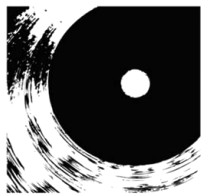


MEDWAY FUN PALACE 2021



Nucleus SOCIAL



    FunPalaces

funpalaces.co.uk



SPECIAL EDITION

FUN PALACE HAS LANDED

Welcome to this special edition of the Nucleus Social which, in itself, is its very own Fun Palace.

The concept behind Fun Palace involves celebrating culture by bringing the communities in our area together using arts and science themed activities and sharing those skills with one another, perfectly tying into this year's theme: **HAND OVER!** Participating in such an event means that we can come together as a community and share our skills that perhaps have been hiding away during the pandemic. Or perhaps you've picked up a new skill that you'd like to *hand over* to us? For more information visit www.nucleusarts.com/fun-palace to see how you can get involved today!

Inside this exclusive edition you'll be able to complete your very own Fun Palace from the comfort of your home. There's lots to do including making your own bunting, bugs and beetles, bath bombs or why not complete the first level of Arts Award: Discover! There's even the opportunity to receive a certificate from completing the award.

On the day of Fun Palace, Saturday 2nd October 2021, you'll be able to find us scattered around the Pentagon shopping centre where we'll be setting up a variety of fun activities to complete on the day from making zoetropes to decorating bunting to some special surprise activities!



CONTENTS



A GOOD READ

PAGE 4 — DROP-IN FOOTBALL

PAGE 5 — MEDWAY LIBRARIES AND FUN PALACE

PAGES 6 - 10 — HOME SCIENCE



BRAIN TEASERS

PAGE 11 — WORDSEARCH

PAGE 12 — MORE PUZZLES

PAGE 13 — BOTANICAL CLAY TILE TUTORIAL

PAGES 14 - 15 — ARCHES LOCAL ALLOTMENT



FUN PALACE BUNTING

PAGE 16 — ARTS TRAIL

PAGES 17 - 18 — BUNTING COLOURING

PAGE 19 — BUNTING TUTORIAL



HOW TO...

PAGE 20 — MINI NUCLEUS

PAGES 21 - 22 — BUGS AND BEETLES TUTORIAL

PAGES 23 - 26 — ARTS AWARD DISCOVER



WELLBEING

PAGE 27 — FIZZING BATH BOMBS

PAGE 28 — SOCIAL ART

PAGE 29 — CHILD-FRIENDLY MEDWAY WORKSHOPS



INFORMATION

PAGE 30 — TOGETHER BY LUCID CREATES

PAGE 31 — ANSWERS



FREE DROP-IN FOOTBALL IN MEDWAY PARKS THIS SUMMER & AUTUMN

RUNNING ON SATURDAYS: 17 JULY — 30 OCTOBER

Location	Under 7	8 -12	13-16
Gillingham Park	10-11am	11am-12pm	12-1pm
Palmerston Park	10-11am	11am-12pm	12-1pm
Jacksons Field	1.30-2.30pm	2.30-3.30pm	3.30-4.30pm
Pottery Road Rec	2-3pm	3-4pm	4-5pm
Rainham Rec	10-11am	11am-12pm	12-1pm
Northcote Rd Rec	1.30-2.30pm	2.30-3.30pm	3.30-4.30pm

NO NEED TO SIGN-UP JUST JOIN US ON THE DAY

Programming Sponsored by **CHILD-FRIENDLY MEDWAY**

Please contact childfriendly@medway.gov.uk if you have any questions about programming or would like to be involved in supporting Medway's initiative to be more Child-Friendly.





All 15 Medway libraries are getting involved this year - each one a little Medway Fun Palace! We asked Alison to tell us a bit more...

My name is **Alison** and I'm a Librarian with Medway Libraries. As a Librarian I do feel a bit like the king or queen of the Library (my Palace) because I'm familiar with many of its beautiful attributes, but I'm very happy to share them all with you. Once a week I work at **Chatham Library** (Chatham Community Hub) which happens to have a few palatial qualities. For a start it's a spacious historic building, right in the heart of Medway. **The River Medway** flows widely just outside the door, a historic and current route for boats, big and small, travelling into and out of the estuary. This great expanse of water, with swans regally swimming by, offers a calming feeling, which continues into our generously high-ceilinged library. Calm, clean and welcoming, you can sit outside or inside and imagine the sights and stories that the century old trees, the timeless river and the bygone Amherst armies might have witnessed, all adding to that palatial feeling.



Libraries are still often associated with the old-fashioned stereotype of being a place where noisy people get 'sshhed', but I'm afraid we don't aspire to that any more (unless you are really naughty!). These days we love to have fun in the libraries and that often comes with quite a lot of noise. Part of my job is about making sure different groups can use the library without disturbing each other. We do still offer a quiet sanctuary to those who are studying, looking for a job, delving into their latest favourite author or quietly researching family history, but in another part of the building, the knitting group will be creating something beautiful, whilst catching up, making new friends, and helping each other develop new skills. Another old-fashioned expectation of the library is that it's all about paper books.....well no actually, not all, not anymore! **News flash:** libraries have probably changed from when you were a child!!!! So many people are very pleasantly surprised when they find out about our digital offer: e-books, e-audio, e-magazines and e-newspapers, free of charge and downloadable onto your phone, tablet or laptop.

We've even got a library app: **Libby**. Did you know that as a Library member you can issue your own books in the library, on your phone no queues?

It's no secret that all of the library staff love stories, but stories come from people and librarians also love community. That's why I'm really looking forward to the Fun palace weekend, I hope to have many visitors from the community of Medway visit my palace, my library, and I challenge them to have lots of fun. In partnership with **Nucleus Arts** and **The Fun Palace Team**, **Medway Libraries** are offering a drop-in craft activity at every **Medway Library** on the **Saturday 2nd October** **from 10 pm until 3pm.**

Craft activity? I hear you say, is this just for children? No, definitely not, although children are welcome too, I would like to see members of all ages and parts of our Medway community visit us, especially those who haven't visited the library for a while. Pop-in and tell us about the clubs and activities that you

are part of, what is your hobby, your expertise, your interest, your passion, which part of the community do you represent? We are offering people a chance to express this creatively and see themselves and their lives, represented in our library buildings. I'm not going to tell you what the craft activity is, because I want you to come and find out for yourself, but just know that everyone will be able to join in and I will give you one clue: It's often used for festivals and celebrations.

