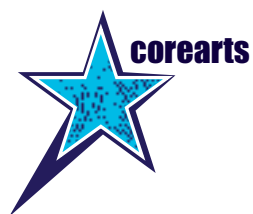


promoting positive mental health



Enduring  
Mental Health Issues?

Core Arts offers you  
a way to wellbeing...

It's time to  
unleash your Creativity!



Core Arts, if you haven't heard about them, are the most progressive art project for people with mental health issues in the world and are located in Hackney.

Dr Martin Zinkler Consultant Psychiatrist and Honorary Senior Lecturer East London NHS Foundation Trust

“I've told my GP about Core. Some days when I'm depressed and don't want to get up or wash my skin, Core gives me something to look forward to.”

member



# WHY US

Core Arts is experienced in providing best practice and best value in Mental Health Creative Day Care in London since 1992. Based in Hackney, it promotes positive mental health and wellbeing through creative learning. Providing quality education, training, employment and social enterprise initiatives that enable people who experience mental health issues to overcome barriers, fulfil their potential and participate fully in their community. Our mission is to support and promote recovery, social inclusion and mental wellbeing through the arts and enhance service user experience

## Service Aims

- **Connecting with others:** Core Arts provides those who are experiencing mental health issues and at risk for social exclusion an opportunity to interact with others who have had similar experiences and to build relationships with them.
- **Peer support and mentoring:** the emphasis on creative expression, progression and learning through creative activity allows members creative freedom to regain confidence and reconstruct own identity as an artist/competent individual. This is mutually beneficial to the organisation and the member.
- **Skill Development/access to learning:** Creative skill development is the main focus at Core Arts and establishes human capital (self investment/own assets/strengths) for each member. Learning and skill development, completion of projects & goals can continue regardless of mental health difficulties. Engagement in the creative process encourages skill development in cognitive process as well, such as planning, decision-making, problem solving etc.
- **Self-esteem building:** In addition to skill development, social factors, such as the support and affirmation from tutors as one's artwork/ composition is appreciated, encourages improvements in the member's self-perception and beliefs about their potential and realise achievements.
- **Development of artist identity (changing the label):** The opportunities for creative skill development and the validation of ability enables the adoption of positive regard/perspective from others (talent).
- **Bridging opportunities. greater lived experience:** Members are able to take on greater responsibility through volunteering positions at Core Arts, work training and build employable skills. They are also able to establish relationships with the community through the exhibitions and event opportunities made available to members/local networks/arts community.
- **Being active & structured activities:** impact on motivation, routine and lifestyle and wellbeing. Core Arts timetable plus daytime/evening and various weekend events as part of events program.
- **Education and Progression routes/ achievements:** Core Arts have established move on opportunities for members to continue personal development (away from mental health services)
- **Non clinical environment in preparation for mainstream opportunities** (of which is not currently able to engage due to support needs)
- **Keeping Safe/risk management/well-being:** early intervention and communication with services (Core Arts supported communication & intervention) re: welfare, safeguarding, self care.
- **Better sense of support and options to seek help:** less crisis admissions/less CMHT input/less dependency on NHS services.
- **Access when on the wards - part of treatment plan/rehabilitation.**
- **Quality of life and impact of environment and spaces:** London is an urban, heavy and for some, difficult place to live and find beauty or space. Core provides an open, large space & creative flourishing environment.

# WE OFFER:

## Core Arts offers a fully equipped and staffed Creative Day Service

Offering access to 50 + creative classes a week under four departments: Arts, Music, Multimedia, Horticulture.

Open studios and resources to work on self directed projects. 3 bookable recording studios, 4 exhibition spaces, 2 art studios, 3 art workshops & an ICT Suite.

32 professional PGCE trained, established and practicing tutors offering excellent education and inspiration in the creative arts. Effective individual guidance and support in personalised progression and skills development.

50 creative volunteers, working as tutor's assistants offering 1:1 individual support and guidance on a weekly basis.

Individual assessment of referral and Creative Work Plan, goal-setting with achievable objectives to promote success and provide a personalised service tailored to the individual's needs and aims.

### A short history

Established in 1992 out of a meeting of an entrepreneurial artist and a group of psychiatric patients Core Arts has become a sophisticated and dynamic charity, priding itself in its exceptional user governance, ensuring relevance and integrity to all its developments. With extensive experience in creative education for people suffering severe mental health issues

## Psychological Wellbeing through Creative Education

## Supportive Learning Environment

“My psychiatrist was shocked at the change in me after I started Core. He said he knew that my progress wasn't down to him, but to me. *I give all the credit to Core.*”

# PROGRESSION TO WELLBEING:

## Progression Pathways

Opportunities to volunteer, develop existing skills and experience work-like activity and training; including contributing to the running of Core Arts through the members Involvement Scheme and Core Council.

Opportunities for clients to progress to public performances, exhibitions, publishing, further education, volunteering, work experience opportunities and employment.

Placements in our award winning innovative Social Enterprise: Core Landscapes

## Community Events and Social Inclusion

Core Arts offers an extensive internal and external events program, giving members opportunities to exhibit, perform and socialise in a safe space. The hall has a 300 capacity, with a fully equipped stage run by technical staff, special guest artists and bands. Partnerships and networking opportunities offered regularly to clients with creative institutions across London, the UK and abroad.

### **Award Winners, including:**

- Opening Doors to Adult Learning NIACE
- International Impact Award (UK) Kings Fund /Glaxo Smith Kline
- Angela Vivienne Award
- Green Pennant Award UK
- City of London Growing Localities Award



# MISSION STATEMENT

Core Arts exists to enrich the lives of socially excluded people with severe mental health issues

Through professional educational input and emotional support we are able to develop and promote the individuals artistic and creative ability

Our aim is to empower and equip service users to achieve their personal goals and aspirations and make a full contribution to society

## CORE ARTS VALUES

### Service User Guided

The service users guide all our work

### Innovative

Our ground breaking approach to engaging service user's creativity enables people to achieve their full potential

### Artistic excellence

Our commitment is to high quality professional standards which will inspire and enable students to excel

### Inclusivity

The principle of embracing the value of diversity is fundamental to all our work with a particular focus on marginalised groups

### Positivity

Our priority is always to focus on service user's positive attributes and strengths rather than their perceived difficulties

## STRATEGIC AIMS

- To challenge negative stereotypes and the stigma facing people with mental health problems by the promotion of their positive attributes and strengths
- To develop the artistic and creative potential of our service users and increase their access to the benefits of the arts.
- To expand and develop Social Firms and Social Enterprises in order to
  1. Increase service users' confidence and self esteem through their engagement with a practical working enterprise
  2. To increase the service users' employability
  3. To generate income for Core Arts to enable the organisation achieve its charitable aims and objective and Page 6 use below title and side note

# SERVICE USER GUIDED

From its original beginning in 1992 Core Arts service users have and are contributing daily to shaping Core's direction and vision as well as sculpting its artistic agenda.

- Core Arts structure is one of inclusion.
- Core Arts encourages a cohesive multi cultural environment in which the creativity of all trustees, staff, volunteers, client or audience can flourish.
- Our thoughtful, non-tokenistic implementation of the Equality and Diversity Policy is absolutely central to our effective cultural diversity practice and we are proud in attaining true inclusiveness.

...gives me a chance to talk and exchange ideas with unusual and inspiring people.



Service User involvement is encouraged at all levels to ensure that the organisation meets the needs of all our clients

- **Board of Trustees:** Core Arts Trustee board is made up of two thirds members or ex members ensuring that the Charity is service user guided.
- **Core Council:** For the past 21 years Core Council service user run, monthly meetings, have been central to Core Arts development and ethos and continue to provide guidance for the organisation. The council has a formal written agenda and is chaired by service users. A member of the Trustee Board is also present so that ideas can go straight to management level. These are formal gatherings run by members to exchange information, ideas and debate issues as they arise. The council is at the heart of Core Arts and the place where inspiration springs into action.
- **Departmental Meetings:** Clients are also invited to each departmental meeting and to events meetings to allow involvement at all levels and to provide a full service user contribution to managing the program ensuring that it meets the needs of our clients.

### Pedagogy:

Referred clients to our service have an interest in creative arts and are helped to achieve the best learning outcomes from a series of sessions trained by professional practicing musicians, writers, poets and actors who are PGCE trained. This creates an exciting exchange of ideas between clients and teachers engendering social inclusion and cohesion. Advanced learners who suffer mental health issues, act as assistants in the sessions exchanging their experiences. Professional volunteers join the workshops during pre-performance rehearsals and help with the development of ideas. Individual creative work-plans for each participant allows us to track progress and identify need, alongside IAG sessions.

### Events:

Core Arts Events program promotes social inclusion, cohesion and encourages discourse around mental health combatting stigma associated with disabilities.

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“  
Now I have my photography, a record release,  
I have meaning, I have structure,  
I have goals. I have dreams again.  
When I got ill I thought my dreams were shattered.  
I've got new dreams now  
and I'm achieving them.”

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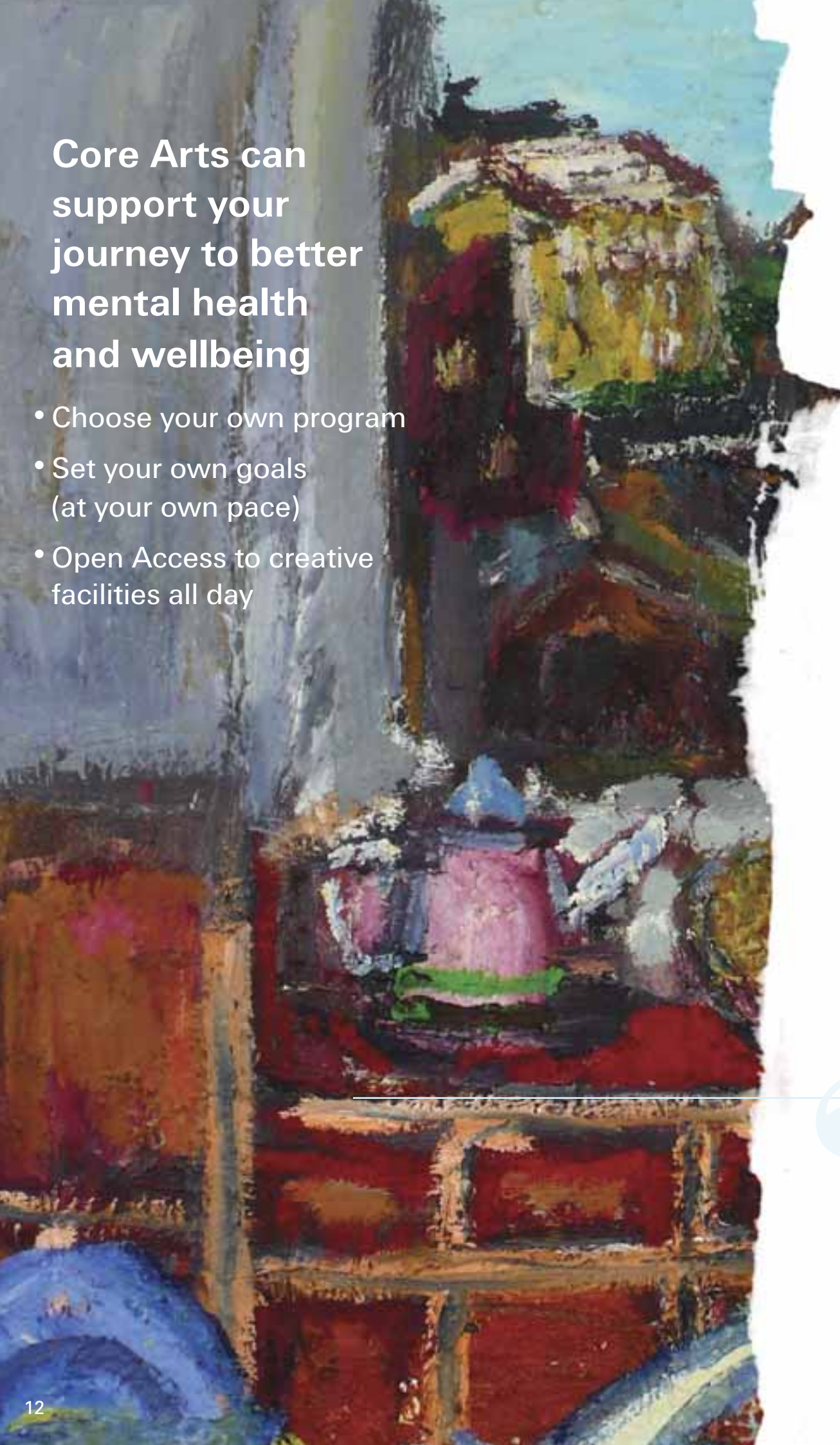
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## Core Arts can support your journey to better mental health and wellbeing

- Choose your own program
- Set your own goals (at your own pace)
- Open Access to creative facilities all day

# HOW TO REFER TO OUR SERVICE

Although Hackney based, we welcome applications from people supported by mental health services across the UK and specifically across London Boroughs. We particularly strive to meet the needs of those who may have limited access to other means of support due to various hardships faced - from a lack of opportunity and financial resources, to cultural and racial inequalities.

Membership can be purchased via personal budgets (PB), self directed support (SDS), direct payments (DP) or self funded by the potential member depending on what is most suitable for the individual and agreed by the mental health care team supporting the application.

All applicants should visit the Arts centre & studios as part of the referral process to ensure we offer what they are looking for, and fill in a membership application form. In some instances a taster day can be arranged to try out a session or workshop if appropriate. As a member you will have access to a variety of sessions and workshops run by professional tutors, with experience of the creative industries.

