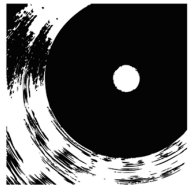


EDITION 1 2020



Nucleus **SOCIAL**®

PICK ME UP

I'M FREE!

PACKED FULL

WITH FAMILY FUN, CREATIVE WORKSHOPS,
ARTISTIC CHALLENGES, ARTIST INTERVIEWS,
BRAIN TEASERS AND MUCH MORE!!

INTRODUCTION



A great big hello from the Community Engagement Team here at Nucleus Arts!

Let us introduce ourselves!

I'm Emma, I run our over 18's engagement program which includes Social Art, Young at Art, and our community outreach programme with elderly residential and care homes.

I'm Charlie, I run our under 18's engagement program which include Teen Art, Arts Awards, and Lego and Art club.

I'm Jake and I am the Outreach Support Assistant. I support Emma and Charlie with their workshops along with the planning and preparation.



Nucleus Arts

Nucleus arts is a charitable arts organisation, under the Halpern Charitable Foundation. The Halpern Charitable Foundation was founded in 2002 by Architect Hilary Halpern, it achieved charitable status in March 2003.

Since then, the Foundation has refined and expanded its ideas. We realised that in addition to providing studio and exhibiting space at affordable prices to artists, we needed to help break down the barriers some of the public felt in accessing contemporary arts. We understood that there were a lot of people not being included within the local community and found that using the arts to enable these groups is tremendously effective.



Nucleus Arts is home to over 40 artist studios, our fantastic Meeting point and Creative Cabin, and the 2019 taste of Kent award winning Café Nucleus.

As well as offering a fantastic artistic space, we offer several amazing workshops run at our main site in Chatham high street.

INTRODUCTION



Mini Nucleus

A free, messy play club for 0-4 year olds, run every Thursday morning from 10-12.

Teen Art

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.

Arts Award

A range of unique qualifications that supports anyone aged up to 25 to grow as artists and arts leaders, inspiring them to connect with and take part in the wider arts world through taking challenges in an art form - from fashion to digital art, pottery to poetry.

Social Art

Light hearted conversation with a little creativity! Free weekly sessions for adults every Thursday from 2pm to 4pm. Come along and enjoy creative activities in a relaxing and calm environment. No need to book, just drop in and join us.

During more normal times this is our program of engagement which is currently postponed, please keep checking our website for updates!

Additional Outreach

As well as our fantastic groups at our main site, we do some great work in the community too! We currently attend 3 local Care/ Residential homes to do some great arty workshops with them. So far we have done everything from clay coaster making to painting on canvas!

Young At Art

A free Creative Workshop for over 55's running on the second and last Wednesday of every month! Run by a professional artist, you will be sure to discover new skills and passions!



We understand how difficult this time can be for some of you, and we want to make sure we are continuing our promise to reach out to the community, so consider this a warm hug from us, to you. Pick it up, put it down. Use it as your evening read, your morning pick me up or anything in-between. Enjoy it at your own pace.

We would **love** to hear from you, whether it be a funny "lockdown" story or some photos you have taken whilst in lockdown. Maybe you could share a picture of something you have created from this magazine. If you have anything you'd like to send into us to be included in the next magazine, pop it over to Jake:

jacob.watkin@nucleusarts.co.uk

We hope you are all staying safe and please don't hesitate to get in touch, we love to hear from you!

Stay safe, and keep smiling,
Emma, Charlie and Jake x



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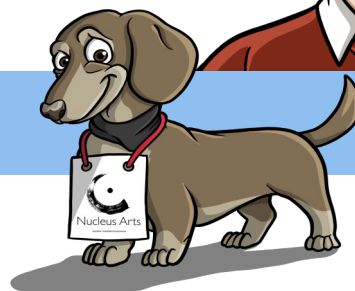
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A GOOD READ





Simon Mills

“I’m after the poetry in an image...
Art communicates things in a way that I simply can’t do with words.”



Hush Heath Orchard, 2015

In the first of a series of interviews with people across Medway, we were delighted to meet up with renowned Medway-based artist Simon Mills.

Simon (66) has had associations with the Medway towns since his Art school days back in 1971, but it wasn't until 2012 that he permanently moved here when he married his wife, Bronach Rae, another Medway Artist.

Simon has had a successful career as a professional scenic background artist in theatre and television, mixed with periods of teaching and Italian wall painting restoration. He is also widely known for his landscape works, having exhibited across the UK. In 2017, following a collaborative exhibition, 'The Magnificent Seven,' Simon founded a new Medway-based artists community called Colony.

This group, who work in a range of media, have gone on to successfully exhibit together regularly, inspiring the formation of other artist collectives. Colony has even branched out into publishing, via their Colony Press, with the recent publication of 'This love is like a rage without anger.' a collection of Medway-inspired poems by the internationally recognised artist and poet Bill Lewis.