We look forward to seeing you at a Fun Palace, in the Medway Libraries on the 2nd October between 10am and 3pm, suitable for all ages.

Find your local library here: https://www.medway.gov.uk/directory/6/find_a_library

To join the library: https://www.medway.gov.uk/info/200181/libraries/53/join_the_library/1

Or bring an official document containing your Medway address to a library or community hub and we can do it there. It's free of charge!!!



Want to get in on the science action at home? Below you'll find **EIGHT** easy and fun experiments that you can do at home!



The Dancing Picture Man

Ever drawn a stickman and wondered if he was a good dancer?

No? Just me then. Well, you could find out with this easy experiment.

What to do:

1. Draw a simple picture on the glass. A stick figure is always fun!
2. Leave for 3-4 minutes to let it dry.
3. Carefully pour water onto the plate or into the bowl (avoid hitting the picture with the stream) to lift up the drawing.
4. Gently swirl the water around to make the picture dance and move on the glass!

What you'll need:

- A glass plate, bowl, or mirror
- Dry eraser/whiteboard marker
- Water

How does it work?

The marker leaves behind mixture of colour (from the pigments) and a type of alcohol to make the ink. The alcohol evaporates and the colour stays behind as a really thin solid – like a model. The smooth surface of the glass lets our thin model slide off.

The Fizzy Orange

We're not talking pop here! Try this experiment to create a fun (and safe) explosion in your mouth.

How does it work?

You might have heard of acids and bases? Well they just love to react. Citrus fruits like oranges are filled with a mild acid called citric acid, it's what gives them their tangy sourness. Baking soda is a base, which is the opposite of an acid, and is safe to eat (if not tasty). When the citric acid and baking soda are mixed, the reaction creates millions of carbon dioxide bubbles, just like in a fizzy drink – and that is what you are feeling on your tongue.

What you'll need:

- An orange or other citrus fruit
- ½ teaspoon baking soda

What to do:

1. Cut the orange into slices or quarters.
2. Dip the slice or section into the baking soda.
3. Take a bite! As you chew, it should start to bubble in your mouth.





Rainbow in a glass

Who doesn't love rainbows? Why not give this fun experiment a go and create your own rainbow!

What you'll need:

- Water
- A microwavable mug
- A bag of skittles sweets
- 5 separate cups
- A tablespoon
- A tall clear glass
- A dropper or a spoon



What to do:

1. Open the Skittles and separate them into the cups, in these amounts: **2 red**, **4 orange**, **6 yellow**, **8 green**, and **10 purple**.
2. Heat a mug of water in the microwave for a minute and a half (or long enough that the water is hot, but not boiling). **Be very careful with the hot water** (children will need a parent to assist).
3. Pour two tablespoons of hot water into each cup, on top of the sweets.
4. Carefully stir the mixture and then let it cool. Stir them every 10 mins or so until the mixture is cool and the sweets have dissolved.
5. Slowly and carefully, add the coloured water each of the cups to the clear glass. Starting with **purple**, add **green**, **yellow**, **orange**, and **red**. Go very slowly with this, if they mix, it's not a rainbow.

Enjoy!

Milk Art

Make the most amazing moving art using your favourite moo-juice (or even try plant alternatives).

What you'll need:

- A shallow bowl
- ½ cup of milk
- Soap or washing up liquid
- Cotton bud/swab
- A tablespoon
- Food colouring, more than one colour



What to do:

1. Pour the milk into the bowl. Leave the milk to go still.
2. Drip a drop of each colour into the milk.
3. Dab the tip of the swab into the soap and gently touch it to one of the colours.
4. Try all the colours, and have fun!

How does it work?

Milk is made up of water, protein and fat. Fats like to stick together, with different fat blobs sticking together through special bonds. Soaps are used to because they break these bonds in fats, allowing them to separate and be washed away. By adding soap to the milk, the fat-bonds can separate and the colours can swirl.

Don't forget to tag us in photos of experiments that you've tried at home! #MedwayFunPalace



MEDWAY

FUN PALACE

2021



**SATURDAY
2ND OCTOBER**

**PENTAGON SHOPPING CENTRE
CHATHAM, KENT, ME4 4HY**

10AM TO 4PM

ALL AGES WELCOME, SEE YOU THERE!





Ever wanted to shoot a marshmallow?
If not, why not!

What you'll need:

- Foam pool-noodle
- Balloon
- Scissors
- Mini marshmallows
- Masking Tape

Mini marshmallow cannon

What to do:

1. Carefully cut an approximately 8cm piece from one end of the pool noodle.
2. Tie a knot in the balloon as if you had just blown it up.
3. Cut the top end off of the balloon, so that it can be opened out.
4. Stretching the balloon over the piece of pool noodle, centre the knot so that it fits into the hole in the noodle. Tape the balloon in place.
5. Drop a mini marshmallow into the hole at the end of your noodle then tape the balloon in place.
6. Use the knot as a handle to pull out and launch the mini marshmallow.



How does it work?

Balloons are made from rubber, a stretchy material. When you pull the knot and let it go, the balloon will snap back to its original shape. The energy from this snap gets transferred to the mini marshmallow sending it flying through the pool noodle.

Runaway Cocoa

Super easy to do, this experiment is almost magic!

What to do:

1. Fill the glass $\frac{1}{2}$ full with water.
2. Fill the glass to $\frac{3}{4}$ full with shaving foam.
3. Make sure the shaving cream is spread flat and evenly over the top of the water.

What you'll need:

- Cocoa powder
- Spoon
- Bowl
- Water



How does it work?

Because it contains fat cocoa powder is described as hydrophobic which means it doesn't like water. This stops the water penetrating easily. When you tap on the handle of the spoon the layer of water seems to magically fall off leaving the cocoa powder underneath perfectly dry.

Tweet us and let us know how you got on at home trying out these fun experiments! #MedwayFunPalace



@nucleusarts



Quackers cup

Trick your friends into thinking you've got a bird in your mug. Bet you canard-ly wait to try this out... (sorry).

What you'll need:

- Plastic cup
- String
- Wet paper towels
- Something to punch a hole in the bottom on the cup
- Paperclip



What to do:

1. Make a hole in the centre of the bottom of the cup that is big enough to put the string through.
2. Tie the string to the paper clip.
3. Push the other end of the string through the hole in the bottom of the cup. The paper clip will stop the string from pulling all the way through.
4. Hold your cup in one hand letting the string to dangle below the cup.
5. Soak the paper towel wrap around the string and pull down firmly in sharp little movements.

