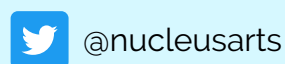
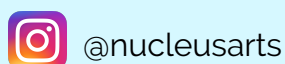
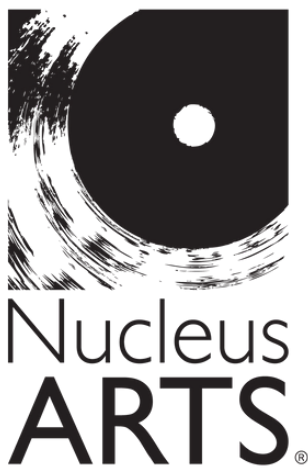


NUCLEUS ARTS NEWS

AUTUMN 2021



OVERVIEW

Welcome to the Nucleus Arts Autumn Newsletter, covering September, October and November 2021!

Please note, events mentioned may be postponed due to Covid-19 restrictions. You can keep up-to-date at www.gov.uk/coronavirus

NEWS



Medway Fun Palace 2021 is Saturday 2 October, and this year we are lucky enough to be partnering with the Pentagon Centre, Medway Council and Medway Libraries to make an exciting community event. This celebration of community, art (in all its forms) and science is built by local people for local people. Do you want to get involved? Here's how:

- Contact us to book some space at the Pentagon Centre for the day on 2 October. Bring your stamp collection, start a seed-swap, teach us your dance moves, share your hobby and passion. Contact original@nucleusarts.co.uk to join in. No idea is too silly or sensible!
- Join us in the Pentagon Centre on the day and meet all these experts and enthusiasts and take part in a day of fun. This is a FREE event!
- Go to your local Medway Library and decorate some bunting to make the Fun Palace in your library. All materials provided.
- Order our FREE special edition Magazine and have your own Fun Palace at home! Contact original@nucleusarts.co.uk

No:
01634 812108
Email:
original@nucleusarts.co.uk
Website:
nucleusarts.com



OUR GALLERIES

HALPERN
GALLERY



LIFE, DEATH, ART

26th August - 15th September

An exhibition of figurative painting, drawing, jewellery and sculpture from Austin Fernando, Sophie Jongman, Hayley Dawson and Ian Melville.

All Welcome!

**MORE EXHIBITIONS TO
COME THROUGHOUT
Autumn**

**Keep an eye on our
website and social
media for updates!**

www.nucleusarts.com



PHILIP ABSOLON - A RETROSPECTIVE

16th - 29th September

An exhibition featuring paintings by Philip Absolon from 1979 to 2019

All Welcome!



COLONY

8th - 19th October

Colony is a group of nine professional artists who work in a variety of mediums but they share a passion for Art and Culture and believe in producing work to the highest standards.

All Welcome!



ROCHESTER AND WEST KENT ART SOCIETY

28th October - 10th November

An exhibition featuring work from a variety of artists.

All Welcome!

OUR GALLERIES

HALPERN
GALLERY



BRADFIELDS ART EXHIBITION

11th - 24th November

This exhibition showcases the magnificent work produced by students at Bradfields Academy.

This eye popping show is engaging, rich in diversity and is sure to leave you with the feel good factor.

Bradfields Academy is an innovative and forward-looking specialist SEND provision.

All Welcome!

HALPERN GALLERY
POP



MEDWAY HEROES & MORE

25th August - 7th September

An exhibition by Julia Scanlon.

All Welcome!

MORE EXHIBITIONS TO
COME THROUGHOUT

Autumn

Keep an eye on our
website and social
media for updates!

www.nucleusarts.com



CLAYSCAPES

8th - 21st September

Artists: Lois Maddocks and RJ Laurenson.

An exhibition of ceramic art, featuring the work of two artists taking differing inspiration from walking on The Pilgrims Way.

All Welcome!

40 YEARS IN THE MAKING

22nd - 28th September

Artists: Gary Bernard Smith and Carol Rosalind Smith.

The Smith's have made art for years yet it is only now they have brought it all together. Gary's gestural approach is juxtaposed by Carol's ceramic forms. Don't miss this opportunity - it could be some time before their next exhibition.