We caught up with Simon, remotely of course, to find out more about his work, how he has been affected by the lockdown, and his plans for the future.



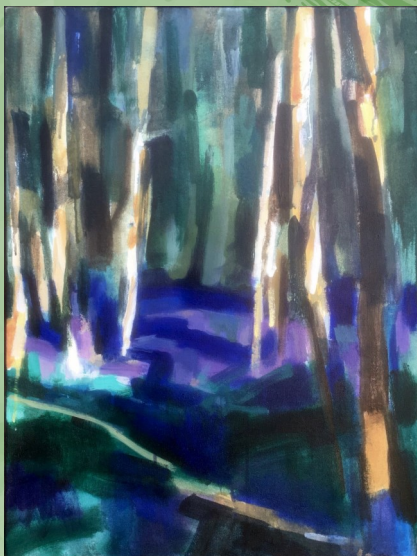
Chatham at Night, 2017



MEET THE ARTIST



Dockyard Crane, 2015



Bluebell Wood, 2016



Scots Pines, 2014

To see more of Simon's artwork visit his website:

<http://simonmills-artist.co.uk/index.htm>



@simon_mills_artist



So how would you describe yourself and what you do?

Well, I'm predominantly a landscape painter, although I have painted people too. I've painted cityscapes including Rochester and Chatham, but my first love has always been landscapes, and trees in particular. My work is figurative, in that it looks like what it is but there is a strong element of the abstract too. As Bill Lewis (Medway Artist and Poet) said recently, there is poetry in all art works from painting to theatre, and I agree that this is the most important thing in catching and portraying a variety of emotions.

How did you get into painting?

Ah, well the story that I always tell is that when I was about three or four, I drew a little stick figure on the wallpaper near the skirting board. As you can imagine my mother was furious, so I blamed it on my sister. I suppose that I must have decided from that moment that drawing was a form of rebellion, and I think that since then I've always been drawn to art because there is something rebellious about it. Also, I think art communicates things in a way that I simply can't manage with words. I believe that everyone single one of us has a divine spark, and art, for me painting, is the best way of communicating that divine experience.

Do you miss working in the theatre?

I do miss bits of working in the theatre, not all of it, but I have recently done some work for friends at the Medway Little Theatre which has been fun. What I really don't miss is the drudge. Opera and theatre scenery is huge, and each piece can take an enormously long time to complete.

What are your career highlights?

One real highlight for me was at the opera house when I was painting for a Strauss revival, *Die Frau ohne Schatten*. The set had been designed by David Hockney, meaning that it was very colourful and abstract. One day whilst I was working on a plinth, the Production Manager came over to me and said 'I don't think you've got the colours right for this.' She started to explain what she wanted, but I wasn't getting it, so she brought over David Hockney himself, who happened to be in the house, and he said 'The thing about this is that when it's on stage there are two singers standing on it, and if the audience are looking at the box, they're not enjoying the singing.' He then looked around at some of the other sets for other operas, stopping on one that was in browns and greys, leaned into me and said 'I don't believe this world is a dark and gloomy place do you?' to which I replied, 'absolutely not' and he laughed and walked off.

How has art helped you during the lockdown?

I suppose for an artist lockdown has in some ways not been too different from what I normally do anyway. I definitely feel that painting is keeping me sane. I don't know what I'd do if I couldn't do some artwork. I've also been doing some tutoring online with the Rochester and West Kent Art Society. Interestingly, they are a group that was founded by Graham Southerland in 1926, Graham has been a hero of mine since my first days in art school.

And what does the future hold, after the lockdown?

One of the things that lockdown has done is bring into focus why we make art. Throughout my career I've always assumed that whatever I create, at some point, will feature on a gallery wall. However, I've continued in the hope that someone will eventually. Our next big project is with our group called Colony, which is booked for a public show at the Halpern Gallery at Nucleus Arts in Chatham this Autumn.

One of the reasons that I founded Colony was that there is social conditioning in the art world that artists are expected to work in isolation, but I always felt that was wrong. Artists are gregarious, we want to be with other artists, and I'm missing that. Meeting up for lunch and a chat about work at Nucleus is something I'm looking forward to doing most once this is all over!



6 THINGS YOU DIDN'T KNOW ABOUT KENT

The Garden of England is well known for its rich tapestry of historic events and influential figures, and has been home to royalty, war heroes, writers and artists. But what other interesting facts have been hidden right under our noses? Here are 6 surprising insights into Kent's hidden secrets.

1

White lines painted on our roads are commonplace across the UK. But did you know that the very first white road lines were painted on the London to Folkstone Road in Ashford, in 1914? It wasn't until 1918 that similar projects were tried elsewhere in Britain.