To become a member of Core Arts you must have an interest in developing your creative potential, and in addition:

- Current contact with Mental Health Services
- Be supported through care planning i.e. CPA (Care Plan Approach) by either a social worker, care coordinator, keyworker or CPN.
- Have a recent hospital admission

Referrals will also be accepted for assessment from partner agencies working with individuals who do not meet the above criteria but have been assessed as eligible to funding under a personal budget or direct payment.

### Referrals can be paid by:

- Block contracts & LB invoicing
- Supporting people monies
- Direct payments/ SDS
- Personal budgets
- Self funding

### How to apply:

**Applications for membership are open all year. If you would like to refer or be referred to Core Arts please contact Emily Cubitt the Membership Manager on 020 8533 3500 or 0785 0003621. Tours run every Friday: telephone for an appointment or email [ecubitt@corearts.co.uk](mailto:ecubitt@corearts.co.uk). Please visit our website: [www.corearts.co.uk](http://www.corearts.co.uk) for further information and to download the application form. Core Arts, 1 St Barnabas Terrace, London E9.**

“Everyone comes from different experiences and diagnoses, but there is no judgment. I feel for the first time can talk to people and be open and honest and be respected for it.”

# HOW TO REFER TO OUR SERVICE

## Hackney Referrals

- Residents of Hackney are able to join Core Arts by referral from a mental health care team or health practitioner. Access will be negotiated on an individual basis, with considerations made on what best suits the individual's circumstances
- Core encourages applications from patients on the ward who are looking for meaningful activity and developmental opportunities as part of their treatment and recovery

## Referrals can come from a variety of sources:

- Community Mental health teams (North & South)
- Hospital Ward/ Occupational therapy dept.
- Assertive Outreach Service
- Community Rehab & Recovery Service
- Early Intervention/ EQUIP
- Forensic social work Team
- Community Mental health teams (North & South)
- Therapeutic Community Outreach Service
- Psychological Services
- Self-referral
- Supported by GP
- Carer/ support workers
- Clinical Psychology Services

## Currently also taking people from the following groups Non-remit at our discretion and on a case by case interview

- Learning Disabilities
- Neurology (head injury) Services
- Substance Addictions Unit (SAU)
- Autistic spectrum services
- Dementia/Alzheimer services  
Medium Secure Units
- Eating disorder services
- Current engagement with clinical Psychology
- Gender identity services
- History of Mental health issues/  
current GP support
- Social isolation

**“Within other treatment services you can go round and round – it’s like a revolving door – here you are given a length of time and you are expected to move on.”**

# Core Arts

## Promoting Positive Mental Health, Social Inclusion and Celebrating Diversity

# HOW TO REFER TO OUR SERVICE

Refer your clients to Core Arts to access creative education that will improve their opportunities, promote their well-being, give structure to their day and prevent isolation.

### Personalisation

Core Arts encourages self-referrals; we will contact agencies on behalf of an individual to support the referral, to ensure multidisciplinary support planning for Core Arts membership and duty of care for the individual if there are concerns regarding health or welfare. **The Membership Manager** is the first point of contact for referrers, clients and existing members.

They are responsible for:

- Assessment of suitability for the service, current artistic skills, aspirations and any support needs upon referral to the service.
- Thorough induction, and creative goal setting including objectives for managing any identifying needs.
- Recovery, strengths and solution focussed support through 1:1 sessions.
- Initial and ongoing partnership working with support services (involving the member if required) such as CPA feedback, assertive preventative planning, and signposting to relevant agencies.
- Creative Personal Development; evidence progression and achievements through creative work plans.
- Progression: encouraging and facilitating further development such as volunteering, member involvement scheme or courses and work training.

You can download a Toolkit on how to access personal budgets from our website [www.corearts.co.uk](http://www.corearts.co.uk)





# EDUCATION PROGRAMME

“You will get 100% support. If you can't do it as you walk through the door, somebody will register your idea and help you do something about it – move the world to get it done. So there we are, it's a very special place.”

Core Arts education program is all about members exploring their creativity and developing their skills and confidence by engaging with the classes and workshops.

Core Arts runs weekly tutored classes across four departments: visual arts, music, multimedia and horticulture.

These are designed to cater for all ranges and levels of experience. Classes are open to any member wishing to participate, and whilst regular attendance is encouraged, we realise that due to the nature of mental health issues, members may not be able to come every week. Many classes are run on an on going basis, with a different focus each term. Some classes run in annual cycles with enrolment in September and some are short courses, which focus on very specific skills. As well as developing creative skills, the classes are designed to help people feel involved and to regain confidence, self-esteem and empowerment by sharing their skills.

**For class descriptions and the latest timetable please look at our website**  
<http://www.corearts.co.uk/programme>  
**or phone 020 8533 3500 for information.**

# ART

The art department gives members access to materials, space, tuition and the support they need to find the most suitable medium to enable them to express their individual ideas and creativity.

Taught by professional practicing artists who exhibit their work and who teach across colleges and universities.

“The uniqueness of Core Arts is its capacity to trust the process of making art - the work itself - to guide the explorer, members are treated as equals in creative endeavour, having to confront the same problems of style, content, technique - and honesty - as their artist mentors. In return, an energetic burst of creativity is unleashed.”

Andrew Peggie openearmusic

## What the art department can offer you

### PROGRESSION ROUTES INTO ART DEVELOPING CREATIVE PROJECTS BEYOND CORE

- Initiating and developing collaborative projects outside of Core
- Opportunity to submit your artwork for Internal and External Exhibitions
- Produce your own artwork independently

### PORTFOLIO DEVELOPMENT

- Create a collection, a body of artwork and portfolio
- Create a record of visual artwork including designs, models/macquettes, customised and finished items
- Create a digital portfolio to share online through a blog or website
- Build your portfolio for submission to further education courses, galleries and art competitions

### FURTHER OR HIGHER EDUCATION

- Progress to other art courses within or outside of Core Arts
- Accredited study at Further Education or Higher Education courses

### EXHIBIT

- Exhibit and sell your artwork at Core Arts
- Submit your artwork for external exhibitions

### SELL YOUR ARTWORK

- Learning to price work for sale
- Producing artworks independent of Core Arts for sale beyond
- Self-employment

### VOLUNTEER

- Volunteering in Core art classes, assisting the tutor
- Volunteering to help other members create artworks inside and outside of Core Arts
- Volunteering at other organisations

### WORK IN THE CREATIVE INDUSTRIES

- Self Employment as an Artist
- Work opportunities in the Creative Industries

art



art techniques and materials

**Location:** Hall  
**Day:** Tuesday  
**Time:** 10.30am-12.30pm  
**Skill Level:** All abilities

Learn how to make and grind coloured pigments to make your own oil paints and colours, how to make rabbit skin glues, glazes and make your own canvases. Learn about egg tempera and fresco and how to cut window mounts and frame your work ready for exhibitions and selling.



botanical drawing

**Location:** Art Studio 1  
**Day:** Thursday  
**Time:** 10.30am-12.30pm  
**Skill Level:** All abilities

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. Capture the essence of natural forms by developing your techniques using pencils, pastels, pen and ink, and watercolours.

Draw outside using your sketchbook to record growing plants at Core Landscapes and Garden. Improve your knowledge and understanding of plant anatomy through visits to Kew, the Geffrye Museum and the Chelsea Physic Garden.

Using your botanical drawings as source material, you may be inspired to create 2 and 3 dimensional artwork in Core Arts Casting, Oil Painting and Printmaking classes.

If you want to get more involved in growing plants, you can volunteer with Core Landscape, where you can implement planting schemes in the Core garden and Homerton hospital grounds.



“I can also see a change in both confidence and self esteem since I've been coming here. When I first started coming here I was so shy I used to leave classes. Now I find myself just getting on with things here, rather than analysing everything, like you do in therapy.”

casting

**Location:** Art Studio 2  
**Day:** Thursday  
**Time:** 11.30am-1.30pm  
**Skill Level:** All abilities

Discover the casting process and learn how to create small sculptures and items of jewellery in bronze and resin, such as pendants, brooches, and belt buckles. Experience the versatility of warm wax, using heated tools you will develop your manual skills to create organic and sophisticated shapes and forms. You can also make impressions of found items or your pre-existing sculptures into wax. As wax is so malleable, you can enhance those impressions and improve your design in detail.

Once you have finished your artwork in wax, it will be attached onto a casting tree, which is used as a pouring gate for liquid metal. When the casting process is complete and your metal artwork is cool, you will clean and polish your artwork and apply a patina for presentation.

As you gain experience and knowledge, you may decide to work towards designing and creating your own collection of jewellery or small sculptures.



ceramics - throwing

**Location:** Ceramics Studio  
**Day:** Thursday  
**Time:** 10.30am-12.30pm  
**Skill Level:** Intermediate to Advanced

A fantastic opportunity to develop your clay throwing skills, using both an electric wheel and a kick wheel. You will learn how to centre clay and open clay out to pull up and form vessels. Develop your creative technique and experiment on the wheel to create bowls, mugs, jugs, pots and plates.

ceramics - hand building

**Location:** Art Studio  
**Day:** Thursday  
**Time:** 2 – 5pm  
**Skill Level:** All abilities

Learn how to work with your hands to create sculptures, ornaments, tiles, plates and bowls using different forms of clay. Develop your pottery and ceramics skills from design, glazing and firing.

Learn basic techniques in preparing clay, and develop your skills in coiling, pinching, slabbing, and wedging. Make impressions and textures into clay, exploring 2D imagery. Develop your 2D images into 3D workable designs.

You will use Buff Stoneware and Terracotta Earthenware clay, and learn how to apply coloured stains to decorate raw ware. Try biscuit firing and understand how glazes behave on fired ware.

Stimulate your ideas through gallery and museum visits, artbooks and online research, engage in group discussion and share your artistic knowledge.

You will understand the nature of clay, glazing and the concept of how ceramics function from the raw stage to the fired finished product. You will produce your own ceramic artwork independently. You will have the opportunity to exhibit and learn to price work for sale.

ceramics - individual work

**Location:** Art Studio  
**Day:** Thursday  
**Time:** 5-6.30pm  
Volunteer supported  
**Skill Level:** All abilities

Develop and create your own ceramic artwork or complete pieces you have previously started, supported by a skilled ceramicist.

“Through art you’re able to forget about whatever problems you might have.”

**Location:** Art Studio

**Day:** Tuesday

**Time:** 2.30pm-6.30pm

**Skill Level:** Intermediate to Advanced

Focus on personal art projects you want to develop through supported portfolio discussions. Bring in artwork you have created in either another art class or at home as a starting point. By expressing your ideas through discussion with your tutor, find pathways to enhance your artistic practice as you concentrate on your Creative Work Plan.

Examine your art skills closely and identify which Fine Art techniques you would like to develop. Explore drawing in charcoal, pencil, pen and ink, painting in watercolour, acrylic or oils, printing in screenprint and lino cuts, sculpting and constructing 3D work and experiment in mixing media together.

Learn to evaluate your art practice and projects through group discussion and tutor guidance. You will be signposted to artists and designers whose work links to your practice, and through research, gain perspective about how your personal art projects fits within the context of contemporary art.

“What I make in pottery here has relevance and meaning; I’m not just pottering away with nobody noticing it.

I’ve gone from being a ‘night school potter’ to verging on professional and selling my work.

I bought a wheel and kiln five years ago, but I wouldn’t use them until I found a job, as potting is an expensive hobby. Coming here has enabled me to take that step in my art practice.

Core can change how you’re seen by society. Showing work to a public who’d spend a penny or two on your artwork makes a real difference.”



## introduction to art

**Location:** Art Studio

**Day:** Tuesday

**Time:** 10.30am-12.30pm

**Skill Level:** Beginners

If you're new to Visual Arts this essential class is where you will develop your foundational artistic skills. The goal is to create artwork in response to ideas that inspire you,

Develop your Fine Art skills in imaginative and observational drawing, painting, printmaking, collage and sculpture.

Learn more about contemporary and historical art movements and individual artists' body of work. Share your ideas, reflections and responses to artwork and improve your artistic language and analytical skills.

You are encouraged to experiment and try out different techniques to explore your art practice and identify what inspires you. You will have access to a range of source materials from art books, handouts, and opportunities to visit museums and gallery exhibitions throughout the year.

There's an optimistic vibe. It doesn't feel heavy here. It's a positive vibe; people are having fun, and are allowed and encouraged to be themselves. There's a respect for individuals for who they are.



## life drawing

**Location:** Hall

**Day:** Tuesday

**Time:** 2-5pm

**Skill Level:** All abilities

Gain confidence representing the human form through observing a life model.

As the course progresses, you will develop your technique as a figurative artist.

Create drawings in quick succession of the model striking short poses which will develop your mark making and act as a warm up. This will lead to capturing the model in longer poses, where you can concentrate on character, detail, definition and form. By focusing on the composition in each artwork, your attention will be drawn to the positive and negative space around the body. You will develop your knowledge of perspective and learn how to draw in proportion and foreshorten.

Experiment with a range of drawing materials including pencil, charcoal, pastels and inks on paper and card. You will also have the opportunity to create paintings, mono-prints and mixed media collages, on paper, board and canvas.

Understand the value of life drawing practice and its context in the history of Fine Art. Learn about anatomy of the human form by studying renowned life drawings by artists from Da Vinci and Michaelangelo to Gormley and Freud. Develop your visual art language to critique work within the group and share your experience of life drawing challenges. Develop your confidence in responding to each other's artwork with personal insight and feedback.

## oil painting

**Location:** Art Studio 1

**Day:** Wednesday

**Time:** 2-5pm

**Skill Level:** All abilities

Develop your oil painting techniques in brushwork, colour mixing and composition design. Learn how to skillfully oil paint on canvas to create portraits, still life and how to interpret famous paintings into your own transcriptions. Journey through the History of Art in paintings as you learn about artists in our group discussions.