All Welcome!



OUR GALLERIES

HALPERN GALLERY

POP



CONFESS

29th September - 5th October

New drawing, painting, sculpture and multimedia works by Aisha Young, Holly Chadd and Sharon Cooper.

All Welcome!



AUTUMN IN THE AIR

6th - 19th October

An exhibition featuring work by SuZanne West.

All Welcome!



DREAMSCAPE

20th October - 2nd November

An exhibition featuring work by Tanya Outen.

All Welcome!



INSPIRED BY WHITSTABLE - ANN PALMER

17th - 30th November 2021

A collection of palette knife oil paintings from lockdown but inspired by many years of painting, photographs, and just sitting on the beach sketching looking at the changing colours and moods of the local sea, the ebb and flow of the tide, and the forever inspiring skyscapes.

All Welcome!

HALPERN
GALLERY

HALPERN GALLERY
272 HIGH STREET, CHATHAM

HALPERN POP
15A HIGH STREET, ROCHESTER

HALPERN GALLERY

POP

COMMUNITY ENGAGEMENT



SOCIAL ART IS BACK!

FREE sessions for adults every Thursday from 2pm-4pm. The first Social Art session in September has SOLD OUT but don't worry we've got plenty more sessions lined up for you... We cannot wait to see familiar faces again, as well as welcoming some new ones! Make sure you book your place via our website.



www.nucleusarts.com/socialart



CLUBS FOR KIDS - WE'RE BACK!



Mini Nucleus

Come along to our creative, sensory, and messy play sessions every Thursday from 10am - 12pm at our HeArt community space located on the first floor of the Pentagon Centre!

Teen Art

Join us for a pressure-free 'Social' art environment where you can explore your creativity and develop your skills.

FREE weekly creative sessions for 13-17 year olds living in Kent and Medway, join us Tuesdays, 3-5pm at Nucleus Arts, Chatham.

Digital Teen Art

Hosted by resident artist, Nick Ashton, these FREE weekly sessions for 13-17 year olds are held Wednesdays, 3:30-5pm at The Lightbox, Halpern Conservancy, Rochester.

Please note that this venue does not have disabled access



All sessions will need to be booked, please visit: nucleusarts.com/whats-on or call the office on 01634 812108 to book your place.

COMMUNITY ENGAGEMENT



DEVELOPING YOUR ART SKILLS AT HOME

Did you know that you can complete the first level of Arts Award at home, remotely, or online?

Nucleus Arts is proud to introduce Discover at Home, a fantastic new way in which you can complete the first level of Arts Award today! This level of the award is aimed at children aged 11 and under but can still be completed by those up to the age of 25. To participate in the introductory level of Arts Award, visit our website and download the PDF. Then, fill it in, and send it back to us!



If you would like to receive an official certificate to celebrate your achievements, complete all four pages of the PDF and email it to chloe.collings@nucleusarts.co.uk or post it to us at Nucleus Arts, 272 High Street, Chatham, Kent, ME4 4BP.

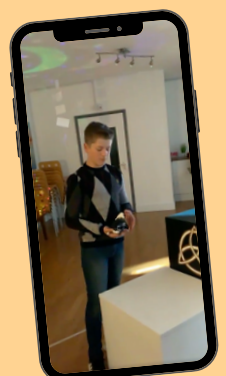
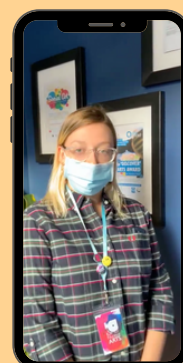
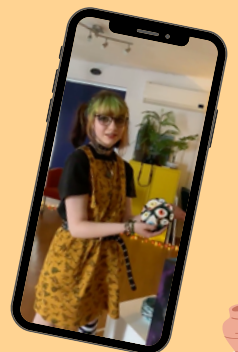
Once we have received your finished award we can moderate your artistic journey! For more information and to download the Discover Arts Award form, visit www.nucleusarts.com/artsaward



CLAY AND DISPLAY

Have you seen our Arts Award Clay and Display yet? Our Arts Award students put together their own exhibition to showcase their clay creations. You can watch our talented students in action by visiting our Facebook! Head to the videos section, and play the clip titled 'Please let us know your thoughts of Clay n Display'. We'd love to hear your thoughts!