2

Many of us enjoy a Gypsy Tart. But did you know it was invented on the Isle of Sheppey? According to legend, an old gypsy woman took pity on a group of local undernourished children and cobbled together this sweet treat from the only ingredients she could find in her kitchen.

3

The strawberries eaten at Wimbledon have been supplied by the same Kentish farm for the last 30 years. Hugh Lowe Farms in Mereworth, near Maidstone, provides the All England Lawn Tennis Club with 61,000lb of strawberries every year.



4

In 1989, the Guinness Book of Records declared that the village of Pluckley, near Ashford, is the Most Haunted Village In Britain. It boasts an impressive 12 ghosts, including a spectral highwayman, a phantom coach, a drowned gypsy woman, and even a small dog!

5

Infamous Native America princess Pocahontas was about to leave England on a voyage back to America when she died of unknown causes in Gravesend in 1617. She is buried in St George's Church, Gravesend, where she is commemorated by a life-size bronze statue.





BRAIN TEASERS





Quiz 1: Flowers

Questions



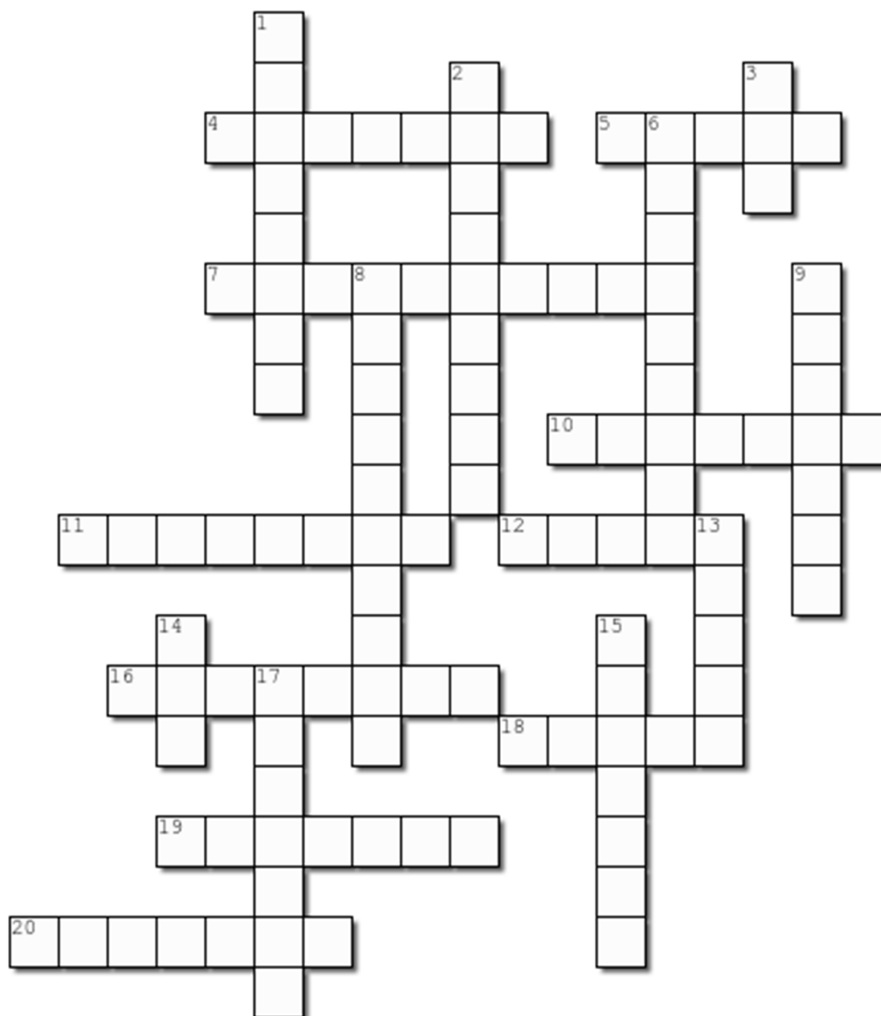
Lilia Orlova-Holmes, *Rose Garden*, 2016

1. Is broccoli a flower?
2. Do orchids need soil to grow?
3. What flower is related to apples, raspberries, cherries, peaches, plums, nectarines, pears and almonds?
4. What plant was more valuable than gold in Holland in the 1600s?
5. What plant did ancient civilizations burn to ward off evil spirits?
6. In Malta are chrysanthemums considered lucky or unlucky?
7. What is the largest flower in the world?
8. The Egyptians considered what flower to be a symbol of resurrection and eternal life?
9. The juice from the bluebell flower was historically used to make what substance?
10. Where does the Venus Fly Trap get its nutrients from?
11. In Victorian times different flowers represented what?
12. Do moonflowers bloom at night or during the day?
13. What flower did Vincent Van Gogh do eleven paintings of?
14. How many days is the lifespan of a Tulip?
15. What flower is known for its healing properties and was used to heal injured soldiers in world war one?
16. What is the worlds oldest flower?
17. How old is the worlds oldest flower?
18. How many roses does it take to produce one gram of rose oil?
19. How many species of flowers are there?
20. What is the Agave plant often referred to as?





