Creative Computing Learn how to share your own creative work online by uploading your edited images, creative writing and music and linking your artwork to creative networks and sites or build your own blog or website. (intermediate and advanced)

Creative Writing Explore your imagination and bring your thoughts about the world around you to life, through creative writing and poetry performance. Develop your literary skills and your confidence to read your prose aloud in these group sessions. (all abilities)

Digital Profile and Social Media/Digital Media Empower yourself as an artist/musician/writer by creating a web presence that promotes your individual voice. Release electronic books and music, and use internet-based services to manufacture hard copies. (all abilities)

ICT and Music special projects Develop your Creative Computing skills and become more proficient using a Mac. Learn how to use software including Photoshop and iMovie to edit your creative visual, sound, video and written work. (all welcome)

Sport

Alternating Sports Short courses in different sports and dance. Look out for posters for details.

Boxing A great way to improve focus, release aggression and frustration and promote positive mental health in a controlled, friendly manner.

Circuit Training A high-intensity class for those wanting to get a little bit sweaty! This class offers the ideal combination of aerobic activity along with strength training, comprising exercises across 10 different stations targeting the entire body.

Club Core Daytime Play table tennis and board games and socialise with friends. (all abilities)

Core Health A weight management programme that provides you with all the nutritional information you need to reach your weight management goals along with an optional weigh-in. Core Health boasts peer support weekly sessions to keep you on track, motivated and on your way to leading a healthy lifestyle.

Cycling Cycling is a low-impact aerobic exercise that allows you to take in the greenery and canal paths around Hackney and the surrounding boroughs whilst building cardiovascular fitness. Learn how to cycle safely on the roads, master working through the different gears and test your skills on different terrains.

Dance Keep fit the creative way by joining in with our 6-week dance courses in a variety of styles. Dance is a great way to boost body confidence, strength and fitness and also improve posture. All classes have an emphasis on fun and enjoyment as well as providing choreography for all levels.

Gym Core Sport will have use of the gyms in both the Aquatic Centre and the Copper Box, which boast a 100+ station fitness suite. These are ideal places to get both cardio and strength training done. Gym inductions will be every 6 weeks, please contact Core Sport to sign up for the next course.

Gym & Swim We offer lane swimming along with gym sessions (6 week course). Please book onto the next course with Core Sport.

Stretch & Relaxation Different styles of yoga and relaxation classes to suit different needs. All classes help to improve flexibility, posture and create a greater sense of relaxation and stress relief. Regular participation leads to relief from pain, better range of motion around the joints and enhanced muscular co-ordination.

Tennis A great way to improve fitness, hand-eye co-ordination and to help find future playing partners (all abilities welcome)

Table Tennis A fun, social session to help improve your table tennis game. Shall include friendly rallies, matches and drills to help improve your playing technique.

Walking Group A very social group for those wanting a low-impact way of getting fit, focusing on routes around green spaces, parks and nature. You should be able to walk at least 20 minutes without stopping.

Yoga This session provides the chance to relieve stress, unclutters the mind and helps you become more focussed.

core trips

- Art trips to galleries or museums take place during the year on Mondays (British Museum, V&A, Kew Gardens)
- Music trips to concerts take place during the year in the evenings

core council: Have your say Core Council meetings are held monthly (see posters for dates) and they are chaired and minuted by members. This is an opportunity to contribute your ideas, raise issues and discuss future developments and all members, staff and volunteers are encouraged to attend. Members can also learn about upcoming events and opportunities both within and outside Core.

Events take place regularly at Core and members are encouraged to participate. Integral to the philosophy of Core is that our centre is used to showcase talent to one another and the local community.

Regular **gig nights** are often combined with the opening of an art exhibition. Performance slots and opportunities to jam with the house band are available.

club core is our members social club and bar held monthly. Acoustic floor spots. Chilled vibe. Board games. Darts. Films...a place where new material can be tested and confidence raised in a friendly environment.

Core Arts has three **gallery spaces**-the main hall gallery and corridor, the pink room gallery and the front of house. We mount regular art exhibitions comprising of members, staff, volunteers and invited artists artworks. Members are encouraged to show individually or participate in joint or group shows. We are often invited to supply work for or to curate external exhibitions and members have opportunity to show in these events.

For more information and to view our full timetable, please call 020 8533 3500 or send an email to mail@corearts.co.uk