 @NucleusArts



SKETCHBOOK CLUB

- Kickstart a new regular Sketchbook habit
 - Tips, tricks and warmups given
 - Optional weekly themes
- A chance to network with other artists
- Digital and Traditional artists welcome

£3
Entry

Nucleus Arts Rochester
6pm-7pm Friday

ALL SKILL LEVELS AND AGES WELCOME!
SOME ART SUPPLIES PROVIDED. PLEASE BRING YOUR OWN!



Nucleus Arts

RESIDENT ARTIST NEWS



SPOTLIGHT - LUNA ZSIGO

Luna recently joined us in her new studio based here at Nucleus Arts Chatham, she works as a freelance artist living in Medway and is best known for Explore & Draw, an art group created to celebrate all that is great about the towns in which we live.

"When I was young, I used art & poetry to express myself, but it was not until a break of almost twenty years that I returned to my passion. Like for many people it can be a long and difficult path back to your creative self and I feel blessed to have established myself as a professional artist."

In 2020 Luna was delighted to have the opportunity to paint a large mural 'The Rose Garden' at Rochester Corn Exchange and has since completed another for The Copper Rivet Distillery in Chatham.



Above - Painted in 1992 aged 24

"It is always an honour and a privilege to receive commissions such as this, not only does it mean that I can paint my visions on a larger scale, but it pushes me outside my comfort zone and helps me to grow as an artist. 'The Rose Garden' mural was inspired by an ancient Persian poem, 'The Conference of the Birds' and tells a very human story of the bird's spiritual journey towards enlightenment. The poem is a complex piece of writing and for the past year I have been studying and debating its dialogue with a group from America."



Left - A section from 'The Rose Garden Mural' at Rochester Corn Exchange

Above - Luna arriving in her new studio

RESIDENT ARTIST NEWS

"Running workshops and painting large scale work requires a great deal of self-belief and confidence. Over the last four years, I have learned how to overcome many fears about putting my work out into the world and have started to believe in myself and my abilities as both an artist and a facilitator."

"Nothing pleases me more to see others grow and develop their creative voice and one of the reasons I started Explore & Draw to encourage others."



Above - Explore & Draw – Funky Fruit & Veg by Angela Turner



Above - Artwork by a member of our Young at Art

During lockdown, as no one knew for certain where the world was going, Luna continued to inspire with 'Explore & Draw - Online', keeping people creative and showcasing many members work worldwide. This culminated in the 'Art in Lockdown' Exhibition at the Rochester Gallery in which over 150 artworks from 88 artists (aged between 2-75 years old) were shown to the public.



"It gives me great satisfaction to see others proud of what they have achieved."

Left - Explore & Draw exhibition

RESIDENT ARTIST NEWS

Since joining Nucleus Studios in April, Luna has continued her hard work, running workshops at both our Arches Local Fit and Fed Project (4–14-year-old) and Young at Art sessions.



Above - Mini Monet's working with Arches local Fit & Fed Project (3-14 yrs.)



Above - "I want to paint the way a bird sing"

This August Luna has also run workshops at 'Fun at the Fort Festival' with Glass Box Theatre, Explore & Draw at Fort Amherst Amphitheatre, and Nucleus Meeting Room too!

"I feel incredibly lucky to have a studio at Nucleus, Chatham and be part of this amazing community. Medway is a buzz with artists, musicians, and poets. 2021 has been a year of collaborations with Explore & Draw – A Midsummer Night's Dream where I combined art and theatre, I feel very excited about the future of Medway and am always looking for new ways to reach a wider audience to strengthen our artistic community."