Enjoy the quackers fun!

How does it work?

The string vibrates as you pull the wet paper towel down. While these vibrations are usually almost undetectable, the cup amplifies the sound making a loud and distinct duck quaking sound.

Rainstorm in a glass

Who hasn't wanted to control the weather? Well now you can... well sort of...



What you'll need:

- Shaving foam
- A large tall glass
 - A cup
 - A spoon
 - Water
- Food colouring

What to do:

1. Fill the glass $\frac{1}{2}$ full with water.
2. Fill the glass to $\frac{3}{4}$ full with shaving foam.
3. Make sure the shaving cream is spread flat and evenly over the top of the water.
4. Half-fill the cup with water and drop in 10 drops of food colouring. Carefully spoon the coloured water on to the top of the shaving cream. And then watch the storm.

How does it work?

Real clouds are made up of tonnes of water, all floating over our heads. When the get too big though, the rain will start to fall. The shaving cream is being our cloud, but at least I shouldn't ruin your picnic.



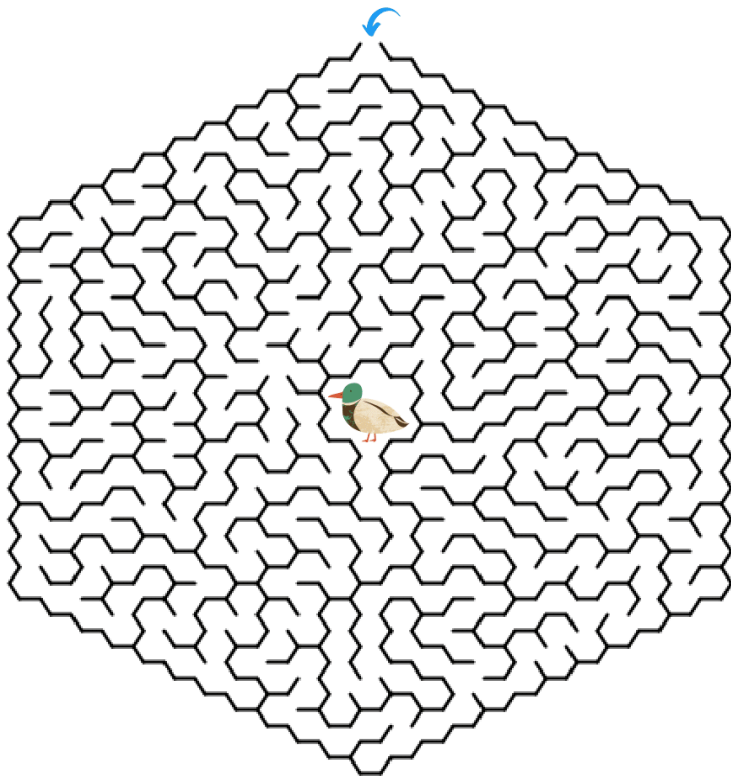
Flora and Fauna



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





Will you make it to the centre of the maze?

Tell us how you got

on with these puzzles using our social media below:



/NucleusArts



@nucleusarts



@nucleusarts

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 _

Do you enjoy taking photos whilst travelling?

Perhaps you have some photography skills you could *hand over* to someone?





Botanical Clay Tile Tutorial by Rachel Moore



@iprintedthat

<https://www.iprintedthat.com/>

You will need:

- Air dry clay in your choice of colour
- Rolling pin
- Sharp knife
- A selection of seed heads
- A sheet of thick plastic such as Perspex or flat bottomed tray
- Cocktail stick

Optional:

- A medium sized paint brush
- Water based paint such as acrylic or gouache, we've used white
- A damp cloth
- Clear varnish

How to:

Cut a piece of clay roughly the size of a lime.

Using the palm of your hand roll it into a ball then using a rolling pin roll it out to a thickness of 1cm.



Arrange your seed heads on top.

Place the thick sheet of plastic onto the seed heads and push firmly making sure that the seed heads make imprints into the clay.



Remove the plastic then carefully remove each seed head - the cocktail stick comes in handy for this!



Using the knife, trim the edges to create a square or oblong shaped tile or leave them rounded for that natural look.

If you want to make this into a hanging decoration then use the cocktail stick to make a hole in the top of the tile.



Leave the clay to dry according to the manufacturer's instructions.

When dry, water down the paint slightly and paint into and over the imprints. This will highlight them and make them stand out more. Wipe off any excess paint with a damp cloth.



Leave to dry.

When dry, you might like to seal the tile with a couple of coats of clear matte or gloss varnish, this will make it water tight if you're planning on using it as a coaster. If there's no chance of it getting wet then you can just leave it looking natural. We've left ours natural.