Complete the crossword puzzle below



Across

4. Writer lived in Chatham. 150 this year.
5. Theatre in Chatham
7. Powerstation in Medway
10. Roman road to London now the A2 ***** Street
11. Country park near Hempstead
12. The area between Chatham and Rochester
16. Medway Council Offices
18. Park where the naval memorial is
19. Fort in Chatham
20. Flagship built in Chatham

Down

1. Medway artist, Billy *****
2. Royal ***** regiment based in Gillingham
3. The which peninsula?
6. Second oldest Cathedral in the UK
8. Play at the Priestfield
9. The most easterly Medway town
13. Samurai Will *****
14. *** Pier. In Rochester
15. The lion that guards Rochester bridge
17. Thomas ***** . Chatham resident who pioneered the first overland postal route from Great Britain to India through Egypt

WORDSEARCH



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

MADONNA
RINGO
STREISAND
PAUL
BLONDIE
GARFUNKEL
BOPPER

SPRING
ELVIS
BUDDY
JACKSON
STONES
HENDRIX
HOLIDAY

VERA
JOHN
WONDER
DYLAN
ARMSTRONG



“IT IS
NEVER
TOO LATE
TO BE WHAT YOU
MIGHT
HAVE BEEN.”

- GEORGE ELIOT



PICTURE PUZZLES





Artwork produced by Aisha Young

Facebook: Aisha Young - Artist

Instagram: @aishayoungillustration

Website: www.aishayoung.com





SPOT ALL 7 DIFFERENCES BELOW





HOW TO...





Sofia Macmullen



@fofisworldoftextile

“I’m Sofia, an artist at the Nucleus Art centre. I am a Milliner, this means I make hats and I like experimenting with unconventional materials as well as trying new techniques and applying them to my hats, like embroidery, weaving and crochet.”



Sofia has kindly put together a series of craft tutorials for all of you to keep occupied with at home. The main aim of the series is to use materials and resources which can easily be found laying around your home.

This month Sofia and the Nucleus Team show you how to make your own book cover!



What you need:

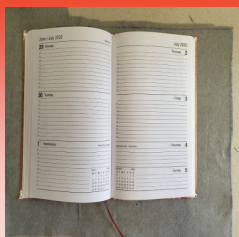
- A book of your choice
- Pen/marker
- Ruler
- Scissors
- Material/fabric
- Sewing pins or fabric glue
- Ribbon, for extra decoration



Here are a few examples which the Nucleus Team put together, so get inspired and give it a go now!



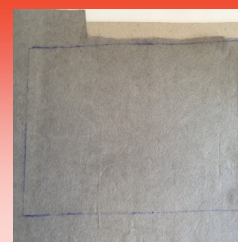
How to make a Book Cover



1. Use a book of your choice as a measure and lay it flat on your felt.

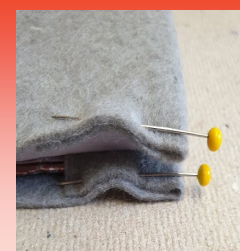


2. Draw a rectangle leaving 1cm on the top and 1cm in the bottom and at least 2.5cm on each side.



3. Fold the sides in and close the book to make sure the fabric is not so tight that you can't close it and pin the overlaps. Sew at the top and bottom with a whip stitch.

Alternatively, if you don't like sewing you can use fabric glue (available from craft stores).

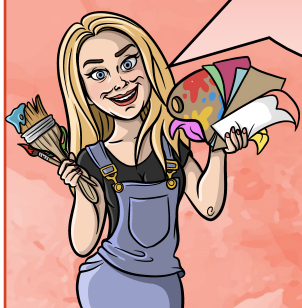


4. Mark the centre of the fabric and sew a ribbon long enough to wrap around it and tie with a bow.

5. Enjoy your reusable book cover, you can use it for a recipe book, diary or notebook!



To find out how the Nucleus Team got on, follow the link below!