Left - Explore & Draw – A Midsummer Night's Dream
Artwork by Andree McDade

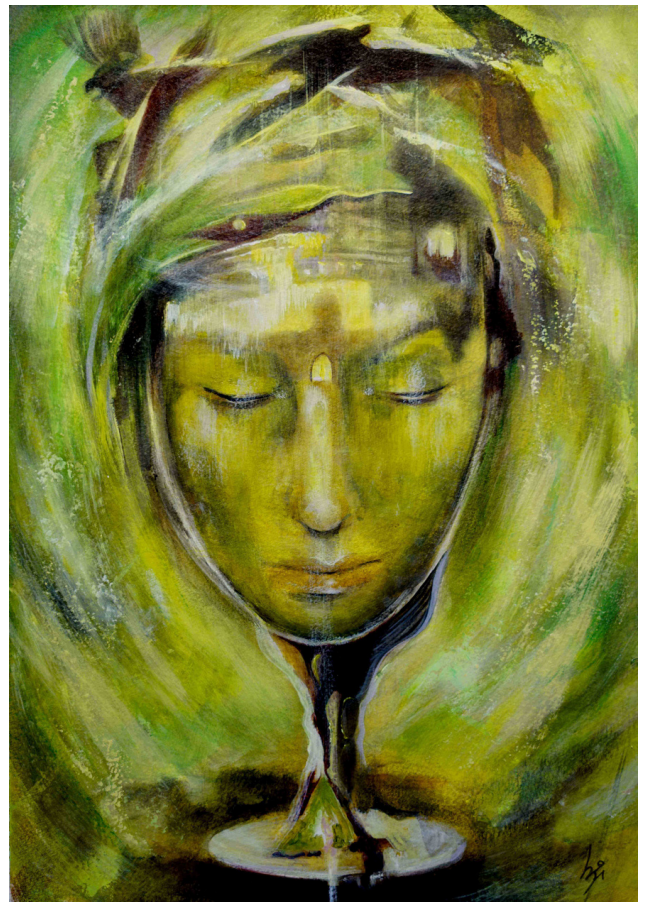
RESIDENT ARTIST NEWS

Luna is involved in an exciting collaboration with Wendy Daws working with artists from KAB members in the Mess Room and at Rochester Cathedral's 'Ribbons of Remembrance Project.'

"This project is a wonderful way to connect us in the universal language of creativity and I cannot wait to see the end results!"



Above - Luna at The Mess Room with Wendy Daws and artists from KAB



Above - 'Vessel'. Painting to be exhibited at Duendes upcoming 'Hidden Women' exhibition at Creek Creative 19-31st October

Although Luna is kept incredibly busy collaborating, organising events and workshops, she thinks it is important to make time to develop her own artwork too. She practises a process called automatic drawing to help connect to her unconscious mind and the collective awareness.

"At times, it can be difficult to move the intellectual mind out of the way and allow creativity to flow through, but I have come to trust my intuition. Like an archaeologist excavating a vast landscape, little by little I begin to discover hidden treasures within myself and in the world around me. The artwork begins to communicate on a deep level as I am taken on an emotional and spiritual journey."

RESIDENT ARTIST NEWS

"Having a solo show can be expensive, so I love the idea of artists working with others to reduce the cost. Plus, it's fun to explore new themes and be with a group of women who support and encourage each other."

If you were to say something to encourage your younger self, what would it be?

"Believe in yourself, treasure and nurture your ideas, see them as seeds, plant them and watch them grow. Take time to discover your own artistic voice, create a new language to express yourself and connect to the world around you and become the artist you always wanted to be."



www.nucleusarts.com/luna-zsigo

 @artist.luna

 @exploreanddraw.medway

Left - 'Goddess of the Garden'

RESIDENT ARTIST NEWS



ARTIST AT THE MARKET

Don't miss Tanya Outen at Rochester City Vintage & Artisan Market on the following dates:

Saturday 11th September - 10am to 3:30pm

Saturday 9th October - 10am to 3:30pm

Saturday 13th November - 10am to 3:30pm

Monday 13th December - 10am to 3:30pm

Monday 20th December - 10am to 3:30pm

Blue Boar Lane, Rochester High Street

 [@tanyaoutenartist](#)



SOMEWHERE ~~OVER~~ UNDER THE RAINBOW

Some of our resident artists are taking part in the upcoming Under the Rainbow exhibition at Bluewater. Featuring work by Ann Palmer and many more, don't miss the show!