## open art studio

**Location:** Art Studio

**Day:** Wednesday 10.30am-5pm

**Skill Level:** Intermediate to Advanced

Create artwork independently or develop existing personal art projects with a volunteer on hand if support is required.

## ourselves, the world and others: collaborative drawing and painting projects

**Location:** Art Studio

**Day:** Wednesday 10.30am-12.30pm

**Skill Level:** For an inclusive range of skills and abilities.

Through drawing, painting and mixed media the class 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 of ourselves and others, and of imaginary spaces and environments. You will also learn collaborative skills through interactive group work.

I'm relaxed at Core. I can concentrate. Feeling relaxed outside the home is very important.

## portfolio development

**Location:** Art Studio

**Time:** bookable 1:1

**Skill Level:** Intermediate to Advanced

If you have already started to develop your practice as an artist, booking a 1:1 session will help you to review your body of work and develop a working portfolio. Select the artwork that best represents you, then structure your portfolio and identify areas that need improvement.

Refine how you describe both your past and current artwork in the best light. Improve your skills in communicating your artistic aspirations and vocational goals. Improve your presentation skills and learn to define your identity as an artist. If you aim to submit work to exhibitions, or for gallery representation, this session will help you to focus and develop your professional approach as an artist.



## portrait painting

**Location:** Art Studio

**Day:** Friday

**Time:** 2-5pm

**Skill Level:** All abilities

Constructed Portraits. A Collaborative group project. What does it mean to see and be seen by others? To appear and to appear to (and for) others? Through drawing and painting and mixed media we will explore representation and self-representation. Addressing issues of identity and self-fashioning and taking inspiration from historical and contemporary examples, we will draw, paint and construct inventive and imaginative images of ourselves and others. For an inclusive range of skills and abilities.

“The staff is always willing to give you their time. There's a lot of humanity, with good people who obviously care.”



## printmaking

**Location:** Art Studio

**Day:** Friday

**Time:** 10.30am - 12.30pm, 2-5pm

**Skill Level:** All abilities

Experiment with a range of 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 and identify those that inspire your own work.

Explore your creative ideas to produce a series of prints on a theme that inspires you. Access source materials for individual research from our art book collection, the Internet, photographs and by visiting gallery and museum exhibitions.

Develop confidence in your own creative work and artistic language through group and one:one tutorial discussions. Improve your printmaking techniques learning about printmakers past and present.



## textiles

**Location:** Hall

**Day:** Friday

**Time:** 1.30-3.30pm

**Skill Level:** All abilities

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.

Create textile designs on paper, refine your design, then transfer it onto fabric using simple effective techniques. Experiment with a variety of textile surface techniques to enhance your material.

Learn how to design and construct garments, cut a pattern, and use a sewing machine. Create your own accessories, elaborating on your own sartorial taste and sense of style.

Research the techniques of other textile artists who inspire you and learn from their methods of construction.

Aim to produce finished products to a professional standard, worthy of entry into the market place.

“I'm always being artistically challenged, seeing my progress while finding new challenges to get through. It's a good thing. I like the feeling of stretching myself artistically. There's so much variety. I'm now learning casting. The tutors here all have strengths and gifts and give you quality time. They have the time for you.”

I noticed changes in my confidence here. I'm more progressive and creative in working towards my goals in life.”

# MUSIC

The music department gives members access to full equipped studios. Whether you are just starting out, learning a new instrument or are already an experienced musician we have a class for you. The music department offers a place for people to share their skills, develop their talents and enjoy the creative process of music making.

All Core Music Tutors and volunteers are professional musicians with experience of live performance, touring and studio recording work.

Please refer to the class description for the level of skill required.

“There’s nothing else like it. It’s completely unique. You wouldn’t catch me in any other health services! It’s helped me beyond measure. It’s helped stabilize my mental health. I was shut down before; now I understand that I can engage with the world.”

## PROGRESSION ROUTES

Build your confidence to play in the Music Studio, at Core jams, or perform at Core Arts internal and external events in the future.

## PERFORM

Perform at gigs including: Core Arts exhibition openings, our monthly Klub Kats n Dogz night at a local venue, music festivals and a diverse range of other events. Talk to your Music Tutors to book a performance slot at Core Events. Contact our Events Coordinator to express your interest in performing outside of Core and to learn of upcoming opportunities available to you.

## RECORDING

Book time to record your music arrangement in the studio, working alongside your music tutor and supported by fellow musicians. With advanced notice, our sound engineer can assist with the recording session.

Attend Music Technology classes to mix your tracks using Logic software for optimum sound quality. Once you have mixed your tracks, you have a lasting record of your music, which you can upload and share.

## MAKE AN ALBUM

Compile your recordings and release them as a digital album or CD that can be shared with or sold to the public.

## DEVELOP WEB PRESENCE

Post your work on popular music sites such as Bandcamp and Soundcloud to expose your work to a wider audience and gain valuable feedback.

## VOLUNTEER

Volunteer in Core Arts music classes and in the recording studio. Volunteer to support in the set up and running of Core music gigs. Volunteer for music programmes outside of Core Arts.

## DEVELOPING PROJECTS BEYOND CORE

Initiating and developing collaborative music projects outside of Core. Create and set up your own band.

## FURTHER OR HIGHER EDUCATION

Take charge of your own learning and seek out the knowledge and skills you require. Progress onto more advanced music courses within Core Arts.

Seek music courses which will offer you accreditation outside of Core.

Gain accreditation by attending and completing in Further or Higher Education courses.



## bass guitar

**Location:** Green Room

**Day:** Wednesday

**Time:** 1-3pm

**Skill Level:** All abilities

If you're a Bass Guitar Player, or want to learn how to play the bass, book a 1:1 tutorials with our skilled volunteer. Learn the basics or develop your existing technique so you can join the Core jam in the music studio.



## early birds

**Location:** Studio 1

**Day:** Tuesday

**Time:** 10.30am-12.30pm

**Skill Level:** All abilities

From Roots to Blues and Rock to pop this session is all about the joys of playing. Working in a group you will jam through the genres that the group decides leading to a performance at one of the Club Core social evenings.



## easy jam sessions

**Location:** Studio 1

**Day:** Friday

**Time:** 2-5pm

**Skill Level:** All abilities

Welcoming musicians of all abilities into the Music Studio, to participate in our relaxed and creative easy jam sessions. We insure the group is collaborative whether you are new to jamming, as well as a seasoned musician.

Choose from the variety of Core instruments you are familiar with or pick up a new one. Vocalists are equally welcomed.

Focus on your listening skills, paying attention to the instrumental and vocal sounds being produced. Using simple structures as the starting point for creative musical journeys, develop your music skills in chords and sequencing, creating harmonies and rhythm.

Playing in a variety of styles and genres, we cater to all tastes, from Rock to Reggae, Hip Hop to Folk. Better still see how different genres fuse to make something completely new and original.

Musicians are welcome to work towards a recording or public performance or to simply play for the fun of it.

## exploring songs

**Location:** Studio 1

**Day:** Thursday

**Time:** 11am-1pm, 2-5pm

**Skill Level:** Intermediate to advanced musicians and singers

Explore classic songs through performance and improvisation to help improve your own songwriting and musicianship. Come to this session and learn to play or sing some of your favourites with other musicians.

Do you have a song you love but think it out of your reach to perform?

Understand why you like certain songs and why your ear is drawn to certain chords in order to enhance your own compositions. Find out the many links between popular songs, be it chord progressions, arrangements, key changes, or melodies.

Learn in a live music studio environment, with the opportunity to sing through a vocal PA. Play a range of instruments from acoustic, bass or electric guitar, kit or djembe drums, keyboard or one of our many percussion instruments. Develop your rhythmic skills through a range of tempo, and time changes.

Focus on aspects of your performance that you want to improve through practice and rehearsals. When you feel confident, Tutors and Volunteers will encourage you to perform on stage.



I wasn't doing anything before I joined Core Arts, so it has made a significant impact on my routine. One of the things I find comforting about Core Arts is that the other members have similar problems to those I do, and so I won't have to worry about the stigma.

## guitar

**Location:** Green Room

**Day:** Wednesday

**Time:** 2-3.30pm: Intermediate  
3.30-5pm: Advanced

**Skill Level:** Intermediate and advanced

Explore a different song each week in this guitar group which seeks to develop your technique as a guitarist. Guitars are available to use. Learn how to tune your guitar, name the open strings and play fingerpicking patterns.

Add to your repertoire, 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.

Practice the minor and major pentatonic scales, and minor, major and dominant seventh chords. Learn to play sus four and sus two and barre chords. An ideal progression route would be into the following classes at Core: Exploring or Furthering Song Ideas, Music Performance Skills, Songwriting, Easy and Open Jams.

There's an optimistic vibe.  
It doesn't feel heavy here.  
It's a positive vibe;  
people are having fun,  
and are allowed  
and encouraged  
to be themselves.  
There's a respect  
for individuals  
for who they are.



## introduction to music skills

**Location:** Hall

**Day:** Tuesday

**Time:** 10.30am-1.30pm

**Skill Level:** Basic and Intermediate

If you are new to music, this class is essential for your induction into Core music studios.

Understand the fundamentals of making music through rhythm, melody and harmony. Play instruments from percussion to guitar and keyboard; and learn how to keep in time and improvise within a group. Focus on the practical elements of music and learn about scales, keys, chords, and composition. Explore music, listening to a wide range of genres to reveal their structure and arrangement.

Each session involves the group working together to create a piece of music. As you develop your confidence, you can introduce music of your choice and discuss adapting and arranging the music with the Tutor. This class can give you the opportunity to start writing your own music and explore new musical projects. Once the group have rehearsed a piece of music and feel ready to perform in the music studio, your Tutor can arrange and facilitate a recording session.

After attending this course, a natural progression would be into classes in: guitar, bass, kit drumming and keyboard classes, intermediate and advanced music classes, and taking part in the Jam sessions.

## keyboard

**Location:** Green Room

**Day:** Tuesday

**Time:** 2-5pm

**Skill Level:** All abilities

Develop your piano and keyboard skills in playing music pieces, learning skills in accompanying, improvising and composing. Improve your technique by practicing chord sequences, scales and sight reading. Listen to different music genres such as Classical, Jazz and Pop. Select music that resonates with you personally and play it in your own expressive style. Focus on an element of existing pieces to create an improvised or original piece to finish the session. As your keyboard skills grow, learn to experiment in composing your own music.

Each session begins with a practical warm-up exercise on the keyboard to get your fingers working. If you are new to keyboard, begin by playing melodies with a single hand, whereas experienced players can improve co-ordinating both hands.

Book your half hour weekly session through the Tutor, to reserve a keyboard. You can book time to practice the keyboard between lessons throughout the week at Core. As these are one to one sessions, beginners, intermediate and experienced players are all welcome.

Core has influenced me to do everything I always wanted to do. I've learned so much here, and I've developed my singing skills through jamming and performing at Core gigs.

I find being at Core inspiring! I'm inspired by other members, seeing what they can do and what they try out and the different variety of techniques!

## kit drumming

**Location:** Studio 2

**Day:** Thursday

**Time:** 1.30-5pm

**Skill Level:** All abilities

Kit drumming is designed to equip you with the skills to play with other musicians in jam sessions, studio recording and live stage performances.

Whether you've played a drum kit for years or are new to the drums, improve your rhythm and stick technique to play dynamically. Through observing your current skills and technique, you will be given guidance and practice exercises. Develop your ability to play at different volumes, from quietly in the recording studio to louder on stage.

Bring in tracks on CD or written music you wish to perform to, analysing the music to work out the drum parts. Broaden your repertoire by learning the beats for diverse musical styles from hip-hop, funk and reggae, to rock, blues and Afrobeats. Learn to read basic rhythm notation in music manuscripts. Reserve a 30-minute session via the booking sheet on the door of Studio 2.

It is necessary to practice drumming in between lessons to make progress; you can book practice sessions in Studio 2 in order to work independently.

## MIDI/logic

**Location:** MIDI Suite

**Day:** Tuesday 11-6.45pm, Wednesday 11am-5pm, Thursday 11-6.45pm, Friday 11am-4pm

**Skill Level:** All abilities

Once you understand how to use Logic, having attended Core Music Technology classes, you can work alongside a skilled MIDI volunteer to record and produce your own tracks over a series of weekly sessions.

Reserve a session via the booking sheet on the MIDI Suite door.

There's really good quality teaching here.

## music performance skills

**Location:** Studio 1

**Day:** Tuesday

**Time:** 2.30am-4.30pm

**Skill Level:** Intermediate and advanced

Whether you are an experienced musician, singer or rapper/MC, discover and maximise your potential as a performer on live stage and in the music studio. Develop your music performance dynamism by memorising your lyrics, learning microphone techniques for optimal sound quality, and developing your delivery and timing. Music Performance Skills gives you the space to practice effectively with supportive fellow musicians.

Bring in your own words and beats, or create and build on original material through group jam sessions. Increase your aural awareness of other musicians and focus on the instrumentation. You'll have the chance to reinterpret classic songs in an original way, playing them in a different style or adding different instruments.

By rehearsing in collaboration with fellow musicians, you can work as a group towards recording. Record your own music and produce an E.P. or full-length album.

Through attending Music Performance Skills sessions, you will gain confidence to perform at Core gigs and at external music events and festivals.



## music technology

**Location:** ICT Suite

**Day:** Friday

**Time:** 2.30-5pm

**Skill Level:** Beginners

Learn how to use Logic Express music software to compose and produce your own music on the Mac.

Develop your skills in music production and composition. Compose with loops, MIDI and sampling. Learn Logic skills in sequencing, editing and mixing. Discover what the terms gain staging, signal processing, routing, synthesis and automation mean, and apply these techniques to your music.

As you gain confidence in using Logic you can access the MIDI suite to fine-tune your compositions and add live instruments and vocals to your tracks.