<https://www.youtube.com/watch?v=6WLgSvkyKNI>

Don't forget to send in photos of all of your lovely creations to:
jacob.watkin@nucleusarts.co.uk



Classic Scotch Egg

Ingredients

- 4 large free-range eggs
- 275g/10oz sausage meat
- 1 tsp fresh thyme leaves
- 1 tbs chopped fresh parsley
- 1 spring onion, very finely chopped
- Salt and freshly ground black pepper
- 125g/4oz plain flour, seasoned with salt and freshly ground black pepper
- 1 free-range egg, beaten
- 125g/4oz breadcrumbs
- Vegetable oil, for deep frying



Don't forget to send in photos of all of your wonderful baked goodies at: jacob.watkin@nucleusarts.co.uk

Method

1. Place the eggs, still in their shells, in a pan of cold salted water.
2. Place over a high heat and bring to the boil, then reduce the heat to simmer for exactly nine minutes.
3. Drain and cool the eggs under cold running water, then peel.
4. Mix the sausage meat with the thyme, parsley and spring onion in a bowl and season well with salt and freshly ground black pepper (Simon recommends being generous with the freshly ground black pepper).
5. Divide the sausage meat mixture into four and flatten each out on a clean surface into ovals about 12.5cm/5in long and 7.5cm/3in at its widest point.
6. Place the seasoned flour onto a plate, then dredge each boiled egg in the flour.
7. Place each onto a sausage meat oval, then wrap the sausage meat around each egg. Make sure the coating is smooth and completely covers each egg.
8. Dip each sausage meat-coated egg in the beaten egg, rolling to coat completely, then dip and roll into the breadcrumbs to completely cover.
9. Heat the oil in a deep heavy-bottomed pan, until a breadcrumb sizzles and turns brown when dropped into it. (CAUTION: hot oil can be dangerous. Do not leave unattended.)
10. Carefully place each scotch egg into the hot oil and deep-fry for 8-10 minutes, until golden and crisp and the sausage meat is completely cooked.
11. Carefully remove from the oil with a slotted spoon and drain on kitchen paper.



Classic Jam Roly Poly

Ingredients

- Softened butter, for greasing
- 200g/7oz self-raising flour, plus extra for dusting
- 100g/3½ oz shredded suet
- 1 tbsp caster sugar
- Good pinch of salt
- 150ml/5floz semi-skimmed milk or water
- 6-7 tbsp raspberry or strawberry jam



Method

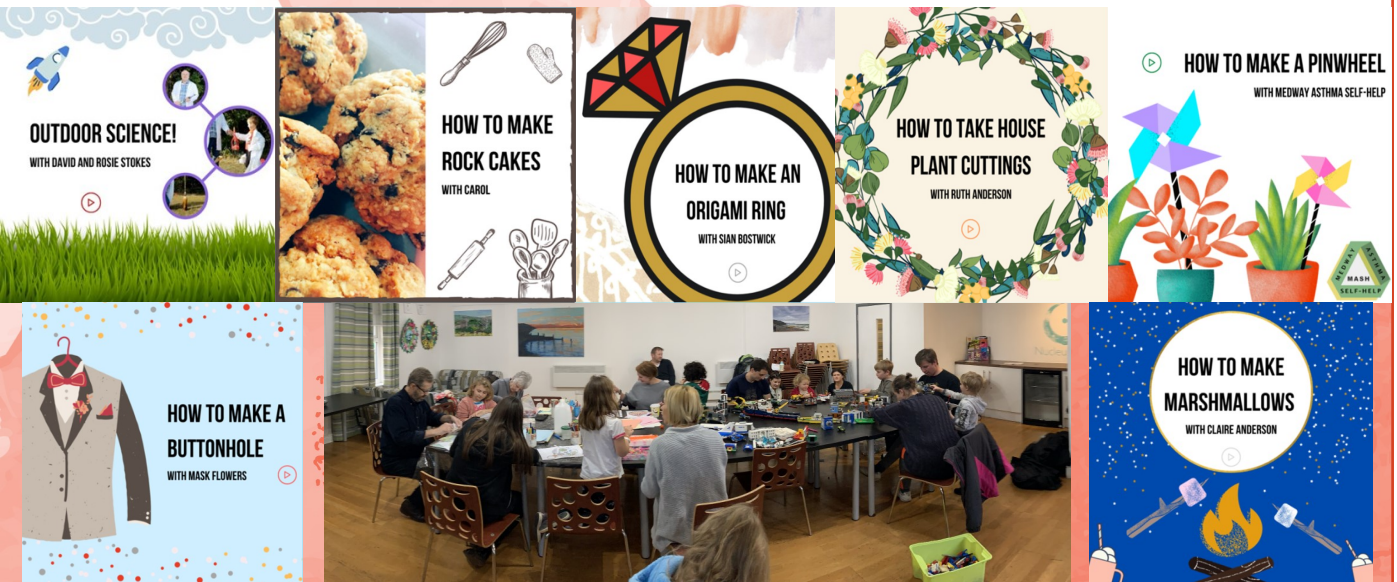
1. Preheat the oven to 200C/180C Fan/Gas 6. Butter a large sheet of baking paper and set aside.
2. Stir the flour, suet, sugar and salt in a large bowl until fully combined. Slowly stir in the milk to form a soft, spongy dough.
3. Tip the dough out onto a floured surface and knead for a few minutes. Roll the dough out to a 22cm x 32cm/8½in x 13in rectangle.
4. Spread the jam onto the dough, leaving a 1.5cm/½in border. Gently roll the dough up from the short end and transfer to the greaseproof paper, seam-side down. Wrap the roly poly in the baking paper, making a long pleat in the paper to allow the pudding to expand as it cooks. Twist the ends of the paper like a Christmas cracker and tie tightly with kitchen string, to seal the pudding inside. Repeat the process with a large piece of kitchen foil.
5. Place the pudding onto a roasting rack set on a deep-sided roasting tin. Pour boiling water halfway up the roasting tin and cook in the oven for 30–35 minutes.
6. Remove the pudding from the oven, unwrap the kitchen foil, then snip the string and unwrap the paper.
7. The pudding should be well risen and lightly browned in places. Don't worry if the jam has made its way through to the outside of the pudding a little – it will taste all the more delicious.
8. Put on a board or serving plate and cut into thick slices. Serve with lots of hot custard or cream.