Date: Mon 27th September 2021

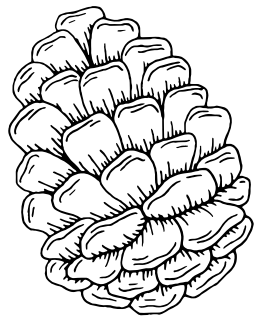
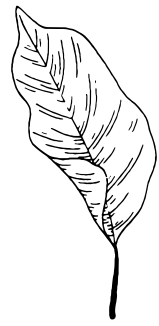
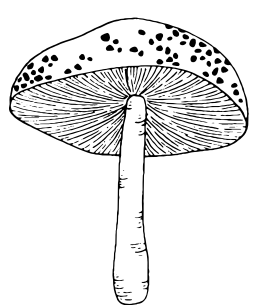
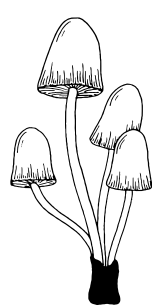
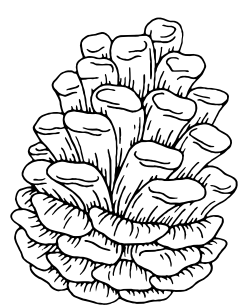
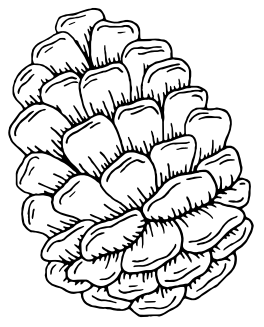
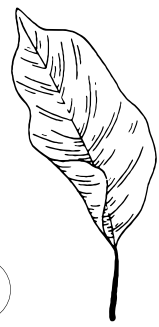
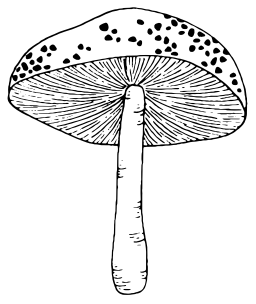
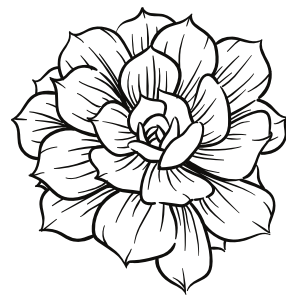
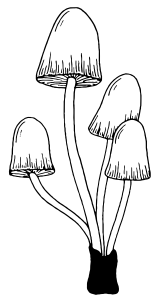
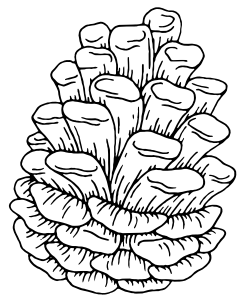
Time: 6pm

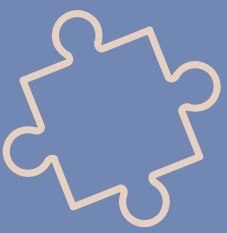
Location: Bluewater Shopping and Leisure Centre