Once you've mastered the basics, you can use Logic to create your own songs and albums, publishing your music online and submitting it for air play on radio shows.

## open jam sessions

**Location:** Studio 1

**Day:** Tuesday 5.30-7pm, Wednesday 2-5pm, Thursday 5.30-6.30pm

**Skill Level:** All abilities

Jam sessions stimulate creative music development. Choose from the variety of Core instruments you are familiar with or pick up a new one - vocalists welcome. Join in and interact with your fellow musicians, contributing to the music being created through improvisation and expansion. We welcome members who are new to jamming, as well as seasoned musicians, insuring the group is collaborative.

Focus on your listening skills, paying attention to the instrumental and vocal sounds being produced. Develop your music skills in chord construction and sequencing, creating harmonies and rhythm.

Practiced jam sessions may lead to music studio recordings, which can act as a guide for future music arrangements and as a resource to build on and sample.

## popular singing & karaoke techniques

**Location:** Green Room

**Day:** Thursday

**Time:** 2-4pm

**Skill Level:** All abilities

Enjoy taking part in this easy going singing group where you can sing your heart out and flex your vocal chords. Working together on a range of popular songs, you can develop your pitch, timing and delivery and explore vocal techniques such as harmonising - or even practice towards a group performance. This session is about having fun with songs that we all love and wish to share with each other and beyond.

The tutors motivate me, I didn't think I was a creative person until I came here.

## rhythm and beats: carnival drumming

**Location:** Hall

**Day:** Thursday

**Time:** 12pm-1pm

**Skill Level:** All abilities

This class is lead by a professional musician with a keen interest in African and funk music. Develop your techniques and experience new sounds creating a carnival atmosphere and learning about timings, fills and rhythm.

## songwriting

**Location:** Studio 1

**Day:** Friday

**Time:** 10.30am-12.30pm

**Skill Level:** All abilities

Turn your words and poetry into lyrics and learn how to construct a song in this focused songwriting group.

## vocal performance skills

**Location:** Pink Room

**Day:** Friday

**Time:** 11-5pm

**Skill Level:** All abilities

One to one bookable tuition – develop your voice.

## write/jam/record

**Location:** Studio 1

**Day:** Wednesday

**Time:** 10.30am-12.30pm

**Skill Level:** All abilities

Working as a group over 10-12 weeks you will collaborate in the wring of a song which you will then develop and rehearse. Once perfected you will record the piece with the view to promoting it via social media prior to performing at one of the Club Core social evenings. We want hits please!!

## women's singing group

**Location:** Green Room

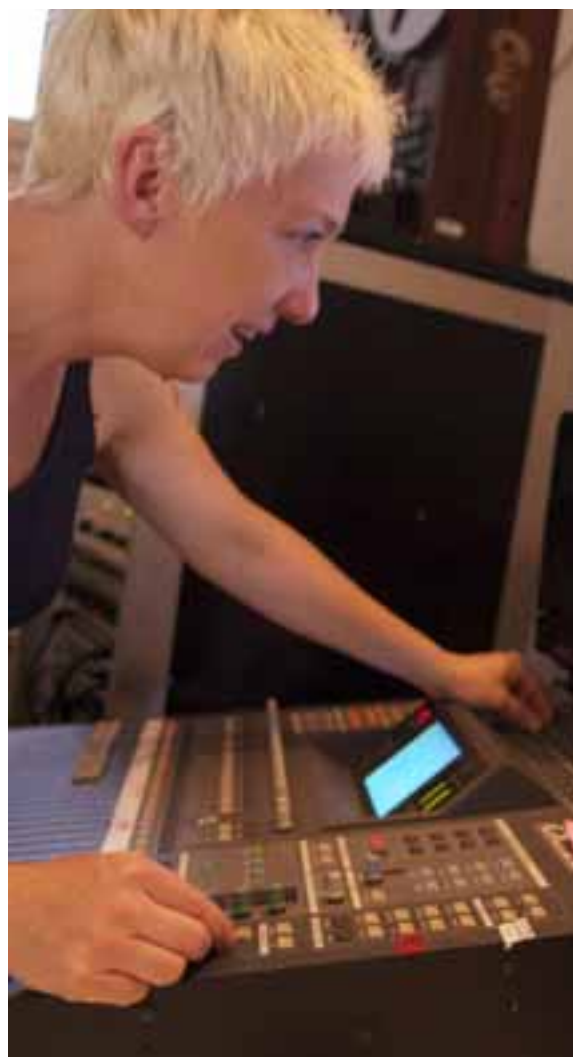
**Day:** Thursday

**Time:** 4.30am-6.30pm

**Skill Level:** All abilities

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.

I come to Core to work, to pick peoples brains, to be supported in my creative practice. It gives me a sense of hope, a sense of direction, of purpose, a reason to get up. Now I consider myself to be a working artist, who happens to have a mental illness.



We're at the Core door, and once you enter, it's up to you. You know what you want to achieve, but at the same time, if we knew everything? We wouldn't be here. You get support. It's a meditational, calm, cheerful, and progressive place.

I've benefited from Core also in becoming a social being. I didn't want to burden my loved ones with my depression, so I isolated myself. Here, we're all in the same boat, and so we don't have to explain.

# CREATIVE WRITING PERFORMANCE

All of our Creative Writing and Multi-Media Tutors are professional artists, with established careers and experience in the creative industries.

## PROGRESSION ROUTES

- Self-publishing in print or online
- Publication by outside journals or organisations
- Creative writing or poetry performance at live events
- Journalism, opportunities to write for other sources
- Taking part in creative writing/poetry events and festivals

Freeing mental blocks and empowering me with a sense of achievement that comes from the completion of challenges. To get a result such as this is rare from mental health services and for this reason Core Arts is a valuable and essential facility and resource for its members



# multimedia - creative writing & performance

poetry & creative writing

**Location:** Pink Room  
**Day:** Wednesday  
**Time:** 3-5pm  
**Skill Level:** All abilities

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 improve your confidence to read your prose aloud in these group sessions.

Discover your ability to write through diverse exercises that bring your experiences to life on the page. Learn about different forms of poetry and techniques you can use to express your thoughts.

Read and listen to the poems of renowned and underground poets from different genres and cultures, then share your responses with the group.

Find poetry and writing that inspires you to create your own prose. Share your creative writing with fellow writers and gain valuable feedback for progression.

Develop your vocal skills to perform your poetry in public with confidence.



photography

**Location:** Pink Room  
**Day:** Wednesday  
**Time:** 11-2pm  
**Skill Level:** All abilities  
Volunteer supported

Explore the art of photography through your personal practice, focusing on the ideas, subjects and narratives that inspire you. Develop your creative eye, to capture the essence of what you want to communicate. Gain creative stimulus through exposure to renowned photographers' work and informed group discussion. Bring in and learn how to use your own camera kit, or use our cameras. Improve your technical knowledge of camera settings and develop your editing skills using Photoshop.

As you develop a clear practice and generate a body of work, understand how your work relates to current and historical photography. Attend Creative Computing classes to upload your digital photography portfolio and create your own website.

I have learnt many skills, and I really enjoy all the different classes that are on offer. I feel that my confidence has grown and I have noticed that I am much more chatty than I used to be.



social club

**Location:** Hall  
**Day/Time:** Thursday  
**Time:** 4.30-6.30pm  
**Skill Level:** All abilities

Play table tennis and board games and socialise with friends.



At Core Arts, the multimedia department helps people to make the most of technology. The teaching and support enables members to learn skills which they can use in their everyday lives, in employment and education, or to help with their creative pursuits. Like each department, the multimedia courses respond to the needs of individuals often working in collaboration across the Core Arts programme.

## PROGRESSION ROUTES

- Attending other multi-media classes at Core Arts, Creative Computing, Music Technology, Photography and Video and Sound Editing
- Exhibit your photography in visual art exhibitions
- Screening your work at exhibitions or film nights
- Entering film and video competitions and festivals
- Accredited computer, film, video and sound courses at Further Education Institutions
- Volunteering in Computing classes to help other members create and update their blogs and websites through one:one support

Core has encouraged me to develop my creativity, it has also given me the provision of materials and a range of equipment that I can't normally afford. I'm then encouraged to develop my skills even further, like photography, I had some of my work in an exhibition, and published in a book of photo's. I've also been able to develop my singing and have sung live at gigs that Core Arts have put on here.



## creative computing

**Location:** ICT Suite

**Day/Time:** Tuesdays 3-5.30pm, Wednesdays 10.30-12.30am, Thursdays 1.30-6.30pm, Fridays 10.30am-12.30pm

**Skill Level:** Intermediate and advanced

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. You can manipulate work digitally to create new visual, sound or animated work.

Upload your artwork and create your own digital portfolio to share online. Upload your music to sites, which offer a platform to share your music and invite valuable feedback.

Upload your creative writing in a book format to self publish online and in print.

Learn how to design and create your own blog and website, or publish online. Design your own marketing materials including press designing CD and DVD covers, flyers, postcards and posters also learn to write your online biographies and press releases. Represent and promote yourself through online platforms and creative networks. Enhance your creative recognition through a well thought out web presence as an artist.



“I have increased self-confidence since joining Core. I’m exploring creative areas that I wouldn’t otherwise have.”

## digital profile and social media

**Location:** ICT Suite

**Day/Time:** Thursday

**Time:** 10.30am-12.30pm

**Skill Level:** All abilities

Empower yourself as an artist/ musician/ writer by creating a web presence that defines and promotes your individual voice. Release electronic books and music, and use internet-based services to manufacture hard copies. Social media has given artists more control over their career than at any point in history, and this course is designed to explore the opportunities now available. The primary platforms we’ll be using are: Bandcamp, Blogspot, Blurb, Facebook, Soundcloud, Twitter, Wix and Youtube.

## logic

**Location:** ICT Suite

**Day/Time:** Wednesday

**Time:** 2.30am-5.00pm

**Skill Level:** All abilities

Learn how to use logic in a group setting, so at a later stage you can work alongside a skilled MIDI volunteer to record and produce your own tracks over a series of weekly sessions.

“It’s a friendly environment – everyone gets along with each other. Anyone out of order gets banned.”



“Core is a jewel in the heart of the community.”



Core horticulture department is part of our Social Enterprise Core Landscapes that focuses on bringing about social change locally through inclusive and participatory environmental projects.

“I’ve been helping for a couple of months and I find it really rewarding...it gets me out of the house...you know you’ve done something positive...it makes you feel good...for me its win win.”

## landscaping

**Location:** Canning Town Nursery (by mini bus)

**Day:** Tuesdays

**Time:** 1.30-4pm

**Skill Level:** All abilities

Come and spend the day at Core’s nursery and Growing Space in Canning Town, Learn how to grow and care for a wide variety of plants and grow your own veg and herbs to take home. Enjoy a wide range of gardening and horticultural experiences in this relaxed setting in the open air.

“Having the chance to grow my own vegetables again so close to my home, and making so many new friends in the process, has transformed my life!”

## gardening and horticulture

**Location:** Core Garden and visits to Homerton Hospital Grounds

**Day:** Tuesdays

**Time:** 2.30-5pm

**Skill Level:** All abilities

Learn how to grow and care for a wide variety of plants from practical gardening and maintenance to technical skills such as pruning, propagation, planting and food growing.



Core Sport is a new unit under Core Arts, an award winning Mental Health Charity based in Homerton, Hackney that exists to enrich the lives of socially excluded people with mild-severe mental health issues. Our mission is to promote positive mental health and wellbeing through creative learning. Providing education, training, sporting activities and employment initiatives enabling people who experience mental health-issues to overcome barriers, fulfill their potential to achieve their personal goals and aspirations and make a full contribution to society. In April 2015 Core Sports was launched to provide opportunities for and engage adults who experience mental health issues to participate in inclusive supportive sporting activities.

Research has shown that exercise releases chemicals in your brain that make you feel good - boosting your self-esteem, helping you concentrate as well as sleep, look and feel better.

Taking part in physical activities can be a great way to meet people. They can also offer the chance of taking a well-deserved break from the hustle and bustle of daily life.

Leading an active life can help to improve your feelings of self-worth and foster confidence. Taking part in a form of exercise that you really enjoy can give you a goal to aim for and a sense of purpose.

#### **A few benefits of exercise are:**

- less tension, stress and mental fatigue
- a natural energy boost
- improved sleep
- a sense of achievement
- focus in life and motivation
- less anger or frustration
- a healthy appetite
- better social life
- boost confidence and self-esteem
- having fun

Core Sport offer a wide range of sport specific and exercise classes, along with a weight management programme and regular general health checks. Core Sports can be accessed by being a member of Core Arts, The Wellbeing Network and also through a sport on prescription service through a referral from your GP.

The sports programme is free for City and Hackney residents, but there is also an option to 'pay and play' for those that live out of the borough. There is no need to book and no limit on how many sessions you can attend. Equipment is provided and all levels are welcome to all classes.

Please regularly check our online timetable to get the most up-to-date information.



**Team Sports** Can be of the contact and non-contact variety. A great way to incorporate exercise into a social fun setting.

**Aerobics** Improve strength, aerobic fitness, speed, flexibility, coordination and balance.

**Strength training** Build/tone muscle, change body composition, improved strength, flexibility and injury prevention, prevents osteoporosis. Strength training can be done by using force form equipment, but also using your own body weight.

**Mind, body & soul** Includes breathing control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation. Regular attendance will help transform both your mind and body ultimately helping you find an inner calmness/peace, enhance your balance and stability, and leave you feeling stronger and more centered.

**Aquatic** Exercise performed in the water, which acts as a low impact form of exercise. Helps breathing capacity along with increasing aerobic fitness and strength training using the resistance of the water.