During the first weekend of October each year, Nucleus Arts takes part in a creative event called Fun Palace, aimed at bringing together local communities, sharing skills, and creating exciting new projects. Sadly, in response to Covid-19 we couldn't host this year's event in person so we decided to virtually transform this unique event by sharing our skills with one another online. The theme for this year's event was.. PASS IT ON!

If you're at home and struggling to stay creative why not check out some of the videos we posted on our website to see what we got up to over the weekend!

www.nucleusarts.com/fun-palace



In addition to our Fun Palace content, the Nucleus Team are going above and beyond to bring you more creative activities to complete at home. The best way to stay up to date with what we're currently doing is by following us on social media. Like our facebook page to watch when the Nucleus Team go live!

Rosie says 'Thank you... I hope there are more little courses like this as at the point in lockdown of insanity so anything I can do at home or in the garden really helps.'



Dawn sent in her wonderful attempt she produced after watching the first 'Live Young at Art' facebook session we ran.

Great printing Dawn!

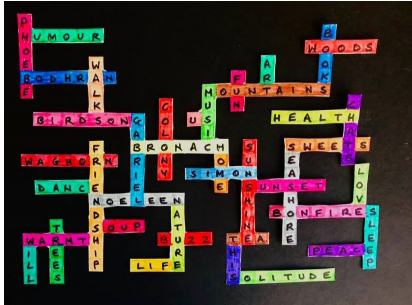


/NucleusArts



WELLBEING





Bronach created her own interconnected idea of happiness in the form of a crossword!



WAGHORN

SEZ



IN ASSOCIATION WITH



Linda says 'My idea of being happy is acting on stage. Just does it for me in every way. Pining for it now. Directing comes a close second.'



Companionship in isolation is Anna's idea of happiness!

I asked lots of you over lockdown to show me what your idea of happiness looks like using words, paintings, drawings and any other artform you'd like and these were the results!



Tracy says happiness to her is 'appreciating nature/season changes, making nutritious scrummy meals, painting & being creative, my beautiful funny daughter, growing food & flowers, going on fun adventures with my daughter.'



Karen writes 'I'm always happy and at peace when being creative. Using clay helps to keep me grounded, especially when feelings anxious, and makes me feel connected to the earth. I know that sounds hippyish but it's still true.'

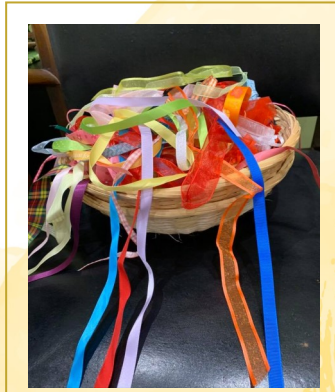
Why not have a go at the same challenges at home, we'd love to see what you come up with and send in your photos to: jacob.watkin@nucleusarts.co.uk



Another fun task I set was to make a rainbow using any of the objects and materials you could find around your home!



Vanessa found a rainbow in her kitchen cupboards!



Pammie sends in her ribbon rainbow



Rachael's plasticine rainbow



Lesley's fabulous rainbow scarf



Kenn's desk rainbow



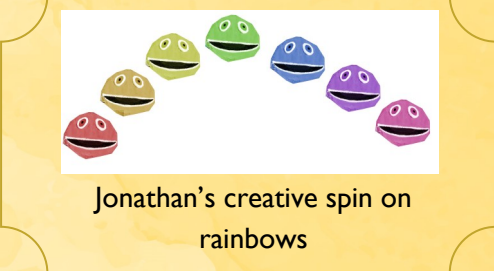
Claire tied her rainbow together



Wendy's real rainbow that she saw in Greece!