FREE TO ATTEND

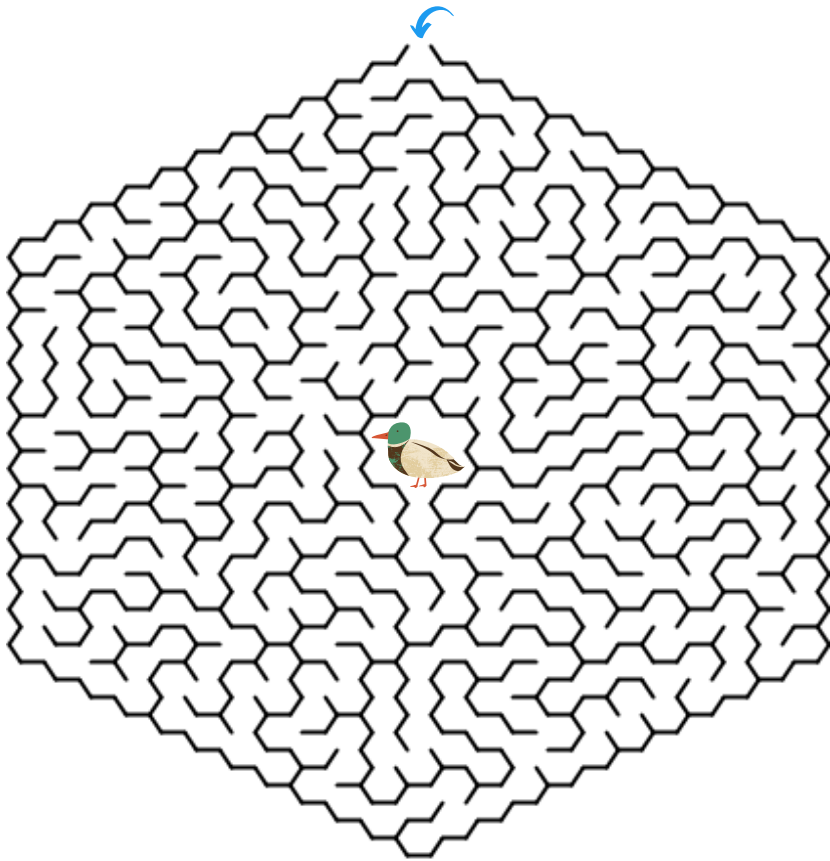
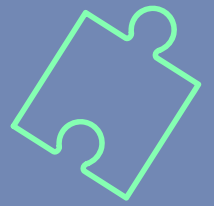
 [@undertherainbowevents](#)

AUTUMN COLOURING





PUZZLES



Can you make it to the centre of the maze?

Riddle me this...
It belongs to you, but your friends use it more. What is it?



CAPITAL CITIES

L_m_

M_n_L

_E_L_N

_n_a_a

B_I_G_T_W_

P_R_S

C_i_o

_E_F_S_

A_h_n_

N_W _E_H_



WORDSEARCH

Flora and Fauna

L	R	N	P	G	H	E	D	G	E	H	O	G	C
M	T	O	R	S	A	R	R	O	W	H	E	A	D
A	C	U	C	K	O	O	F	L	O	W	E	R	O
P	B	A	R	T	K	A	O	O	U	S	O	P	L
L	C	M	E	R	A	H	T	E	A	H	G	S	A
E	T	B	L	A	C	K	C	H	E	R	R	Y	D
O	R	O	I	F	O	X	G	L	O	V	E	S	Y
O	S	H	C	O	W	P	A	R	S	L	E	Y	B
D	E	S	E	R	T	C	O	T	T	O	N	E	I
A	G	D	A	A	U	E	L	T	E	E	B	O	R
D	O	O	R	M	O	U	S	E	G	O	E	C	D
T	H	O	R	S	E	C	H	E	S	T	N	U	T
B	E	G	O	N	I	A	G	U	A	V	A	Y	E
A	E	S	C	H	I	N	A	R	O	S	E	T	O