ARCHES LOCAL ALLOTMENT

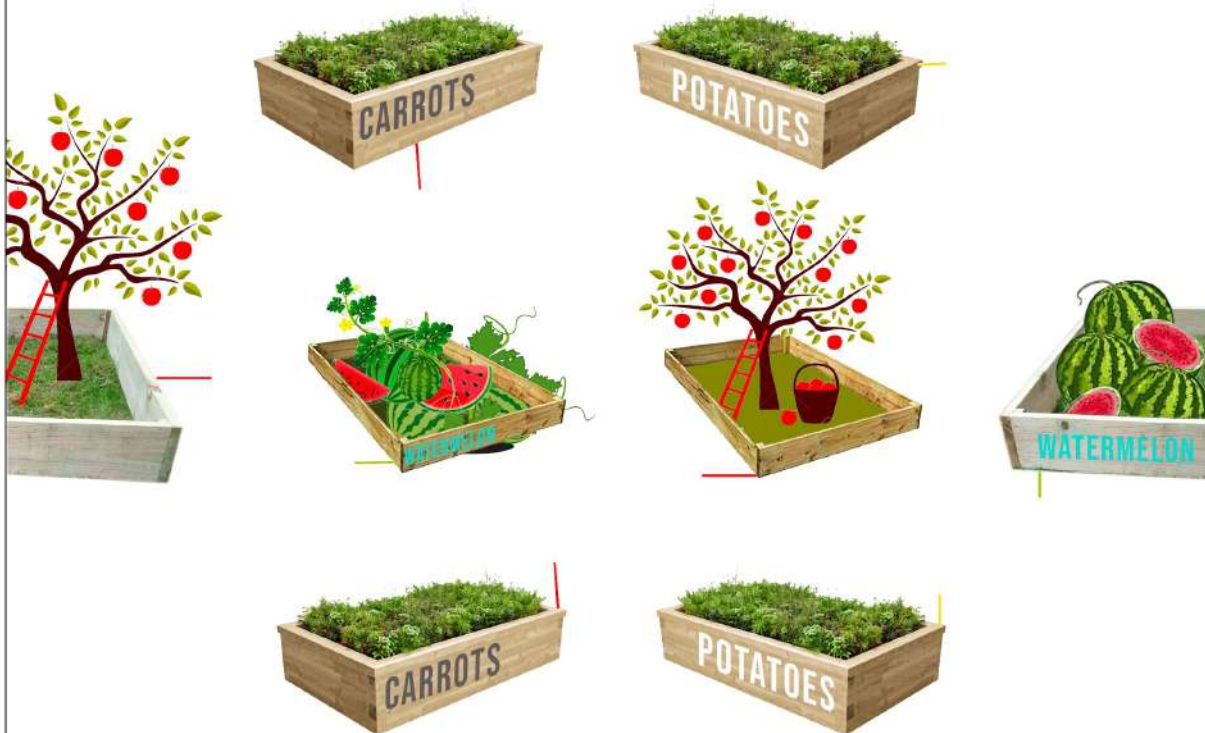
  @ARCHES LOCAL

Over the course of several lockdowns, Arches Local with partners have been busy creating a community allotment at Great South Allotments for local people to use in bite sized chunks. Raised beds have already started to be adopted by local people with plans to personalise them in bold colours, there are many more awaiting new owners and loads of non-gardening projects in hand. Not to mention the wildlife area, sensory garden and 4 ponds! Would you like to adopt a planter? To get involved contact info@archeslocal.org.uk

GET INVOLVED

THERE ARE MANY WAYS LOCAL PEOPLE CAN GET INVOLVED, YOU CAN ADOPT A PLANTER, INFLUENCE THE FUTURE DESIGN OF THE ALLOTMENT AND EVEN JOIN THE ARCHES LOCAL PARTNERSHIP TO HELP SHAPE CHANGE THROUGHOUT OUR BIG LOCAL AREA.

LINE PUZZLE



The produce at the allotment needs watering. Draw hosepipe lines connecting each fruit or veg planter together by their species (apple to apple, carrots to carrots, etc.). The hose pipes must stay in the allotment area and they cannot overlap.

DID YOU KNOW?

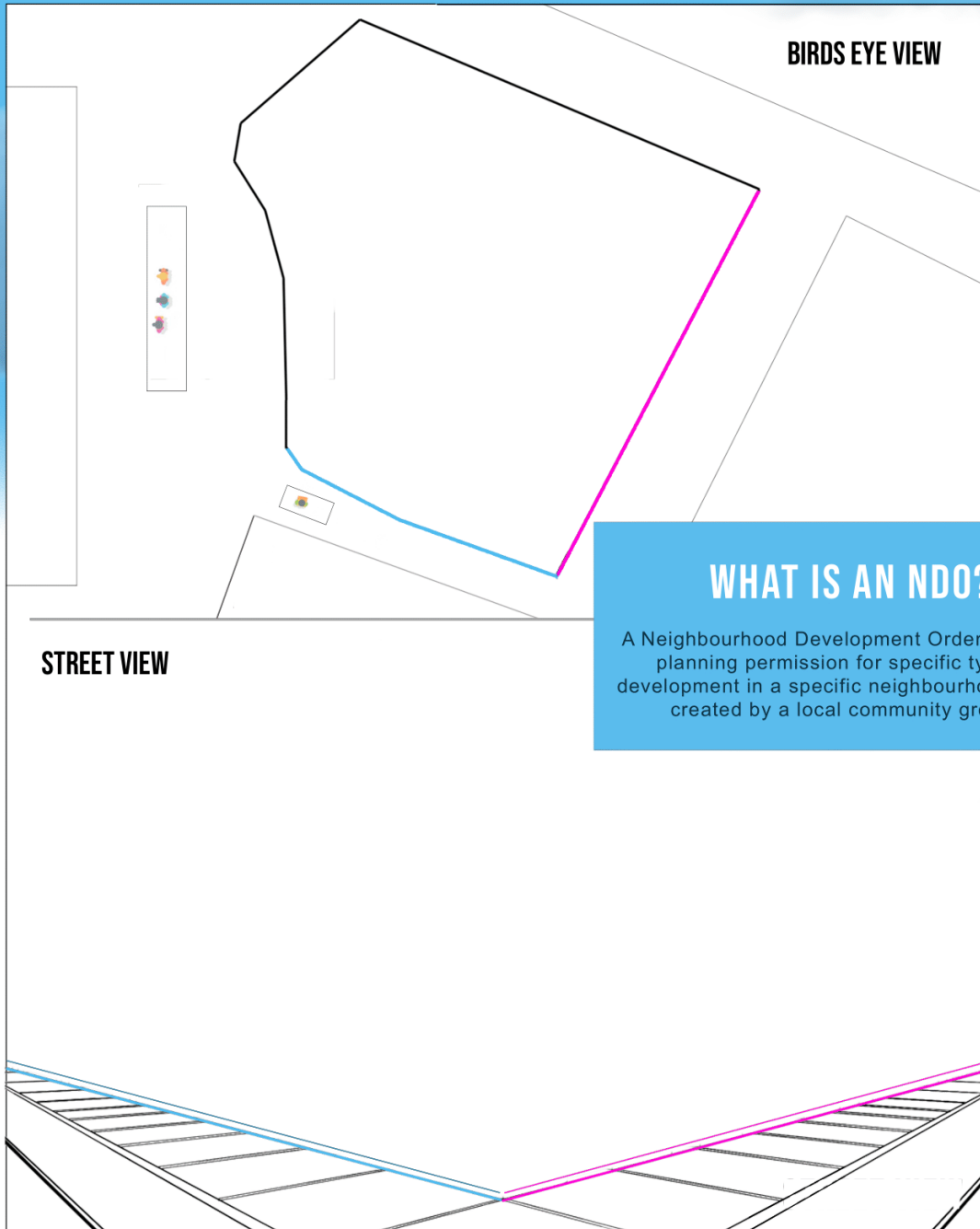
There are over 300,000+ allotments in the UK and the recent trend for grow-your-own has resulted in a surge in demand, there are around 90,000 on waiting lists for an allotment. Allotments are not just for flowers and veg, under the 1950 Allotment Act, you are allowed to keep chickens on your allotment.