Jo's art supplies and gemstones



Jonathan's creative spin on rainbows



Tanya sent in this gorgeous palette full of colours!



WELLBEING



Here at Nucleus Arts, we believe in a world where everyone can express their creativity, no matter their age, background, status or health.

By making the arts open and accessible to all we aim to promote creative thinking, support the creative economy, and use the healing power of the arts to improve mental and physical health.



Included in this week's magazine we've attached a postcard on the next page for you to fill out and send back to us, we'd love to hear about what you've been up to during lockdown and how you're getting on.

Alternatively, you could choose to send a postcard to a loved one to reach out to someone who might be struggling during this difficult time.

To mail your postcards to us please address them to:
272 High Street, Chatham, Kent, ME4 4BP

We look forward to hearing from you soon!

We can't wait to have you back at Nucleus and attending our workshops again!

Keep an eye out on our social media for the latest updates and our fun creative activities we'll be completing live for you to join in with at home.

Or why not pop into our Café for a coffee and a chat?



We have 106 gins in Chatham and 164 in Rochester. We have over 50 English sparkling and still wines, all produced in Kent.

We won the taste of Kent award for two years running for the best cafe in Kent.

Every week our team washes and rolls over 5,000 hand towels for our toilets.

Aaron Telford
Cafe Nucleus

THANK YOU



The Nucleus Team would like to thank the following for helping towards the funding of this publication:



Cllr Alex Patterson
Cllr Adam Price,
Cllr Pat Cooper
Cllr Andy Stamp
Cllr Teresa Murray
Cllr Nick Bowler
Cllr Clive Johnson
Cllr Chrissy Stamp



We would also like to acknowledge the special support of Medway Council, especially the Library Service.

Additionally, many thanks are sent to the whole team at Nucleus for their outstanding hard work and dedication to helping people all across Medway. Special thanks also goes to our intern Chloe Collings for devoting her time to assembling the magazine.

Watch out for the next monthly issue of Nucleus Social!!





THANK YOU



We would also like to thank all of the artists who have contributed to the magazine.
Particular thanks goes to Nick, Jio, Molly, and Sofia!



Nick Ashton - Commercial Illustrator and Designer

Nick is a full-time freelance and illustrator who takes on private commissions as well as working for small and large companies. He also runs creative comic-book-style drawing workshops for children, here at Nucleus Arts.

/chickenmonsterltd

@ChickenMon1981



<https://chickenmonster.myportfolio.com/>

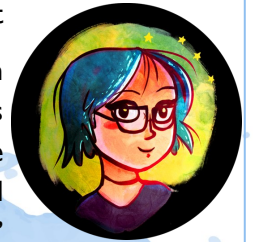
Jio Butler - Illustrator and Comic Colourist

'I'm a self-taught freelance illustrator and comic colourist who has been working in the creative industry for over ten years. My work features bright bold colours and fairytale scenes. In my spare time, I can be found walking, reading or annoying people with my musical instruments.'



@jiobutlerart

www.jiobutlerart.com



Molly Bolder - Freelance Illustrator and Sculptor

'I'm an illustrator, sculptor, and craft skill hoarder. I love to create illustrations that could be found in children's books, and make little figurines and pins from polymer clay or eco-friendly resin. I've even made a puppet!'