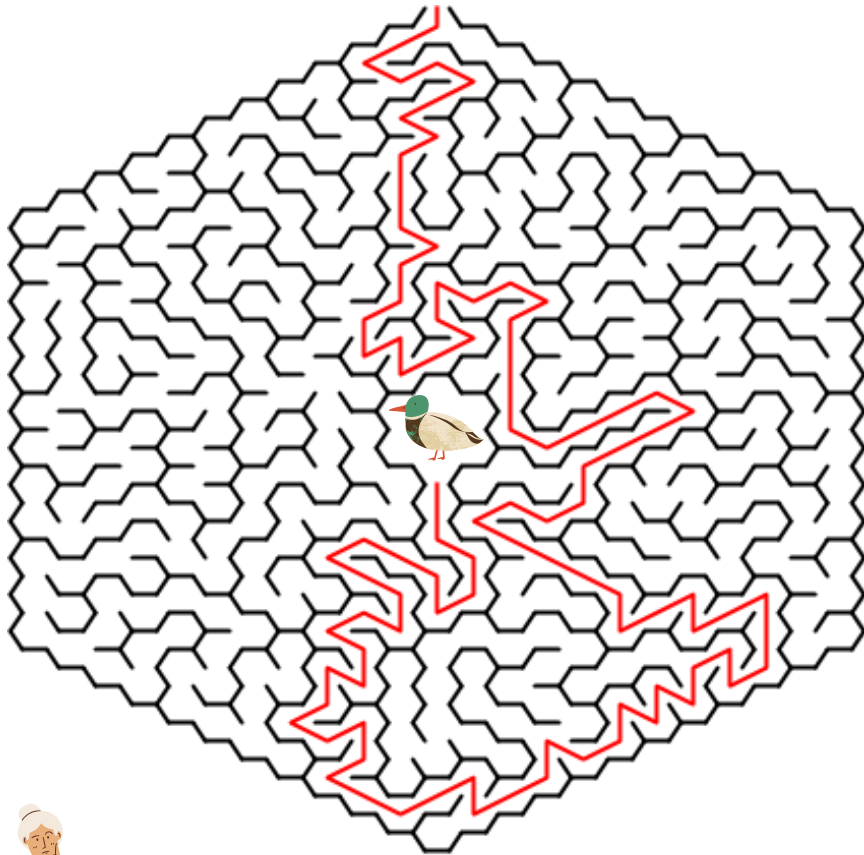
BEETLE
FOXGLOVES
DOOR MOUSE
HEDGEHOG
ARROWHEAD
CHINA ROSE
HARE
HORSE CHESTNUT
CUCKOO FLOWER
DESERT COTTON
GUAVA
BLACK CHERRY
MAPLE
COW PARSLEY
LADYBIRD
BEGONIA
OAK

Play this puzzle online at : <https://thewordsearch.com/puzzle/2646776/>





PUZZLE ANSWERS



Riddle me this...

YOUR NAME




CAPITAL CITIES

- | | |
|------------|-----------|
| Lima | Manila |
| Berlin | Ankara |
| Bridgetown | Paris |
| Cairo | Belfast |
| Athens | New Delhi |

L	R	N	P	G	H	E	D	G	E	H	O	G	C
M	T	O	R	S	A	R	R	O	W	H	E	A	D
A	C	U	C	K	O	O	F	L	O	W	E	R	O
P	B	A	R	T	K	A	O	O	U	S	O	P	L
L	C	M	E	R	A	H	T	E	A	H	G	S	A
E	T	B	L	A	C	K	C	H	E	R	R	Y	D
O	R	O	I	F	O	X	G	L	O	V	E	S	Y
O	S	H	C	O	W	P	A	R	S	L	E	Y	B
D	E	S	E	R	T	C	O	T	T	O	N	E	I
A	G	D	A	A	U	E	L	T	E	E	B	O	R
D	O	O	R	M	O	U	S	E	G	O	E	C	D
T	H	O	R	S	E	C	H	E	S	T	N	U	T
B	E	G	O	N	I	A	G	U	A	V	A	Y	E
A	E	S	C	H	I	N	A	R	O	S	E	T	O





SUPPORT



MENTAL HEALTH SUPPORT

The following websites provide information on how to protect your mental health at this time. Click on the links to take you to the website:

- <https://www.bbc.co.uk/news/health-51873799>
- https://www.newscientist.com/article/mg24632790-900-7-mental-health-expert-tips-on-how-to-cope-with-the-covid-19-pandemic/?fbclid=IwAR1mgtV9mZ2-binxmWcy-hr-oOU4k12K7SpUY2CeG7jmKkj_LVsYJO6DVs
- <https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/>
- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- <https://www.time-to-change.org.uk/coronavirus>



take care
of your mind



GENERAL SUPPORT THROUGH COVID-19

The following websites provide information for further support at this time, including access to food and accommodation. Click on the links to take you to the website:

- <https://www.gov.uk/find-coronavirus-support>
- <https://www.citizensadvice.org.uk/work/coronavirus-if-youre-self-employed/>
- <https://www.moneysavingexpert.com>
- <https://www.medway.gov.uk/coronavirussupport>