WHAT DOES YOUR DREAM STREET LOOK LIKE?

Arches 'Chatham' Neighbourhood Forum are designing a future for the Go Outdoors (Market Hall) site. Help shape the NDO by drawing your dream development. Take a snap, send in your creations to us and get involved.
info@archeslocal.org.uk

 @archesnp  @archesgroup



Use some of these ideas to help:





Medway Fun Palace loves collaborations - and look what the Rochester and Chatham galleries have produced together! The nine venues have produced a trail - beautifully designed by Mark Barnes Design - which will appear on each venue's website, as well as having printed copies available (to HAND OVER!).



GALLERY INFORMATION

1. THE HALPERN POP

at THE HALPERN CONSERVANCY BOARD BUILDING

15a High St, Rochester ME1 1PY

OPEN: Mon-Sun 10am-4pm

01634 812108 original@nucleusarts.co.uk

www.nucleusarts.com/halpern-pop

📍📷 @thehalpernpop ♿ accessible • FREE entry

2. ROCHESTER ART GALLERY

at MEDWAY VISITOR INFORMATION CENTRE

95 High St, Rochester ME1 1LX

OPEN: Tues-Sat 10am-5pm

📍📷 @rochesterartgallery ♿ accessible • FREE entry

3. STORE 104

104 High St, Rochester ME1 1JT

OPEN: Mon-Sat 10am-5pm, Sun 11am-4pm

01634 843881 hello@store104.co.uk

www.store104.co.uk

📍📷 @store.104 • FREE entry

4. FRANCIS ILES GALLERIES

103 High St, Rochester ME1 1LX

OPEN: Mon-Sat 10am-5pm

01634 843222 gallery@francis-iles.com

www.francis-iles.com

📍📷 @francis.iles.gallery • FREE entry

5. MEDWAY ADULT EDUCATION GALLERY

at JASPER'S COMMUNITY CAFÉ

Rochester Community Hub (above Rochester Library),

High St, Rochester ME1 1EW. OPEN: Mon-Fri 9.30am-3.30pm

📍📷 @medwayadulted ♿ accessible • FREE entry

6. INTRA

337-341 High St, Rochester ME1 1DA

OPEN: Windows gallery viewable 24 hours 7 days a week

Occasional exhibitions inside by appointment.