**Weight Management** Learn more about nutrition and leading a healthy lifestyle. A great way to achieve goals using the support from a nutritionalist from peers within the group.

## Health benefits of exercise

- Less tension, stress and mental fatigue
- A natural energy boost
- Improved sleep
- A sense of achievement
- Focus in life and motivation
- Less anger or frustration
- A healthy appetite
- Better social life
- Boost confidence and self-esteem
- Having fun
- Weight loss
- Muscle gain

## basketball

**Location:** Reception  
**Day:** Wednesdays  
**Time:** 11-1pm  
**Skill Level:** All abilities

A fun filled session set in a friendly environment. Focussing on skills, drills, and match play with a qualified coach. These sessions cater for all ability and experience levels.

## dancing

**Location:** Hall  
**Day:** Mondays  
**Time:** 12.30-1.30pm  
**Skill Level:** All abilities

Belly dance is low-impact and gentle so is generally suitable for all levels of fitness and ability. It can help increase body confidence, strength and fitness and improve posture. The class emphasis is on fun and enjoyment.

## cycling

**Location:** Garden  
**Day:** Wednesdays  
**Time:** 2-4pm  
**Skill Level:** All abilities

A level 2 coach and road cycling instructor will be present at every session. Riding to local parks via cycle routes and learning about road safety. You can bring your own bike, or borrow one from Core. All levels are welcome.

## circuit class

**Location:** Hall  
**Day:** Mondays  
**Time:** 2.30-3.30pm  
**Skill Level:** All abilities

A high energy class involving different workout stations targeting the entire body. For those that want to be pushed to the max or just to increase their level of fitness and join in just for fun.

## core health

**Location:** Pink Room  
**Day:** Tuesdays  
**Time:** 3-5pm  
**Skill Level:** All abilities

A weight management programme aiming to help your goals focussing on nutrition and creating a healthy lifestyle. Set in a social setting.

## football

**Location:** Reception  
**Day:** Fridays  
**Time:** 2-4pm  
**Skill Level:** All abilities

A fun filled session set in a friendly environment. Focussing on skills, drills and match play with a qualified coach. These sessions cater for all ability and experience levels.

## table tennis

**Location:** Hall  
**Day:** Saturdays  
**Time:** 2.30-4pm  
**Skill Level:** All abilities

Rally just for fun or improve on your game play, both single and double matches. A great way to find future playing partners.

## walking group

**Location:** Reception  
**Day:** Fridays  
**Time:** 11-1pm  
**Skill Level:** All abilities

A social walk taking in the local area and green spaces in the surrounding area.

## stretch and relaxation

**Location:** Hall  
**Day:** Mondays  
**Time:** 4-5.30pm  
**Skill Level:** All abilities

A low impact and gentle class relaxing the mind, body and soul. Focussing on breathing techniques and stress relief through stretching.

**For all sport sessions, please bring a bottle of water and wear suitable clothing and footwear.**

**Music events****Art Exhibitions****Spoken Word****Digital Radio Show****external events programme**

- Core Arts manages over 80 music and art events during the year.

**We have our regular exhibitions:**

- Core Coffee Show: Regular art exhibitions of Core members' work are held in the coffee area at Core Arts.
- Core Corridor Archive Show: A selection of artwork representing the creativity from previous years at Core's studios.
- Core Art Hall: Larger exhibitions are regularly held in our hall.

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 each other and the local community.

We do gigs that anyone can come to. We've now also got a venue on Stoke Newington High Street – which integrates us further into the community and equally gives the community a better insight into what we are like and what we are dealing with. It showcases people's skills – there are some really good artists and musicians.





## monthly gig

Each month, invited bands, musicians and poets headline the main stage at Core. This gig night is often combined with the opening of an art exhibition. Performance slots and opportunities to jam with the house band are available to all members.

## klub katz'n'dogz

Klub Katz n' Dogz takes place at an external venue every month and consists of a public open mic before invited guests headline. Core members are encouraged to showcase their finished material at this event. In addition to this, there are regular external events and festivals taking place all year round with many opportunities for members to perform.

## club core

Club Core is the members social club held once a month in the hall where members can come and play board games, watch films, socialise and they also have access to a licenced bar.

## not your average type radio

Not Your Average Type Radio is affiliated with Core, often guesting on Resonance Fm, up to half the show has been comprised of Core member's music recordings and poems. Submissions by CD or MP3 are welcome. Broadcasts are every month.

“It also allows me to socialize in a safe place, and offers structure and routine. Coming here gives me a sense of belonging and pride.”

## monthly art exhibitions

Monthly art exhibitions: 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.



## Special Projects

Becoming a member, volunteer, tutor or staff of Core Arts means that you will have opportunities to access time limited projects in the cultural and creative fields.

### For Example:

- Interview skills workshops
- Play reading and writing
- Drama workshops plus performance
- Compilation CD recording
- Self publishing

### Creative Education Trip to museums, art galleries and concerts

External collaborations eg: with the V&A, Princes Drawing School, LSO, East London Film Festival, Hackney Museum,

# SOCIAL ENTERPRISE

## Enterprise and Social Change

There is a growing interest in social business both from the Government, which actively supports such initiatives, and from the general public. Core Arts is structured to encourage entrepreneurial activities. The development of associated social businesses not only provide a wider funding base for Core Arts, but also meaningful work and a stepping stone for some of our members to participate in work experience and move out into the wider community.

“On a practical level, Core has benefitted me by giving me professional aids. Being shown video editing was brilliant, as it helped me get documentation of my work that I can approach galleries with and that I can use when I seek representation. There's so much I want to do. I want to establish my career.”

Associated social enterprises and social firms have been actively encouraged by Core Arts with the following objectives in mind:

- **To provide members with a bridge to the outside world.** It can be hard for members who have lost confidence as a result of mental health issues to launch back into the community. The experience of building and working for a social business in a supportive environment can be an excellent way to start to regain self-esteem and experience.
- **To challenge prejudice.** Challenging prejudice about mental health issues is central to the ethos of Core Arts. The development of successful social businesses by Core Arts members contributes to this mission.
- **To encourage ownership and responsibility.** Part of the road to recovery for those who suffer from mental health issues is to take responsibility and to feel involved in something where individual contributions count. Associated small businesses can provide exactly this, with members being encouraged to pursue their ideas with the support of Core Arts.
- **Maintaining focus on the central work of Core Arts.** Core Arts is committed to providing creative activities and structured support programmes to help its members. Associated social businesses are created as legally and financially autonomous organisations. Core Arts will therefore be protected from any risk of these ventures. Also the time devoted by Core Arts in supporting these ventures is limited and appropriately managed.
- **To gain income for Core Arts.** In some (but not all) cases, associated businesses can provide income for Core Arts. Also, the existence of some of these associated businesses will help publicise the work of Core Arts, making the task of fundraising easier.



## 1. Core Landscapes Social Enterprise and Horticulture Project

Based at Core Arts in Hackney and Canning Town Newham  
[www.core-landscapes.com](http://www.core-landscapes.com)

Established in 2006: Core Landscapes is a Social Enterprise owned by Core Arts. We provide professional garden design for private gardens and public spaces, landscape design, landscaping, maintenance and project management services. From 2010 we have been running a commercial nursery in East London. In 2013 we will begin running an NVQ level 3 Horticulture qualification at the site. We are committed, wherever it is appropriate, to providing training and meaningful work experience to people who have mental health issues. Profits go back to Core Arts.

### The aims of the project are to:

- Promote mental health for all by empowering individuals and communities to improve their environment.
- Combat discrimination against individuals and groups with mental health problems, and promote their social inclusion.
- Offer a care package that will include training, NVQ qualifications, meaningful work experience and volunteering opportunities. This approach will help to address the social isolation of individuals with severe mental health issues by helping to improve social skills and social networks.
- Involve service users in the service planning process of their environment.
- Develop and evaluate occupational activities which maximise social participation, enhance self-esteem and promote exercise and healthy living.
- Develop research tools with service users to assess how the environment of their services can best meet their needs.

### The business aims of the project are to:

- Gain professional experience in running a horticultural training and maintenance project at the highest standard.
- Provide Core Arts with show piece gardens to obtain further contracts in neighbouring boroughs and community spaces in central London.
- Have a satisfied influential customer, who will provide good references.
- Make a profit for Core Arts and act as a trading and employment arm for the charity.

It gives people space to be creative, gives them skills – transferrable skills, boosts confidence with things like the events, and builds social skills.

### Recent Developments:

- We are members of the Capital Growth scheme, we are a food growing space number 1413/2,012 and will be able to access support for our project to expand into community food growing spaces in inner city areas.
- We are members of the Capital Bees project and have our first hive which is based on the new roof terrace at Core Arts HQ and we have harvested the first 'Core Honey' this summer. We have two staff members who have become qualified beekeepers. Both members, staff and volunteers have been taking it in turn to help our bee keepers and are learning to maintain the hives.



## 2. Core Design

Based at Core Arts  
[www.coredesignlondon.co.uk](http://www.coredesignlondon.co.uk)

Established in 1999: This social enterprise exists to provide excellent graphic design services, for example brochures, flyers, posters, logos, websites and annual reports. Core Design attracts many repeat jobs from satisfied clients and, in a highly competitive industry, turning in a good profit is an excellent result.

Where possible and reasonable, Core Design aims to provide members of Core Arts with work experience. Members of Core Arts are paid for their artwork, photography and for reviewing documentation. Core Design also provides graphic design work for Core Arts. Core Design supports the mission of Core Arts by raising awareness of the centre's work through its clients thereby improving Core's links with other organisations.

Thanks for once again turning things around so rapidly. Working with you we are definitely seeing the development of our brand/visual guidelines for all publications and publicity materials.

Social Enterprise London

...a big thank you for getting the work done so quickly.

Samaritans

Thanks again for doing such a fantastic job!

Riverpoint



#### 4. Not Your Average Type Digital Publishing Social Enterprise

[www.notyouraveragetype.com](http://www.notyouraveragetype.com)

Established in 2009: Has been growing from strength with a new radio show becoming established, broadcasting our members original music tracks and poetry to a large audience. We keep a list of all the members who have works played and we keep a digital recording of all shows. Listen to Not Your Average Type on Reel Rebels Radio 3rd Tuesday of every month 7.30-8.30pm

### 3. Core Promotions

Core Promotions runs the many and varied Core Arts events and supports the promotion of the work of Core Arts members. This includes the sales of CDs, books and commissioned artworks. All of the income from Core Promotions goes to Core Arts and its members.

We are establishing a range of internet accounts for our service users to promote their musical and artistic works. We have established a link with TuneTribe.com to enable digital download of recorded work. My Space accounts, Face book accounts and Band Camp accounts are also used as promotional tools.

# CREATIVE JOURNEYS

The following pages are extracts from the Creative Journeys Catalogue 'Responses To Mental Health in Hackney, Present and Past' from a three month exhibition Core Arts held at the Hackney Museum in 2013

The personal stories are a collection of testimonies relating to the creative journeys undertaken by those who have suffered severe and enduring mental health issues. Featuring members of Core Arts, the book is companion to the exhibition at Hackney Museum that ran from February to May 2013.

Presented alongside each person's testimony is their art, which ranges through painting, sculpture, photography and installation. The artwork dispels clichés regarding arts and mental health and reflects Core Arts' groundbreaking approach to the subject, where pigeon-holes that categorise into 'outsider' or 'therapy' are strongly avoided; individuality and creativity are respected. The artists have been supported along their creative journeys; individual strategies and responses have been encouraged and emerge strongly in the personality of their work. Each testimony was transcribed and edited from recordings of individual interviews; the first one tells the story of Core Arts through the words of its founder and director, Paul Monks.

The following stories are those of core arts members. The experiences described are diverse and reveal a common thread; creativity emerges as a vehicle for mental well-being and thus as a model for an emotionally healthy society.

The full book is downloadable free from our web site [www.corearts.co.uk](http://www.corearts.co.uk)





## Paul Monks

In 1992 I was an artist in London, with little money, looking for a free studio. I heard they were closing Victorian psychiatric hospitals, so I sent a circular letter to all the psychiatric hospitals in North and East London. I got a call from Hackney and they said, yes, they had an empty room I could use. I went along and set up an easel. I was making my paintings in a free studio which was heated, so it was fantastic, but on a four weeks to quit notice. There was no contract, no agreement for me to do anything. *I wasn't there as an artist in residence, it was just an empty ground floor room in an administrative block that no one was using, as the hospital was being wound down.*

The room was next to an old waiting room and was a junction point where people would cross, so there were loads of chairs that no one was using, apart from a couple of elderly patients. Further down the corridor there was a small room that was being used as an Afro Caribbean drop-in. It didn't take long for people from there to walk past and see that there was somebody in my room and I was soon asked, very politely, 'what the hell I was doing there'. I suddenly had to find a way of trying to express what I was about to a group of people who had not been to art college and weren't anxious about being one of ten thousand artists in East London. These guys weren't interested in any of that, but they were curious, because as it happens they were already making some art themselves. Not official art therapy, just stuff on their own, from doodles and drawings, to writing poems. *So people started to drift in. I had a big box of paints and we would talk, paint, smoke cigarettes and so forth. I was trying to find some common ground with them, the common ground being recognisable skills as artists - and so I basically changed my way of working, from making my conceptual paintings to painting portraits of them.* With the simple idea that if you paint half decent portraits people think, 'oh you're a proper artist aren't you, you're all right'.

I began to enjoy working in that way and to question the value of 'Art', I realised it could really make a difference to somebody, even if I thought they weren't 'high art' paintings. One example in particular springs to mind, which also shows the kind of condition the hospital was in. It's the story of Sid, a guy who asked me to paint his portrait one day...

Under the hospital, were narrow, doorway-width, arched-top Victorian service tunnels that run across the twelve acres of the site. Because they were warm and eighty percent of the site was empty - so there was a lot of quiet space - a few patients and ex-patients lived there. It was a safe place too - safer than the streets where you might be abused.