@mollys_makes

/MollyBMakes



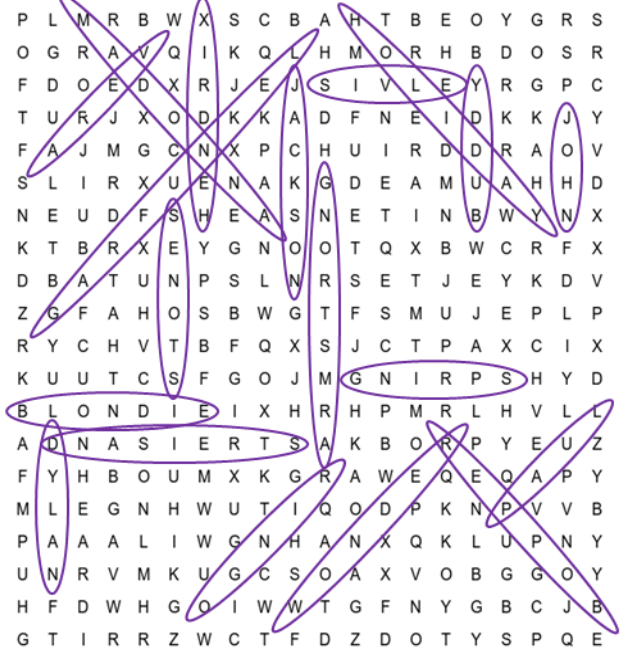
<https://mollysmakes.bigcartel.com/>



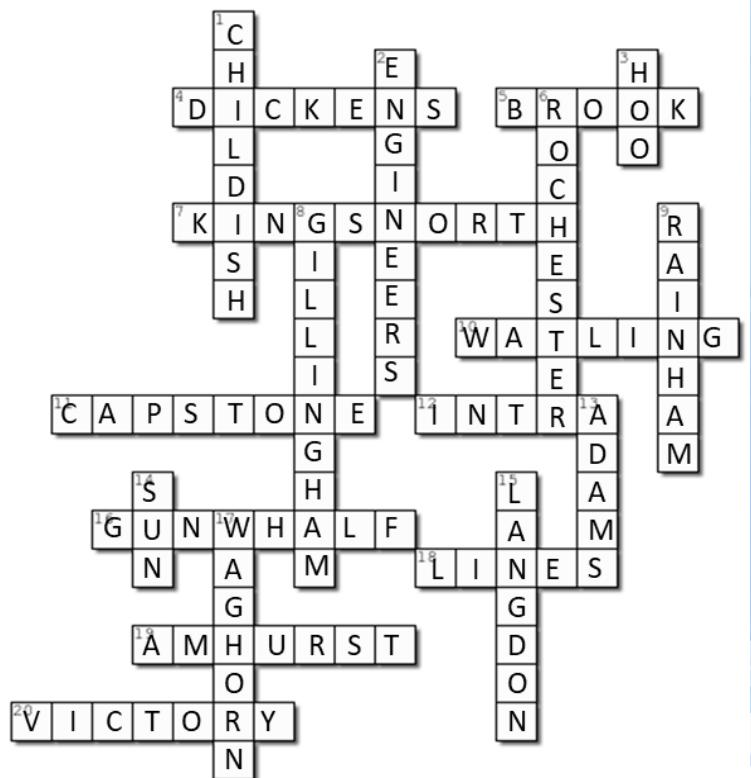


Quiz Answers

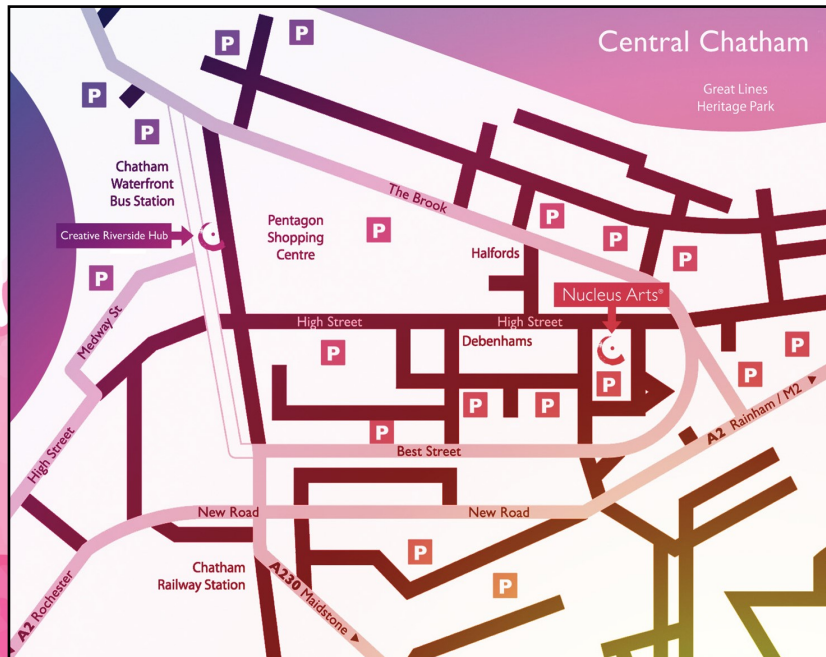
1. Yes
2. No, (they get all their nutrients from the air)
3. Roses
4. Tulip bulbs
5. Aster leaves
6. Unlucky
7. The titan arums
8. Lotus
9. Glue
10. Insects
11. Different thoughts and feelings
12. Only at night
13. Sunflowers
14. Three to seven days
15. The Yarrow flower
16. Archaeofructus Sinensis (looks like a water lily)
17. 125 million years old
18. Two thousand roses
19. Over 270,000
20. The century plant



MADONNA	SPRING	VERA
RINGO	ELVIS	JOHN
STREISAND	BUDDY	WONDER
PAUL	JACKSON	DYLAN
BLONDIE	STONES	ARMSTRONG
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CONTACT US:

Nucleus Arts Centre

272 High Street, Chatham, Kent ME4 4BP

e: original@nucleusarts.co.uk

t: 01634 812018

www.nucleusarts.com