01634 753299 intraarts@gmail.com www.intraarts.org

📍📷 @intraarts 📷 @intra_arts ♿ accessible • FREE entry

7. THE GALLERY at NAKED PRODUCTS Co.

388 High St, Rochester ME1 1DJ

OPEN: Sun-Mon 10am-4pm, Tues-Sat 10am-6pm

01634 786061 www.naked-products.co.uk

📍📷 @nakedproductscos • FREE entry

8. THE RIVERSIDE GALLERY at SUN PIER HOUSE

Medway St, Chatham ME4 4HF

Closed for refurbishment - reopening in 2022

01634 401 549 info@sunpierhouse.co.uk

www.sunpierhouse.co.uk

📍📷 @SunPierHouse • FREE entry

9. THE HALPERN GALLERY at NUCLEUS ARTS CENTRE

272 High St, Chatham, ME4 4BP

OPEN: Mon-Sat 10am-4pm

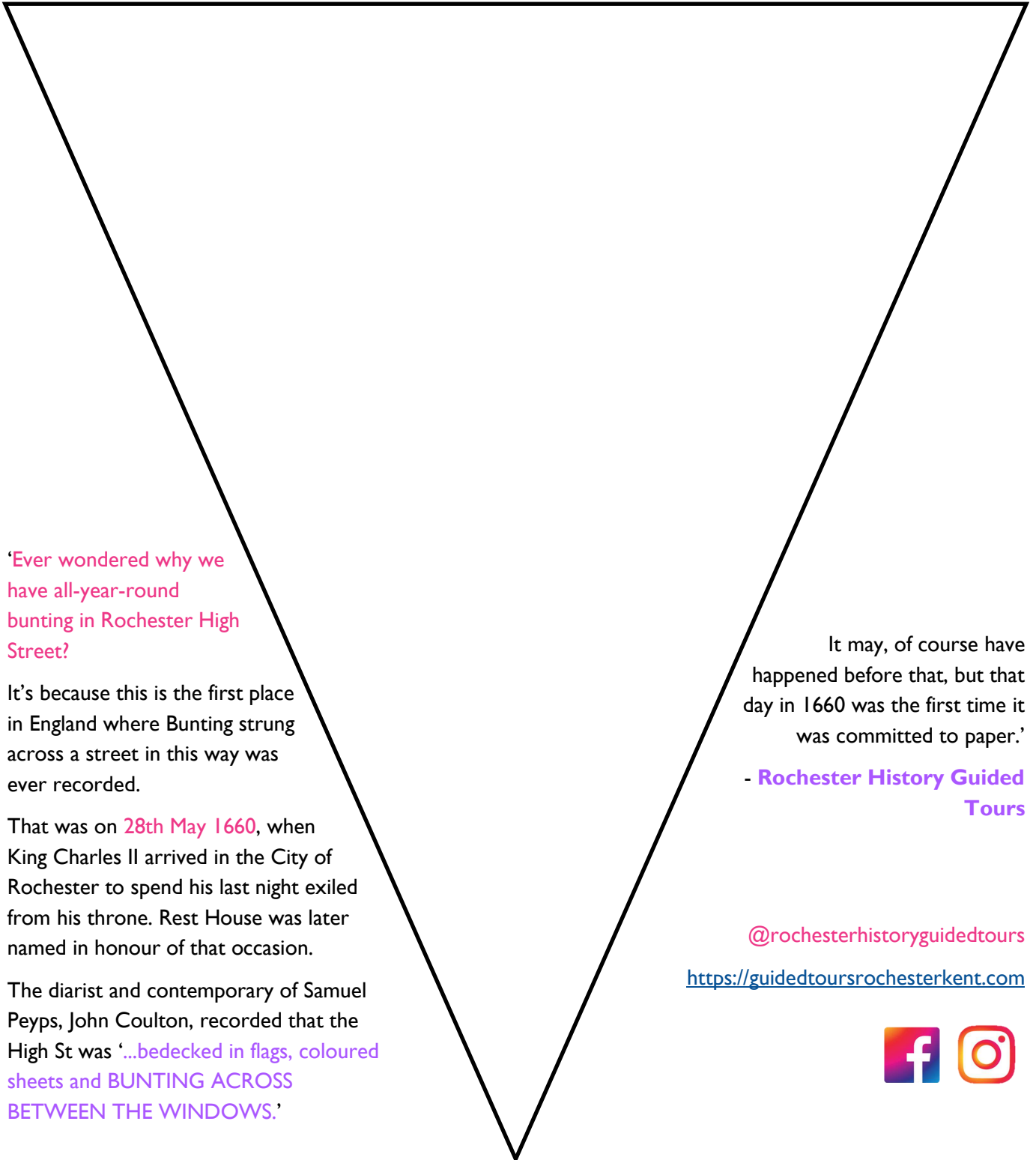
01634 812108 original@nucleusarts.co.uk

www.nucleusarts.com/halpern-chatham

📍📷 @thehalperngallery ♿ accessible • FREE entry

Design: www.markbarnes.design

Design Your Own Bunting



‘Ever wondered why we have all-year-round bunting in Rochester High Street?’

It’s because this is the first place in England where Bunting strung across a street in this way was ever recorded.

That was on 28th May 1660, when King Charles II arrived in the City of Rochester to spend his last night exiled from his throne. Rest House was later named in honour of that occasion.

The diarist and contemporary of Samuel Peyps, John Coulton, recorded that the High St was ‘...bedecked in flags, coloured sheets and BUNTING ACROSS BETWEEN THE WINDOWS.’

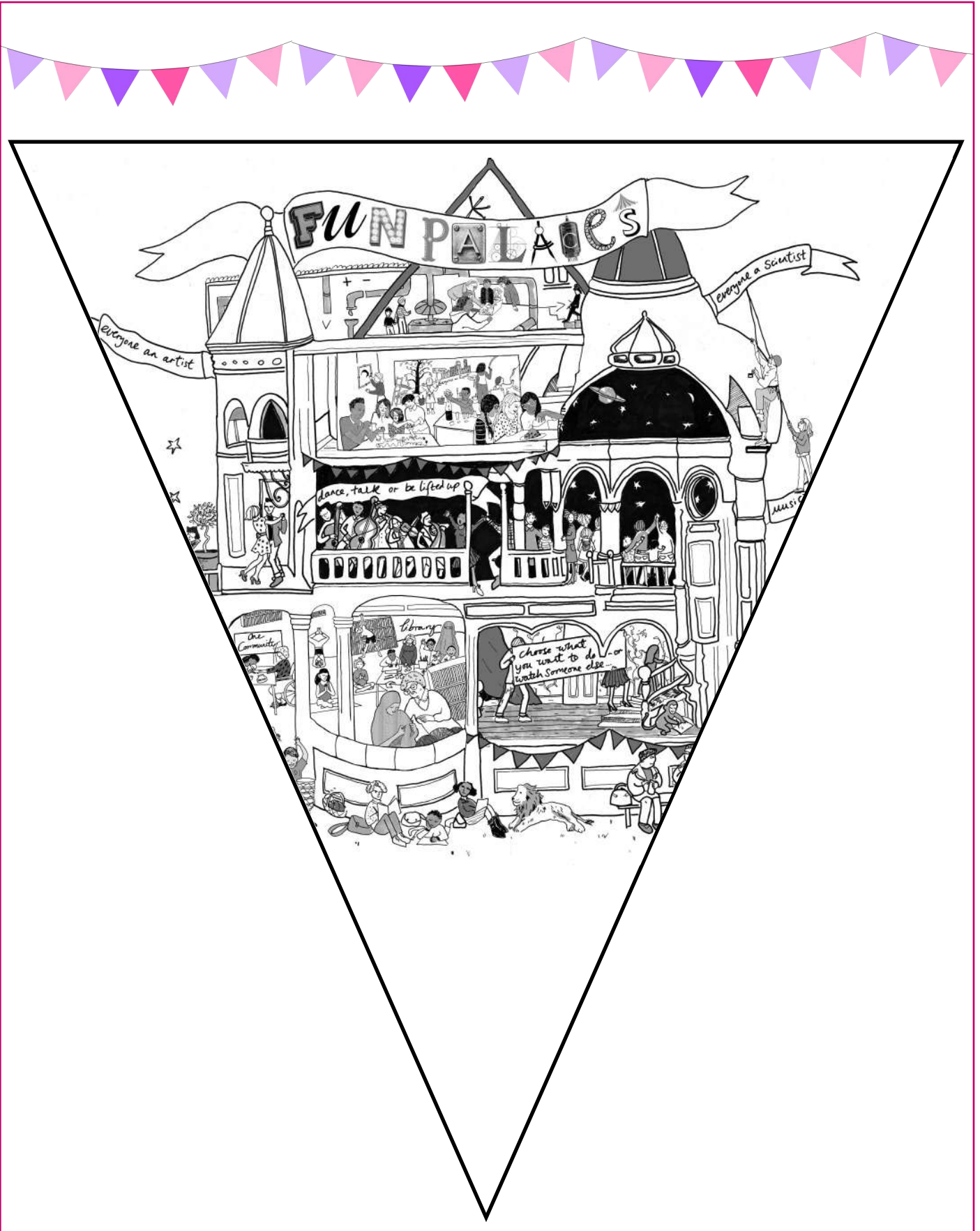
It may, of course have happened before that, but that day in 1660 was the first time it was committed to paper.’

- Rochester History Guided Tours

@rochesterhistoryguidedtours

<https://guidedtoursrochesterkent.com>





Create Your Own Bunting at Home



Sofia Macmullen's Bunting Tutorial



You will need:

- A [brush](#)
- A [pencil](#)
- A [ruler](#)
- [Glue](#)
- [Scissors](#)



@fofisworldoftextile

- A sheet of [paper](#)

- Some [fabric](#) (you could use old clothes and do some upcycling)

1. Make your template in the shape of a triangle on the paper. This can be of any size that you want your bunting to be. Once you're happy with the size, cut it.



2. Lay the paper on the correct side of the fabric and trace around the triangle shape. Next cut around the triangle leaving 1 or 2cm. You will need 2 triangles per bunting.