Sid lived in the tunnels and had a whole complex set of needs and issues. He was homeless, HIV positive, heroin addicted, alcoholic, schizophrenic and on this

day spitting blood from the night before when the police had picked him up and given him a 'little going over' for his troubles. He would come up from the tunnels, to hang about in the 'studio' and enjoy the relentless and un-self-pitying 'craic' with the other patients - who on this day made him laugh so much about his predicament that he was in tears, because his ribs were broken. Not long after that event, things went downhill for him: he tried to end his life by burning himself, but failed. Eventually he jumped in front of a train. I got a call. He'd been admitted to the psychiatric unit soaked in blood, with severe physical injuries and locked up there. The reason I'd been called was that he wanted the painting I had made of him to be with him while he was there. Slowly, things went even further downhill for him and he was transferred from unit to unit, and in each case that painting had to be delivered to him - and woe betide any member of staff that tried to take it away. Finally, just before he died, it was sent to his dad. I realised that in that guy's last weeks and days, a simple painting on canvas of him had made a huge impact on his life and it made me think about the reasons why I and others made art. *t showed me that there was a huge value in art that I hadn't considered and it led on to me looking at artistic activity in a very different way.*

Around this time I had a small show in a disused shop in Soho and so I asked the artists from the hospital to put some work in it, we exhibited alongside each other - their own work and my portraits of them, the effect was mutually beneficial. I had also started moving about the hospital more - you would hear that someone from our little group was back on the wards and you would visit them. I was going on the wards to visit and I was intrigued, I found there was a whole different culture there, from ward to ward, even. I moved around the service areas, the fire escapes, the tunnels, semi derelict blocks that were still inhabited and found strange and disturbing stuff: three or four inches of pigeon droppings all the way up stairwells, blocked fire escapes and on the other side actual wards where people were receiving their 'care'. All the infrastructure of the hospital was falling apart, but the practicality of it was that because the institution was running down and because the word had got out on the wards about our 'art studio', the hospital authorities began to recognise the value of what we were doing and I could ask for fifty quid here, fifty quid there for paint and paper, etcetera. Slowly, we were able to go from a small room making art, to a whole ward, to a whole block, till we were given a whole section of the hospital and were able to give people who wanted it, their own studio.

After about two years an organisation, Social Action for Health, led by Elizabeth Bayliss spotted us and she helped put together a funding bid. It was successful and we went from a few hundred pounds to significant funding overnight, still housed in the old hospital building. We had to come up with a name and we had to be a constituted organisation and so it was all very quickly arrived at. We all sat around a table and came up with the name Core Arts and the logo in five minutes flat. Of course, my role was the 'white middle class guy' who could then knock on the

doors for money, but, crucially, what we did, right in the beginning, is set up the trustees for the charity. Who were and have been ever since, comprised of more than sixty percent of the users or beneficiaries of the service. This was our main case and it is still one of the strongest things about the organisation.

With proper funds, we were able to set up the first workshop - a life class on a Tuesday afternoon suggested by a patient who wanted a 'rhythm' in her day to day life - taught by artists coming out of the wards, who started sharing their skills for the first time, because they were suddenly provided with an environment in which to do it. It's still going strong now, nineteen years later. We set up studios in people's homes so they could paint when they weren't at Core. It was about creating a lifestyle - you never know when you are going to be creative, when you need to do it. We still try and do that, except now there are over fifty different workshops. We brought in music, with 'Big' Steve Pulford a gigging musician, who had never worked in this field - but none of us had and I think one of our benefits was that none of us had any psychiatric qualifications or a clinical approach. *I didn't even have any personal knowledge or experience of mental health problems, even though the statistic is one in four. The whole thing was new to me, but that's what's interesting, not having read books by R.D. Laing or anything, having been kept away from it, means that your dialogue has to be very in tune with the people who are coming along.* It's still the priority today, how you support people to get the most out of them. We made friends with the technicians who ran bits of the buildings and got things made for us, our frames, easels, canvas stretchers, they did lots of things to help. Staff and administrators helped and nurtured us, often turned a blind eye to red tape. Looking back on the hospital years, it was a bit of a 'wild East' - I can't imagine the scenario of what we did then, happening again, in an institutional environment. We were there for an eventful four or so years until our time ran out in 1996 and we moved to temporary accommodation across the road in an industrial unit, until we got the lease on the back-end of St Barnabas Church Hall in 1997.

We finally had a home and once you get that, things become a little more secure, you can begin to apply for more money and we did. We've been doing exactly the same things ever since, trying to improve the quality and the range of our service. Not creating a 'mental health ghetto', but something that's part of someone's journey, not the only thing in their life, but a place to come and learn skills, make friends. All the positive psychological benefits that come with that, will hopefully feed into other parts of people's lives, through learning, through performance - which I'm still astonished by - I still find it difficult to even talk to a voice recorder and I'm always amazed when people get up on stage and pump their stuff out. The journey has been good and we look increasingly more to what people can do outside of Core. I think that we have helped a change in attitude towards mental health. We are more integrated in the community. People just accept Core Arts and that it and mental health are perhaps something to be interested in, not

to be scared of. A healthy community is one that isn't prejudiced against mental health and this has been a parallel piece of work that has gone on all the way, with our internal and external events and exhibitions. The benefits to individuals is just astounding: to see somebody who's locked on a secure ward get a three hour release to lead a twenty-piece percussion band at a packed Shakespeare Globe...small things can have a huge impact on people.

We want to continue with more of the same, but unfortunately it's difficult times, funding is being moved about and reduced. It's now up to us to explain, sell to GPs what we do, why we do it and what the benefits are to the people they are dealing with. This can be difficult to explain, because we aren't seen as doing 'traditional' therapy, we are doing art and people can be prejudiced or ignorant towards the arts and the value therein. *But traditional approaches cannot always provide the breadth of service that we offer and are a lot more expensive. One-to-one is a very expensive support system. So, the ongoing challenge is how to improve the care pathways.* How to integrate more with the mental health services and provide a more considered approach to discharge and continuing care. We were once described as 'taking on those people who did not access the other services'. A lot of the services the hospitals offer to people with psychiatric problems - from medication to therapy - are not necessarily best suited to people's needs and cultures. For example, we were originally ninety-five percent Afro Caribbean and most of the funding goes to Cognitive Behavioral Therapy and relates to something not necessarily young, schizophrenic, Afro Caribbeans can relate to. Yes, you could go to CBT sitting, but alternatively you could learn to play in a band - and there's a similarity about being in a band, having a dialogue with the other musicians, putting on your show, getting on stage - that can have the same positive effect as other forms of therapy. More recognition and integration with and from the mental health services would be a positive thing for all of us. Some things have started to change for the better and you can see replication of our approach across the board, the hospital has a recording studio now too - it's housed in their old ECT room.

The current rhetoric is that there is a little bit for everyone in society, we all have access to some basic services and those that need the mental health services can get what they want: they can choose what aspect of the services they need. If it goes down that path, and it isn't just empty rhetoric, then we will continue to do what we do best, *because people choose to come to Core Arts, but at the moment the government agenda and local implementation aren't set up to provide everybody with that choice.* The rhetoric is there, but is the will?





## Alex Ingram

I was first in hospital when I was nineteen and that's also the first time I was ever sectioned, before that I think there were signs of me having some kind of mental health issues. I was at Glasgow Art School when that happened and I think that environment is a strange environment to come down with a mental health issue, because it's not easy to detect, because you're doing creative stuff at art school and you're given a lot of leeway. It's all seen as you just making work, or getting carried away. When I had my first breakdown it was over the summer holidays. Then I went back for my third year and that whole third year was very kind of up and down. It was a difficult year and by the summer I'd just lost it completely, quite delusional, all the kind of 'normal' things that happen when you're mad – I realise it's quite strange to say normal – but things like, messages from the TV, paranoia, getting quite frightened, a lot of stuff really.

I took two years off art school and came back in the last year and during those years I'd been getting into photography, so kept on doing that. Luckily there was a very wide remit, I'd been studying sculpture and it was seen as a very open subject and I was encouraged to develop it in my own direction. When I was doing my MA the videos came about and I thought the link running through them can be that I'll be in all the videos and that gave me a lot of freedom. So I got into video, performances and painting.

I can remember the beginning of my mental health issues, but I haven't thought about the whole history, because at one point I felt I had to prove, like, what had happened to me, to say: 'this is me, this is what's happened to me.' I did list every hospital I'd been in and every episode and all the medication I was on, but it's all rough figures and I don't list it anymore, now I'm just really past that. The only point you're making is to yourself and once you realise this you have to say: 'that's enough, I've done that, I know what I need to do to keep myself going.'

I try and keep the responsibility of maintaining the medication of it and just try to get on with life. I try and make it as little a part of my life as possible. There's years that go missing, if you like, and I don't try to keep track of them, they're just years that have gone now – that's just the way it is.

My key worker said I should check out Core Arts. At first I found it very over-stimulating 'cos there was a lot going on and I found it hard to fit myself into something. But the thing about Core is you have classes, workshops, so if something interests you, you can just pop along. There's no pressure to do anything, but you can take it as far as you want to take it. I did a bit of portrait painting, it became a project to document my videos and I try and write some poetry every week for the poetry group. That and the stuff I've done over the years has got published in books I've made - The Spaceman Cometh, and I've Done Nothing Wrong Today which I published through Chipmunk Publishing. 100 Over The Horizon is the latest one I'm working on. I've just had a painting show at Core Arts and some films shown at the Rio Cinema in Dalston.

The paintings are like exercises for me, I just start one and see where it goes, it's just a case of having choices. When I start a painting all the choices are there and the same choices are there with the photos, videos and installation, but in different time frames and different mediums. With photographs I like to think of the photograph as if it's just happened, as if it's just appeared to me or just been taken as a snapshot. I think what I'd say is: there shouldn't be any real rules around what you do, it's good to have a process to make work but I like not to know what I'm going to do before I do it. Any focus that you have that allows you to make choices and that you can see something of yourself in, or see a positive result, is beneficial. It could be anything – art, sport - it goes through different mediums, through writing, photography. For me not knowing what you're gonna do till you've done it is very freeing. It helps me stay in the moment. It means I can just enjoy doing it.

The way I feel about the psychiatric services is that it's person-led. It really is psychiatric care and the things you remember are the people that you meet along the journey. As in all professions, there are good and bad doctors and nurses. The people that are detrimental to you are the people who cannot show a caring side in that profession. I've had nightmare doctors, who are very shut off - you wonder why they are doing it, you imagine doctors are there to provide some kind of support, some kind of help, care. To say that though, at the moment I have a really good team; they've got to know me. I think that even when I was last in hospital, which wasn't that long ago, two years this February, there were some nurses that were ridiculous, they were awful, they treated patients not with much respect, but the ones that shone through were the nurses that took time to talk to

you even though you might not be making much sense at the time. Looking back now you can say that, but at the time they were there, just being there for you, y'know?

When I first got ill I had no clue about benefit and I remember queuing up for hours at housing benefit, and there was no support from the psychiatric services saying you can claim this, you can claim that. It wasn't too long ago, I didn't really know what I was entitled to, as someone with a psychiatric illness, but right now I'm really sorted. I have a good intensive team of advisers, the Assertive Outreach Team who have sorted it out. My psychiatrist and CPN at Mellmead House have been very supportive as well. The staff at Core are really understanding, they just stress the work really, people can be going through a hard time and you know you're not gonna get judged for it.

The one thing I always go back to is art. When people talk about art and therapy, I think art can be, in a good way, a distraction, something to focus on and allow other things to come through that. You might not mean to express what you see when you do something, but it does come out - I think you need that direction, a sidestep to see something come out.

Really, mental health isn't so marginalised. It isn't a thing that doesn't affect everyday people. Whether they know people who have had it, or if it happens once in their life, or is a recurring issue; it's not something small and it's quite a common thing. There isn't a fixed answer, it's like art – you can get glimmers of answers, but in a couple of weeks it might not be the answer. So I would say the main thing in all this is choice, if you've got the choice to live a happier life, take it. No matter how bad it gets, don't end it. That's always a mistake. No matter how bad it gets it will end, and become something else. Something will come out of it.

I would say to professionals: give that extra inch, come and see an event or an exhibition. It's beneficial to our health, so take that extra step, if you are interested, come and have a look. You don't have to beat the drum, just take an interest.





## Gary Molloy

I was unwell for the first time at the age of twenty-one. I was studying for a Computer Science degree at University, I had my first breakdown towards the end of my course and that was the first time I'd been in hospital. I wasn't sectioned that time, I was in hospital for observation for a couple of weeks and let go out with a few antidepressants. Sometimes it's considered a one-off when this happens. It was a breakdown, a lot of stress, I was drinking heavy amounts of alcohol, I was a binge drinker, exams, student ambitions, relationship - so it was a big, big, stressful time. That was my first big crash, I was in Homerton Hospital on Conolly Ward for a couple of weeks. The care - the nurses - was very good but I didn't think I was supported very well, I think I was let out far too early and I didn't have much follow-up support.

It literally lasted a few months and then I was just off the medication, not any follow-up support from a social worker or a team and I went back into my old lifestyle again. Drinking heavily, taking dead-end jobs, very stressed out still. I went back to college after about 6 weeks and completed the course and got the qualification, so that was quite a big achievement, but I was still under a lot of pressure and binge drinking heavily. The same incidents were happening, but I wasn't very good at recognising the signs and slowly I started getting ill again, all the same issues were there and it happened again when I was twenty-six. Unfortunately, this time, it was far more serious and the police had to get involved, I became very violent and had to be sectioned for the first time. I got a diagnosis from Dr. Turner - everyone I know in Hackney has had him as their doctor at one time or another - a very well known psychiatric doctor. He diagnosed me as Manic Depressive - which was the term then used to describe Bipolar Disorder - a very frightening term to hear. I thought: 'My God - my life's over'. Terrifying.

