

CORE NEWSLETTER
BY
LAURA-JANE CONNOLLY

HOW TO
CONTACT US:

Core Office:
0208 533 3500

Core Sport:

Laura Connolly
07881228009
Michael Brown
07833281163

Membership:

Elly Gay
07850003621
Rebecca de Jouvencel
07464139560
Megan Dalton
07867994242

Website:

www.corearts.co.uk

Facebook:

@CoreArtsHackney

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VOLUME 1, ISSUE 1

THURSDAY 9TH APRIL



Core moves online

As you may have heard COVID-19 has locked down the Country, but Core are still battling on and have moved our services online through pre-recorded videos on our Vimeo page. All tutors have been having lots of fun creating some really brilliant videos for you all to watch, join in and gain inspiration from whilst you continue your distant learning from home across all five of our departments; Art, Music, Sport, Multimedia and Horticulture. It has been two weeks since we closed and we have nearly 200 videos uploaded. What a great team we all have! Core Sport has been busy keeping everyone active through it's daily live classes and online videos, as well as member socials too on ZOOM. We are hoping to bring you some live classes from the other depart-

ments after the Easter break too, but of course, we will keep you all updated as we start to expand our online offer. If you don't have log in details yet, please get in touch with your



The Core Arts Garden is being well maintained.

membership manager, we have all set up our 'at home offices' and are all working remotely, so feel free to get in touch, we all love hearing from you (also getting to see your work through the WhatsApp chats.)

Core Landscape has been super busy too and making use of the glorious sunshine, with Nemone tending to the Core gardens, keeping them looking beautiful until we are able to return, although she is missing all the fabulous volunteers and members who help her out each week. It has been really lovely to see the changes on the Core Facebook page, as well as getting some green fingered tips on her Vimeo videos. For those that don't have access to the internet, we can help support you by sending out postal packs of classes and activities for you to do on your own, to help keep your routine going or you can even let us know how creative and active you are being with what you have at your disposal! Let us know how we can help support you during this time.

Live Classes on Zoom

Core Sport have been delivering live classes in lots of different activities which have been really popular from Hip Hop, Street Jazz and Contemporary Dance styles, BoxFit, Circuit Training, Yoga, and Stretch and Relaxation. As well as a weekly Social so you can get to see and chat

with your peers. We shall also be expanding the live physical activity classes we are offering over the next couple of weeks too. After Easter we will be offering live classes in Art and Music too with some of your favourite tutors. Not to worry if you are not able to make the

time of the live class, we still have loads of videos on Vimeo to keep you busy and creative in your own time.

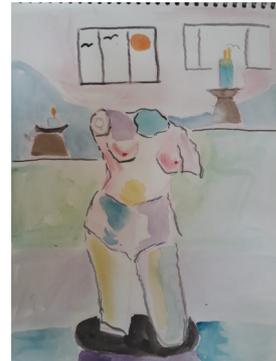


Members Work...

All your peers have been making use of their time at home to keep up with their creative efforts. We have had a couple of tracks from the one and only Kym, who has been very busy writing a Covid series of songs. Some inspirational poetry taken from the Vimeo Creative Writing class by BombJack and Alex Ingram. Video recordings of tracks using sign language from Jahangir, which are absolutely beautiful. Whilst not forgetting the wonderful art work by Nemo Mercury, Gary Molly and Jahangir. All of which have been shared on Core Arts Facebook, SoundCloud and Vimeo pages. Tutors have been getting in on the act too with Collin Clay Chase and Craig Shaw showcasing their musical talents, whilst also fundraising for Core too.



By Jahangir



By Gary Molly



By Nemo Mercury

Staying in contact

The Core office staff are working hard and trying to stay in contact with you all through phone calls, text, email, post and WhatsApp. We are still here to support you all through this time. Feel free to give us a call and drop us a text to let us know how you are doing or to share any work you would like us to share on all our platforms too. You can find all of our contact numbers if you don't already have them on the front page. We are all missing seeing you in person, it's still great we can keep in contact.

Here are some useful numbers for City & Hackney Residents:

Hackney Coronavirus Helpline
0208 356 3111 (open Monday-Friday 8am-5pm), which offers practical support in your home such as shopping delivery or prescription

collection. Health Advice if you are in the 'at risk' category and a befriending service, if you are struggling with loneliness and isolation.

Crisis Mental Health support
which are all open 24/7

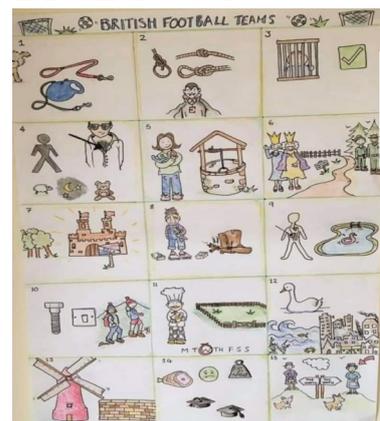
City & Hackney Crisis Line
0208 432 8020 (open 24/7)

The Samaritans
116 123 (Free)

Shout text service
85258 (free)

For those of you living outside City & Hackney and needing extra support, please contact one of the members of the team and we will be able to signpost to support in your local area.

Brain Teaser



Guess the football team from the sketches above.

Creative Corner

Grab some paper (can even be the back of an old envelope), biros, pencils, pens, whatever you have at home. Do a 30 minute sketch of your view from one of your windows. If your view is not the best, try and sketch from memory your favourite outside space.