3. Using the brush, put some glue between the line and the edge of your fabric only on both long sides, be generous.

4. Stick both long sides together making sure you leave the top open.



5. Turn inside out and use the pencil to push the bottom point out, be very gentle so that you do not unstick your bunting and glue the top shut.

Once you have as many bunting as you want you can link them together by gluing them to some ribbon!

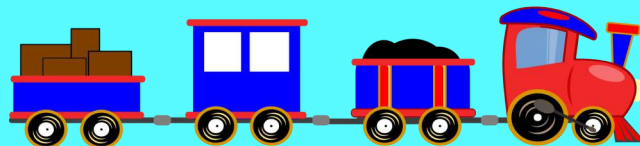




Come and find out what Mini Nucleus is really like at Medway Fun Palace where we'll have a special Mini Nucleus sensory station set up!



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



These sessions will need to be booked. For more information please visit: www.nucleusarts.com/mininucleus or call the office on **01634 812108** to book your place today.





'Bugs and Beetles' Clay Modelling Workshop

by Sue Maddocks

You will need:



- A [mat](#) or [sheet of card](#) to work on.

- [Air drying coloured clay](#) (e.g. 'kids create Air Dry Clay' or 'Silk Clay' sets available online or from crafts retailers such as The Range. Small sets of 4 colours are inexpensive.)

- [Wooden](#) or [plastic modelling tools](#), [old store card](#), [bamboo kebab skewers](#)

1. Start by making the legs. Take a small piece of clay in your fingertips; if the clay is sticky roll it just with your fingertips until it dries a little. Squeeze and squash it into a sausage shape. Roll this on the mat using just your fingertips, backwards and forwards making a complete turn each time, until you have an even, thin coil of clay.



2. Cut into 3 equal lengths of about 6cm to make pairs of legs. Bend each pair of 'legs' into a C shape. Leave to dry on the mat while you make the body.

3. The body is made from 2 pinched cup shapes. Take 2 equal pieces of clay for the body, maybe a different colour for the top and bottom. Use your fingertips to form each piece into a ball, press a hollow into the ball of clay, then pinch it into a cup shape. Keep turning and pinching until you have a thin shallow cup. Make a second cup the same size for the under body.



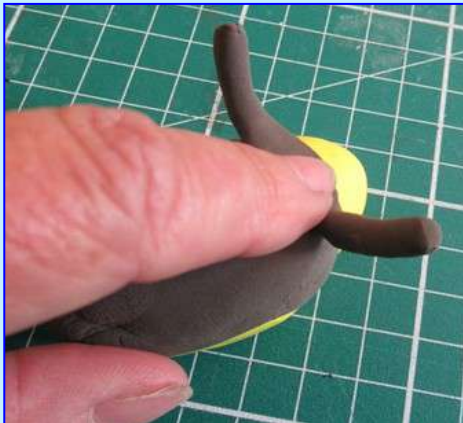
It's useful to research pictures of bugs and beetles for ideas. Or just sketch and invent your own!



4. Push the two cups gently together, but don't squash them. Seal all gaps by pinching the edges together all around. Air trapped inside allows you to reshape the body without it collapsing. Make another small cup, fold and join to the body to make its head.



5. Stick the leg pairs underneath the body. Leave the bug on its back to dry for a day before you set it on its legs.



6. Use the kebab skewer to gently add coils and balls of clay of differing colours to make a bold pattern on the beetle's back. You could use wire scraps, beads etc for additional details such as antennae.



Why not follow along at home and watch this exclusive workshop on our YouTube channel by following the link below:

https://youtu.be/qpv6_ZGCWoM





Achieve your own 'Discover' Arts Award at home!

Arts Award Discover is a fantastic way young people can have fun learning about art, artists, and share the discoveries they have made.



ARTS AWARD DISCOVER

Arts Award Discover is a certificate and award that involves taking part in fun and creative activities.

To successfully achieve your Arts Award Discover you will need to complete this document. As a part of your award you must focus on the following...

DISCOVER

Different types of art and take part in creative activities



FIND OUT

About artists or makers and their work



SHARE

Your experience and findings with others



PASSPORT

Issued by

Nucleus Arts

Log number

AAD4628294



Draw yourself here

This Arts Award log belongs to...

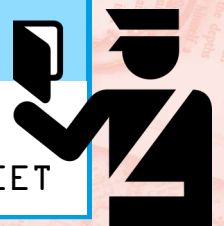
The place I'm visiting today is...

I'm visiting with...

I live in...

NUCLEUS>ARTS>PASSPORT>>>>>>>>>>>>>>>>

ARTS>AWARD>>>>>>>>>>>>>>>>LOG/WORKSHEET





Part A: Discover

Discover the arts that are around you. How many art forms can you find?

Take part in a creative activity, then write, draw or attach labelled photos of you taking part on this page.

Completing Arts Award remotely? Watch our fun video tutorials led by resident artists on our website www.nucleusarts.com/fun-palace or check out our creative tutorial playlist on our YouTube channel ([Nucleus Arts](#)) for more artist led creative activities. Happy watching!



Top tip:

Be as creative as possible when evidencing your award. This can take shape in the form of photographs, videos or even audio files.



PART B: Find Out

Research an artist and design a poster with your top ten facts about their career!

Who will
you find out
about?

Struggling to research an artist?

Why not check out our YouTube channel where you'll find an exclusive series of studio talks with our artists in residence like artist and jewellery maker Vanessa Cube!





PART C: Share



Tell people about what you've discovered through your Arts Award!

What did you enjoy the most? Did you learn any new skills?

Who did you share your arts journey with? What did you tell them?

CONGRATULATIONS
You have completed your
Discover Arts Award!

Complete all four pages to achieve your Arts Award Discover. If you are aged between 5 and 25 years of age and would like to receive your official Arts Award Certificate please either post the completed pages to [272 High Street, Chatham, Kent, ME4 4BP](mailto:charlotte.ralph@nucleusarts.co.uk) or send photos of your work to: charlotte.ralph@nucleusarts.co.uk along with your **full name**, **date of birth** and **address**. Certificates cost £5 plus P+P and can be paid for by visiting www.nucleusarts.com

Although Arts Award is designed for those aged 25 and under, we would welcome anyone to try and complete this fun challenge and share with us what they have learned and enjoyed.

If you know a young person who would benefit from gaining an accreditation in the arts please contact charlotte.ralph@nucleusarts.co.uk or go to <https://www.nucleusarts.com/artsaward> for more information.