The attitude I got from the consultants, the doctors, for me, really, was that it was all over, at twenty-six. I felt that they were telling me: that's it. It felt like the attitude conveyed to me was that I had a recognised defect in the brain or something. I've got a permanent condition and that's it: you've gotta give up now, put on five stone and take heavy medication for the rest of your life. I think the impression I got, hasn't really changed that much now. If you are considered to have a mental condition, it's a power issue, you are presented to a psychiatrist and you feel they're saying: 'you've had your breakdown, now sit in the corner, get fat, give up - you're finished.'

That was the impression I got from every consultant I saw until I recognised in my own

mind, intuitively, that it wasn't completely true. Because I'd had a condition where I had been trying to fit into the world, which was chaotic, crazy, stressful, competitive, ego-driven, and I was sensitive and diffident. The world was completely crazy and they were telling me that I was the one that had the problem by trying to fit in, as if the world was normal. It was so pressurised. As a sensitive individual I crashed for a while and then I fought my way back to full health...

I went out of hospital with a diagnosis, I had a bit more clarity, I had something to work with. It's very positive for me, some people class a diagnosis as negative, but my experience of it was a very positive thing to happen because I then knew that I could educate myself on it. I could start reading on Manic Depression, Bipolar. However, I wasn't ready to really go into recovery, so I went back again to the same patterns: drinking alcohol, going out late at night, taking jobs I didn't like. I got a job in the Civil Service at the Benefits Agency in Hackney, which was totally pressurised. I'd be there on a Friday afternoon and there'd be some really difficult characters looking for their Giro. I live in the area - I live up the road - so they're saying to me 'if I don't get my Giro you're gonna get it, mate'. They had to have really stringent ID - driving licence or passport and a lot of people didn't have that, and they'd say 'alright mate - outside: I'll be waiting for you...'. I'd see these people in the pubs of Hackney, so it stressed me out and I had another three more breakdowns, very severe breakdowns and was sectioned.

It was then that I experienced Akathisia for the first time, an extreme side effect of Halliperidol or Droperidol medication. I was given massive injections in the buttocks at the time. It's a very misunderstood condition, a lot of people describe it as an inability to sit still, which is not really describing the condition. I've researched it and other people have described it more accurately as an inability to sit still, coupled with an inability to move - chemical torture. And it's exactly that. I'm almost sure it was caused by Droperidol, which is now discontinued but also by Halliperidol, its sister drug, which is still used. They are very cheap drugs used in psychiatric hospitals. It's a rare side effect, but it can effect one in a thousand people. Just after coming out of the seclusion room, with just a mattress on the floor, when you're really psychotic and you're kicking-off and you become violent, the nurses have to hold you down. They inject you with a heavy dose of either of those two drugs and the Akathisia slowly comes on. It's mistaken for psychosis, because it mirrors psychosis. So you sit on the floor dribbling and you're in this state where you can't move, function, eat, use the toilet or sleep and you are one hundred percent conscious. It's like the last second of drowning going on for days and days. What happens then is, the nurses carry you around, you fall off the bed - if you're in bed - and squirm your way down the corridor for an hour or two till you reach the end of the corridor, which is quite a long corridor in the Bevan ward. Then three nurses pick you up and carry you back to your

bed and it starts again; you do this for a couple of weeks or so. I wasn't sleeping or eating, just my family carrying me around wondering what the hell was happening. I held on to it for years - that happened to me in 1998 or 1999. For ten years or so I was trying to work out what it was about until 2009 when I saw a BBC documentary on Akathisia and I said: 'that's what I had', and began to research it more. Now I'm campaigning to get Halliperidol discontinued.

After a very severe episode in 1999, a social worker suggested I looked round Core Arts and we arrived and went upstairs to the art department. At first I thought 'there's nothing here for me', I just looked around and said 'what can I do here?', I've never done anything like that in my life'. I wanted to get back into work, wanted to look for a job. Finally, I had my last hospital admission in 2000 and that was a voluntary admission. That was a big juncture, a big turning point for me. I then recognised that I could recognise the illness coming on and I went in voluntarily, whereas before, I had been sectioned - which is where you are dragged in kicking and screaming under a Section 2 or 3. So I started to recognise the illness coming on, I started to manage it and learn how to take measures. I came back to Core, I just popped in and there was an art tutor who said 'come upstairs for a minute'. I'd never done any art and he said here's some pastels, here's some paper. The first painting I made was of a fire extinguisher. The analogy was 'putting that fire out'. Of years of sections and illness. Of being held down. Of spending months in depression. Of the inability to breathe. It was extinguishing it all. That was the start of my journey to recovery, finding creativity as a way of managing my condition.

I started attending the art classes, life class, printmaking - taking it very slowly, producing work. At the time Core was having exhibitions in the City and we had some exhibition space at one of the big banks, so I got the chance, very early on, to exhibit some big abstract paintings and a couple of them sold. It gave me a lot of confidence and self esteem, I felt on top of the world and the art tutors said 'there's something in this, you've got a natural ability and a talent, so just stick with it'. What came into my mind was, I can't stop now, this keeps me well, I have to do art now. I started attending the poetry group as well and that was a massive influence on me and taught me a lot about connecting to creativity on a regular basis, through words as much as visual art.

When I came to Core I was very vulnerable and I got a lot of support. It was the ongoing support that was fundamental, I could sit in the office and share my concerns, and it made a big difference. Also I had finally got a very good consultant who explained mental health very clearly to me in a way that I could relate to. He said it was a sensitivity in the individual, a diffidence. Spike Milligan, who was a Bipolar sufferer, described it as being skinless. So what other people can take on quite

easily - family, relationships, careers - someone with mental health issues struggles with that. When I was young at school, I was a very shy introverted person, I couldn't operate well within those circles, I still hadn't found my voice and even when I reached my 20s I still hadn't found my vocation, my purpose, so I was struggling with life. Anything affected me really badly and they consider that to be a permanent defect or something wrong with the individual, but when you look at how pressurised society is: the world is completely mad.

I have reinvented my world through art and doing talks, education. In recent times I've been educating junior doctors at UCL. I'm talking to them for an hour-and-a-half about all aspects of mental health. Travelling the country, giving talks on Bipolar, recovery and what really works for recovery. Medication can be really important, but it's not the answer, it's only part of the solution and the psychiatric services make it so much more than it is. Diet is important, drinking enough water, exercise, mindfulness. Creativity is powerful because it exercises the right side of the brain, most people who are ill are living solely out of the left side of the brain, the logical side, and that's damaging for an individual with sensitivity, mental health issues. If you're not challenging that right side, you're gonna face trouble and I did until I was able to connect with that, the intuitive peaceful side. Some call it the feminine side but it's the logical, masculine side, that society promotes so much.

I think the services haven't moved on as much as they could have done in the twenty-odd years I've been engaged in them. A lot of my experience was being handed Lithium and not being given any education or pointers as to what it was I was given. They said 'here's your Lith' - come back in three months and we'll see if it is working'. It's not going to have any benefit at all unless you take into consideration all causes of the problem. The analogy I like, is of the dripping tap: you don't need to keep putting a bucket under and keep changing the bucket as it fills up, it's worth turning the tap off. The psychiatric systems, if you present ill, will treat the symptoms rather than the causes.

I'd like to take my art onto the road and talk about the journey alongside some of the paintings, about leading an authentic life and creating art. About the journey, the benefits of art on mental health and how you marry the two. I want the opportunity to make the difference in mental health, help people see the benefits of creativity; be a catalyst for change within the system. When someone does present with mental health problems, the quicker they learn to self manage, to use self management tools and techniques, the better they are going to progress. I think Core Arts is unique, promoting positive mental health through creativity.



## Delroy Alexander Williams

I suppose this game started for me, in this direction, from 1985 onwards. I was seventeen and I was working part time in a supermarket to support my studies towards an Art Foundation. I was invited to a party with some friends

and at the party one of the party-goers got stabbed. Everybody just stood back and watched the guy, literally dying on the floor. Me and a couple of my friends took it upon ourselves to help him out. The weekend had passed and I went back to my A level art class on the Monday and one of the guys who took me to the gig showed me a newspaper saying that the man had died. After that my tutor got wind of what I'd done to try and help him and thought she could take on the role of getting me interviewed by a Police Constable. It was from that point onwards that my relationship with my tutor changed. I just started to concentrate on Design Studies and started to bunk off her lesson, because of my disgust at the way I had to interact with the policemen - in the days when Black people's relationship with the police wasn't very nice.

That was the first downfall. I lost myself in my job for three years because I didn't know what to do with myself. During that time I gained a lot of experience of retail. I was taken on as a wines and spirits manager. I did that for a while, then I started to feel the vibe of being in a rut. A new girlfriend came into my life and it was easy for her to say I was in a dead end job, but at the time I was so engrossed in the job that I took it personally. That lead to breakdown number one.

I make music and it has been a mixture of success and failure. [There was a dance craze for a scene called Hardcore Jungle Techno. It started off as Hardcore - originally Hardcore House. The stepping stones - as I remember the introduction of the names - are: House, Hip House, Hardcore House, Hardcore Jungle Techno, Jungle Techno, Jungle Drum & Bass then Drum & Bass. In 1995, on the grapevine, people heard that I could do what I could do.](#) So I did a brief stint with a record label and by this time I was at university doing a degree in retail. So I thought I was moving on.

But that spectre of the breakdown came back again when I was bogged down with an essay and a deadline for getting a song out. I took it personally and took my anger out on the record label and fell out with them. I had a week to think about what I was gonna do next, during which time I was on self-destruct. I froze my degree, took my turntables back and told the label where to go. After about six months, once I came back to my senses, I tried to re-contact them, but they didn't want to know. During the seven days I had had to deal with all those

things, I hadn't slept. That used to be the typical symptoms of my illness, but they aren't as present these days. It's just the politics of my circumstance: because I've been on a Section, if I show any symptoms, I could get recalled. You're subject to the terms and conditions of the Mental Health Act and although they tell you're only having episodes, those very episodes can put you away for six months.

From there, you get to the present day and I've been doing things independently from that point onwards.

The year that I froze my degree I met Paul Monks and I saw the Core Arts premises at the old Hackney Hospital - at first I thought it was pretty basic - a little Atari, a couple of draughtsman's boards, people making things with plaster - I turned my nose up at it a bit. And then, all of a sudden, it was like a community of people that corralled. People with the same kind of interest, outgoing in nature and internal in terms of art, music and creativity. It was what we would call in my culture a catch: somewhere to come sit down, drink a cup of tea, light a cigarette. Talk about arty-farty type of things, but at the same time, get something done, and prove to others. When doctors were calling you grandiose and delusionary...



[I don't deny my abilities, even after failure. Once I get back into the world of work nothing is going to stop me - I was good enough to be taken on by a label. I can't deny my interest in music is a lot deeper than art at the moment, I think art is the front cover and the music is the content. I was a fan of the music before I was trying to make the music. I didn't have a midi keyboard at the start and so I can write on piano keys or by arranging the wave forms, which is not something new, it's developing something old - step time. Making music is my comfort zone and I don't know when I will stop. Someone told me a long time ago: don't wait for a dream to fall out of the sky, just catalogue what you've done, chart your musical history - whether or not it's good enough to be commercial - until you are in a position to release it. For me, the next phase of my life is to become fully self-employed.](#)



## Kerry Hudson

I got diagnosed in 2005, but even before that I would get pulled out of school into the Special Needs class for a chat with the tutor, then they would just put me back in my class, because back in those days you didn't have mental health awareness in schools, you just had learning difficulties. I got diagnosed with Bipolar Type 1, prior to that I was diagnosed on and off with depression, because you go to see your GP when you're low, but you don't go and see your GP, not when you're high as a kite, you just enjoy it...for a bit, before it becomes hypomania or psychosis. I had a diagnosis done twice, I went private and I got it done on the NHS. [I knew something was up and it was good to have a name for it. I know people don't like labels, but I found it useful, because now I knew what type of medication would work, what type of therapy would work, where I would go from here:](#) I wasn't just a bit weird, or a drunk, or a bit annoying, I was Bipolar.

A lot of people say they hate it when they get diagnosed, but I actually felt quite safe and then you can learn more about your illness yourself. I worked in mental health for about ten years on and off, I worked with people who were Bipolar and I didn't see it in myself, for a second, because everyone's Bipolar is completely different. I've been really lucky, I have a really good psychiatrist. However, the way it often works is that you have three main psychiatrists in your team and they've each got three Senior House Officers (junior doctors undergoing training) and the SHO's move around every three months, so you will never see the same person. They change every three months, so if you only have an appointment every three months, you'd see someone different each time and the inconsistency wouldn't work. I've seen people break down over that. I'm lucky, I see one of the doctors and he's always been there if I need him, I've never had to wait.

The second time I was in hospital it was a pretty bad stay, music therapy was a few R'n'B seven inches - you just played them and that was it. Art therapy was one picture that had been photocopied from a children's colouring book. But the last time I went in there were loads of art workshops, group therapy and mindfulness classes. I was worried that it was going to be worse because of the cuts, but it was fine. I got attacked on the ward by another patient, but it was dealt with pretty well. I think I'm quite lucky and I really hate to say that but I've known a few people who've had some rubbish experiences - they can't get hold of their doctor, they don't know who their doctor is and they end up saying the same thing over and over again.

I found out about Core Arts because one of the home treatment staff came over and mentioned the place. [I got inquisitive because I needed something to do, I was going mad at home and I'm creative. When you are creative and you aren't using your creativity it's a little bit like being overweight with ideas, carrying loads of stuff and you can't do anything with it, all the excess baggage.](#) I've always been interested in creative writing and I did a degree in Contemporary Arts. I'm interested in installation art, and music. I play bass guitar and drums, a bit of keyboards. I have a lot of one to one tutorage. I have drum lessons, I learned to play bass at Core, I jam with other musicians and have gigged at

Core, I do a bit of ceramics too. I'm interested in textiles, I learned how to use a sewing machine at Core and got some help from the tutors whilst I was teaching myself to knit. I just got really hooked on making stuff, it's a really good thing to do at home when I am on my own. I set up a little business called Nan's Cabinet with a website so people can buy stuff on line and have a market stall.

Writing I've always done, but I only started doing journalism last year. My background is script writing and I worked with the BBC. I started writing comedy sketches about ten years ago and being a bit high with my illness at the time, I sent them straight to the BBC and they bought them. The guys that were in my sketches were comic actress Sharon Horgan and Nick Burns (Nathan Barley). I was discovered by Ben Miller of The Armstrong and Miller Show. I tried stand up for about a year, but I made better money writing stand up for other comics like Gina Yashere.

My agency liquidated and after doing some script consultancy for MTV, I started writing a book of comedy memoirs, but I realised that it wouldn't get published because people didn't know who I was, so I began to write journalism and to contact magazines. [I got a two page piece for the Mail On Sunday, I write regularly for the Huffington Post, N16 Magazine and Uncovered, which became Mental Healthy and I have blog sites. I've now got the book back on-course, colleges contact me asking me to help work with their psychology departments and the BBC have just interviewed me, because they want to know about Bipolar.](#) If I didn't do creative work I would start staring at walls, thinking too much and I would go mad. Core has recently given me my first exhibition since I was at art college, twelve years ago, and it has given me a kick up the pants to do more writing because people at Core are really into it and encouraging. Core has helped with my personal and mental well-being a lot. When I've got really down, no matter how busy people are, they listen.

I think for mental health professionals, consistency is really important, and, given the choice where to refer someone with mental health issues, I would always say an arts centre, even if they have never done art, because they might find something within themselves that they have not been able to explore yet. [People with mental health issues, I would say, should spend time with other people who are experiencing it.](#) I was in denial for a few years till I came to Core and it was only then that I met people with such similar traits, and, without over-doing it, it's good to talk to other people who know what's going on. Sometimes we sit in the garden or the pub after Core and all have a good whinge about being Bipolar - it helps.





## Jorge Barros

I am from Chile. In 1974 I was sentenced to twenty years in jail for being an opponent of the country's dictator Augusto Pinochet. I am not ashamed of this, I was imprisoned like many people at this time in Chile for their opinions, or just for being poor and everyone in these jails were tortured. I served three years of my

sentence and then I was transferred to a more 'posh' prison in the Chilean capital Santiago, where I was eventually allowed to apply to the British government for political asylum. I came to Britain and I was OK for a few years, but then I began to become unwell in my mind, because of my experiences in Chile. I was in hospital in Hackney for a year and looked after very well. Whilst I was there, I met people who attended Core Arts and they suggested I join. It's very good for me to keep my mind occupied and Core supports me with my artwork - I'm a painter, a potter and I write poetry. I want to continue to make art and to write, all year, every year. My only advice to people is: be truthful.



## Rudolph Lindo

I draw women, men, toddlers, kids; people I recognise, people I don't recognise. I've just done two different cars, I see new cars, but I prefer the old ones in the 1940s, I've got a car book at home. I like 80s music, especially The Thompson Twins, The Police; I like The Beatles, The Monkees, Bob Marley. I really

like making art, I'd like to get some money for it. I would describe it as an art technique. The words on them are what people have said, what they might be thinking. They're people I see around, black people, white people. I just draw their image, I give them names: this one I'm doing is Maria, this, Mr Jones, a detective; fashioned from my brain, I make my own decisions.



## Sophie O'Neill

I moved to London and I studied Graphic Design but I always wanted to be a fine artist. I started being ill in 2003, up until a couple of years ago and I was referred to Core Arts. Coming to Core has been a really good opportunity to learn more about art, get better at it, and it's had a massive impact on

me in terms of learning and support. Anyone who is at all interested in art or music should do it - for me, art and creativity makes me happy because it's what I want to do and it has a very positive effect on my well-being. At the minute I do many things - painting, ceramics, metal casting and photography. I've just had a solo exhibition of my paintings at Core and ultimately I want to be a professional artist, find work in the arts and exhibit with a gallery.



## Karl Matthews

I'm Karl Matthews, musician. I began playing concerts at Core Arts and producing my own music in their studios in 2000. I write about things I see and hear in everyday life and on the TV - I like 'EastEnders'. My track 'Kat Slater' started with me playing guitar in the studio and then someone I was jamming with

added a key change - it really worked. I wrote the lyrics there and then, about a kind lady on the bus I had a conversation with earlier in the day. The songs about 'EastEnders' come about because I love all the different characters and conversations on that programme. I've visited the studios and I'm known as the man who sings about its characters and the cast. I release the tracks on 12" vinyl, promoting them myself and I'm known in the community, church and on the internet for my music. I made music before, but Core Arts is where my journey began. I'll never stop making music - making music makes me happy - and I make it to make other people happy.



## Joe O'Connor

I come from a little village in the countryside between Oxford and Banbury called Deddington, very picturesque. I was born there, then lived most of my childhood in Oxford. I was a very wild kid, I used to run away from school and go into town and join gangs of kids - we used to have little hideouts and that

sort of stuff, but then, when I was about seventeen years old, after getting involved with drugs, and getting myself into a little bit of trouble, I became psychiatrically ill. I had a disturbing episode of psychosis. I couldn't help myself, I was just mentally unwell - hearing voices and having delusions - so I was admitted to a hospital which I didn't like at all. After the first day in the garden, I just ran and climbed over barbed wire, ended up out in the street, was picked up, taken to another hospital and I stayed there. Eventually I became more well and was released. After that I just went out and joined my friends again, but I didn't really fully recover, so I was in and out of hospital a lot as a young kid.

I remember being in an old Victorian asylum and it was a very scary place, it had lots of little rooms going off main rooms, I was annoyed about the fact that they didn't let me out for walks to start off with and that was very frustrating because I found myself cooped up. But it also had very nice grounds that you could walk around, which, when I was allowed outside, I enjoyed. You just chilled out and walked around, which was very nice. However, they didn't really warn me about whether I was doing anything right or wrong so I didn't have any way to know whether I was doing things to improve my condition. It was like an old fashioned asylum, you were just left in a room and ignored and if you got angry you would get put in another ward and you stayed there for a bit. Some of the doctors and nurses were really nice but some of them weren't. Some people progressed there, but I didn't progress. Obviously the system's improved since then and that hospital is just one of many.

I moved to London when I was twenty-five after having lots of hospital admissions - I don't think I was progressing in the hospital that I kept being taken back to. It was like going round in a big circle, so I was moved to London, to a privately owned hospital funded by the NHS - Redford Lodge in Edmonton - and had a really good time. There was lots of things going on, art groups, a gym, some sport, a garden I could go out in, a local cafe, where we could meet the locals and I found Edmonton had a good little arty community.

I stayed for three years in North London then I was moved to supported accommodation which was quite basic, just a room and kitchen staff who were there some of the time. Then I was moved out to a less supported house and I really liked it - it was good for me. The head of my house in supported accommodation brought me to Core Arts in 1999 or 2000, just after they'd moved from Hackney Hospital and I started to take art seriously. I've always done art, when I was seventeen or eighteen I went to an art college but I only stayed there a year because of my mental ill health - or I didn't quite glue to the course.



paintings, drawings, wood carving - I pick up skills from others and tutors, then I use them to make art in different mediums. Core is a nice supported environment, it's non-judgemental, it's friendly.

I want to carry on making art acquiring new skills, I'm making a transcription of a Titian painting Diana and Actaeon. I like all different art and I visit galleries every week with my brother. I have regular exhibitions and I'm doing some little bits of voluntary teaching as well - I want to build up my confidence as a teacher - hopefully going on to run an art group. I'm doing some work for Family Mosaic charity and I graduated from a PGCE in education a couple of years ago - I want to do more teaching and apply for jobs. The main thing is my art and not letting mental ill health get the better of me, I want to work, but I need to get my self esteem up - don't like to feel the pressure to get a job straight away and volunteering is a good way of getting back into it.

Most people are lucky: they got to hospital and they recover, and they're fine, and that's it, but I had a relapse about a year ago. Things got too much and I didn't know how to cope, I was on a negative. Even though I had a relapse and was probably a bit ill at the best of times, I still feel that I ended up better-off from that experience. I didn't like being in hospital again - I was only there for a month, wasn't sectioned and I do feel the service has improved, but I didn't like being there and I'm glad I came out the other end. Even though I had a relapse, I feel I learned from it.

I think there is a lot more understanding than there used to be with mental health, I think most people don't have a 'thing' about mental health, but to some, mental health is still a taboo. People need to work to improve the Mental Health Services continually and to have a lot of ideas about how to do that. It's also important to motivate yourself, to do something creative. Don't hang around - get involved, whatever you like, music or arts.

### Interested in Volunteering?

As Core Arts expands so does our need for volunteers. We currently have a highly successful volunteer exchange program for those who share Core Arts mission and values. We welcome enthusiastic individuals who are eager to maintain a safe and welcoming environment for our members. We currently have vacancies for volunteers in the following areas:

- Music
- Events
- Front-of-House
- Multimedia/ICT
- Social Networking (Myspace, Facebook, website)
- Art (drawing, painting)
- Ceramics
- Printmaking
- Textiles

### Tasks and Expectations

- Work with members, often providing 1:1 support in creative activities and creative work planning
- Motivate and assist members in their projects
- Bring technical and practical assistance to the workshop sessions
- Be punctual, committed and professional in all aspects of the work
- Maintain a positive and supportive work environment for both members and teachers

### Qualifications

Volunteers come from a range of backgrounds, from the local community to overseas. Many are already part of the art community and some have experienced mental health issues first hand.

Background experience in art or the field of interest is required.



### Benefits and Opportunities

Volunteering at Core Arts is an excellent opportunity for those who are interested in accessing our services but who may not meet our membership criteria (add a link here).

Volunteers can gain work experience in a particular environment of interest, develop their own skills in tutoring, administration, teaching and reception.

Volunteers may also get the chance to participate in external events, perform at gigs, exhibit artwork, and strengthen their own art skills.

### Getting Started: How To Apply

If you are interested in volunteering or would like more information, please email us at: [mail@corearts.co.uk](mailto:mail@corearts.co.uk)

Additionally, please email or mail your CV or interest, and volunteer application form to:

Volunteering at Core Arts  
1 St. Barnabas Terrace  
Homerton  
London E9 6DJ  
[mail@corearts.co.uk](mailto:mail@corearts.co.uk)

### Members Volunteer Option

NOTE: This option is for existing Core Arts members interested in volunteering. Members who would like to develop existing skills and experience work like activity and training; including contributing to the running of Core Arts through the members Involvement Scheme and Core Council are encouraged to join.

**Applicants who are interested in this option and fit the criteria should contact:**

Emily Cubitt at [ecubitt@corearts.co.uk](mailto:ecubitt@corearts.co.uk)



### Contacts

**Core Arts is based at** 1 St Barnabas Terrace, Homerton, London E9 6DJ

**For general enquiries call** 020 8533 3500 **or email** [mail@corearts.co.uk](mailto:mail@corearts.co.uk)

**For other enquiries please see the list below for details of who to contact**

#### Artistic Director

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#### Deputy Director

Giuliana Molinari, 020 8510 9990, [gmolinari@corearts.co.uk](mailto:gmolinari@corearts.co.uk)

#### Finance

Daniel Dele-Ojo, 020 8510 9990, [ddele-ojo@corearts.co.uk](mailto:ddele-ojo@corearts.co.uk)

#### Membership Manager

Emily Cubitt, 020 8533 3500, [ecubitt@corearts.co.uk](mailto:ecubitt@corearts.co.uk)

#### Membership Manager

Leon Honeysett, 020 8533 3500,

#### Centre Administration

Marga Tormo Moll, 020 8533 3500, [mtormo@corearts.co.uk](mailto:mtormo@corearts.co.uk)

#### Education Administrator

Tessie Ofoedu, 020 8533 3500, [tofoedu@corearts.co.uk](mailto:tofoedu@corearts.co.uk)

#### Events Co-ordinator

020 8510 9990

#### Core Design

Steffi Hofmann, 020 8525 6633, [steffi@corearts.co.uk](mailto:steffi@corearts.co.uk)

#### Core Landscape

Paul Monks, 020 8986 3080, [paulmonks@corearts.co.uk](mailto:paulmonks@corearts.co.uk)  
Nemone Mercer, [nmercerc@corearts.co.uk](mailto:nmercerc@corearts.co.uk)

#### ICT Technician

Sam Bierman, 020 8533 3500, [sbierman@corearts.co.uk](mailto:sbierman@corearts.co.uk)

#### Music Technician

Mark Davis, 020 8533 3500, [mdavis@corearts.co.uk](mailto:mdavis@corearts.co.uk)

**Core Arts, 1 St Barnabas Terrace, Homerton, London E9 6DJ** **Tel:** 020 8533 3500  
[www.facebook.com/coreartshackney](http://www.facebook.com/coreartshackney)  
[www.corearts.co.uk](http://www.corearts.co.uk)

**registered charity no:** 1043588

**company no:** 2985939

**Buses:** 236, 276, W15, 242, 394

**Train:** Homerton (London Overground)

### Funders

Out of Borough Referrals  
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City & Hackney Social Services  
City & Hackney NHS-PCT  
The Learning Trust  
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Capital Growth  
NHS City & Hackney CCG Project  
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