Create a refreshing, yet relaxing fizz in your bath with these easy to make bath bombs!

Ingredients (makes 4 small bath bombs)

- 3 tablespoons of food grade **bicarbonate of soda** – found in supermarket baking aisles
- 1 tablespoon of **citric acid** – available from chemists
- 10 drops of **essential oils**
- 2 teaspoons of **grapeseed** or other **light vegetable oil**

Optional: a pinch of finely chopped **petals** or finely grated **citrus fruit peel** that complement the essential oils you have chosen.

Method



Top tips:

1. Place the dry ingredients on a flat plate and mix well.
2. Sprinkle the essential oils over the powder.
3. Use a spoon to heap the powder in the middle of the plate.
4. Make a small well in the heaped powder.
5. Gradually mix the oil into the powder to bind it together.
6. Firmly press the mixture into shaped moulds or form into balls by hand.
7. Store in a dry place for up to 2 months.



Peel and petals may block the plug hole if they are not finely chopped or grated. They can be tied in fine net or pop sock to prevent this happening, without spoiling the effect of the fizz.

Suggested blends of essential oils:

For a sunny, revitalizing fizz:

- 6 drops of **mandarin** essential oil
- 3 drops of **orange** essential oil
- 1 drop of **lavender** essential oil

Optional: a pinch of finely grated orange, mandarin or lemon peel

For an exotic, sensual soak in the bath:

- 4 drops of **mandarin** essential oil
- 4 drops of **vetiver** essential oil
- 2 drops of **ylang ylang** essential oil

Optional: a pinch of finely chopped rose petals

Nucleus Arts®



The Helen Curdick Foundation Registered Charity no. 1094718

Social Art

Light-hearted CONVERSATION with a little CREATIVITY



FREE weekly sessions for adults every **Thursday** from **2pm-4pm**.

Come along and enjoy creative activities in a relaxing and calm environment!

These sessions will need to be booked. Please visit:

www.nucleusarts.com/social-art or call the office on

01634 812108 to book your space today.



Check out what we got up to in the weeks leading up to **MEDWAY FUN PALACE**

If you'd like to get creative and decorate your own piece of bunting, come and find us in the Pentagon Shopping Centre on Saturday 2nd October 2021!

Would you like to decorate a Child-Friendly Medway Post-box?



Join our free post-box decorating sessions at Nucleus Arts over the
October half-term with resident artist Rachel Moore

Monday 25th & Tuesday 26th October 2021

Children and young people across Medway from local nurseries, home school students, schools, youth centres, libraries, and youth clubs including Scouts, Girl Guides, Nucleus Arts and Club AUsome have decorated over a 100 post-boxes which are currently on display at the Pentagon Shopping Centre in Chatham. We are planning to rehome these post boxes in various sites around Medway so keep your eyes peeled! We are using these post-boxes to get ideas from children and young people (up to 25) about how we can make Medway even more child-friendly, and what type of programmes and activities children and young people are interested in.

For more details or to reserve your spot email iprintedthat@outlook.com



Want to get involved or learn more about Child-Friendly Medway
email: childfriendly@medway.gov.uk

CHILD-FRIENDLY MEDWAY





Just 35 mins from
St. Pancras

**CHATHAM
RIVERSIDE
ME4 4TX**

TOGETHER

by LUCID CREATES



FREE & OPEN

24.09.2021 -

10.10.2021

**ARTIST INTRODUCTION &
LIGHT SWITCH ON
6PM 24.09.201**

*A spectacular
outdoor pavilion
of light & sound*

lucidcreates.co.uk/work/together

Supported by

**Culture
Liverpool**

Medway
COUNCIL
Serving You

**BACK
MEDWAY**
UK CITY
OF CULTURE
2025 BID



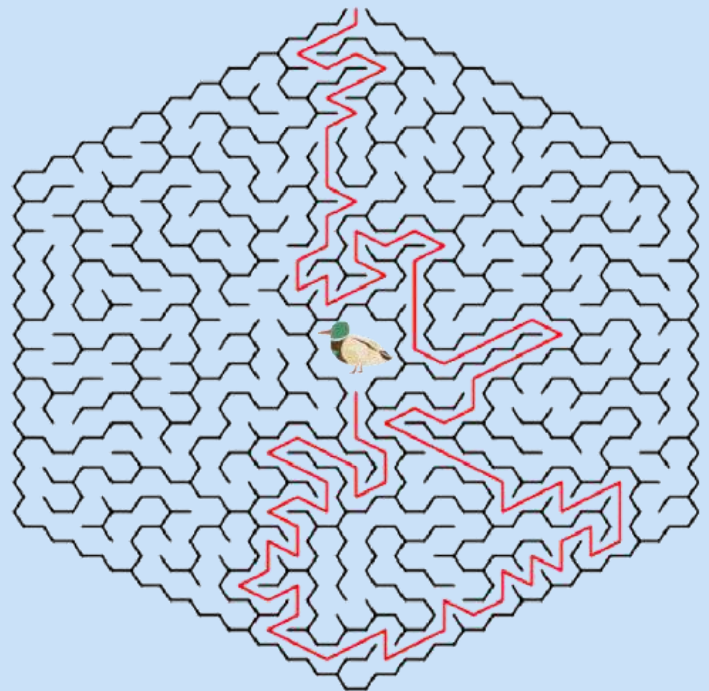
Capital cities

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



We'd like to say a special thank you to all those involved with making this special edition happen. Nucleus Arts have hosted Medway Fun Palace since 2014 when the Fun Palaces movement started. To collaborate with Medway Council, the libraries, schools, universities, colleges, artists and scientists as well as all our Nucleus groups is just fantastic and highlights how well Medway communities work together. We love Fun Palaces and hope you do too.

Thank you for being part of this community.



#BACKMEDWAY

medway2025.co.uk

medway.gov.uk

Facebook Instagram Medway Council

Serving You

YOU'RE INVITED!



WHAT'S ON / WHEN / HOW TO JOIN IN

**YOUR LOCAL
FUN PALACE**

MEDWAY FUN PALACE

Saturday 2nd October 2021

Pentagon Shopping Centre

Chatham, Kent,

ME4 4HY

10am till 4pm

All ages welcome

See you there!!



Edited by Chloe Collings

🐦 @ FunPalaces

funpalaces.co.uk

