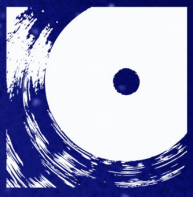


EDITION 2 2020



Nucleus SOCIAL[®]

PICK ME UP
I'M FREE!



PACKED FULL

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

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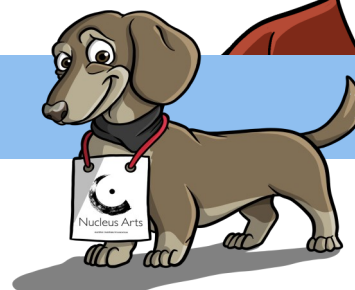
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“Hi I'm Phyllis,

I moved from London to Medway in 1973.

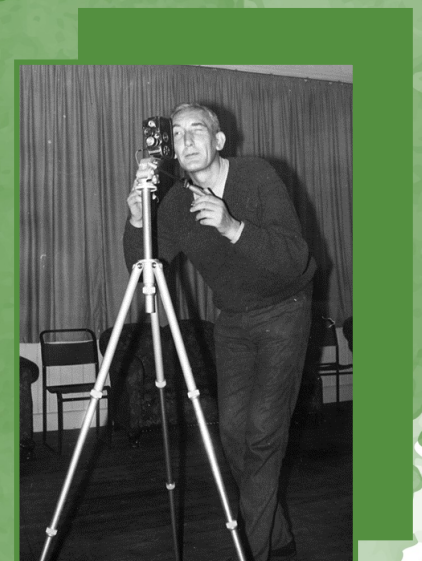
When my children became of school age, I returned to work firstly to Boots, and then to Black Horse Financial Services. I retired in 2007.

Whilst at a local meeting of Kentara (Kent Active Retired Association), copies of the magazine 'WOW' were given out. Advertised inside it was Nucleus Arts 'Young at Art' over 55's classes. Having been told repeatedly at school that I was useless at art, I initially dismissed joining but eventually decided to give it a go.

I'm so pleased I did. I have now been attending for several years. The groups are made up of friendly down to earth people. What I like is the variety of subjects. Different art forms are taught by qualified artists. It offers the opportunity to find something you really like, and then pursue it on your own, if you so wish.

I have attended sessions, for painting, drawing, resin and glass work, photography, screen printing, jewellery making, collage, and lino cutting/printing, to name but a few.

Don't be shy, give it a try!”



Over the lockdown period Phyllis has written a wonderful story about her Father's life and his association with Mildmay Mission Hospital. For more on Phyllis's story please follow the link below to read all about it:

<https://mildmay.org/?s=albert+miller>



Nick Ashton

In our continuing series of interviews with creative people across Medway, we spoke to digital illustrator and animator, Nick Ashton.

So, tell us about yourself.

I'm a professional illustrator and animator with a design background. I worked in film promotion in London for 15 years on some great franchises, such as Harry Potter and the Hobbit films. A couple of years ago I decided I wanted to give my freelance illustration career a real go, because that's where my real passion lies, so that's what I'm doing now.

Comic Relief

An interview by
Rachel Woollett



How long have you lived in Medway?

I moved here from Essex eleven years ago to live with my partner and commuted to London for most of that time. I had no idea while I was still working in London that there was such a huge creative scene in Medway and that there were so many talented people on my doorstep. I've since become very involved in the local art scene and made some close friends in the art community.



How did you become interested in art?

I come from an artistic family. My dad's a mural artist, my grandad painted and was a talented photographer, and my grandma used to paint for fun. From a young age, all I wanted to do was draw. My dad tells a story that when I was about four I drew a picture of a dinosaur. He showed it to his friends at work who didn't believe a child that young had done it. So my parents realised there was something I was good at and actively encouraged me. I was never happier than when I had a pen and some paper or some colouring books. At school I was typecast as the arty boy, so I tried to do other things, including wanting to be a vet. Eventually I gave in and realised that art was my true calling and I wanted to follow that path, which was a good decision.

So did you study art?

After doing GCSE art I worked really hard to get my grades to get into the only school near where I lived that did A-Level art and had a really good reputation. That's also where I met an art teacher who told me I was never going to amount to anything. One day we were drawing a bowl of fruit and I drew a sleeping dragon wrapped around it. He asked why I was drawing that, because it wasn't actually there.

I said that in my head it exists and isn't art about being creative and thinking outside the box? He didn't like that and told me I'd never make a living drawing dragons. Twelve years later I was working on the film 'How To Train Your Dragon'.

After my A-Levels I went straight to another college to do a foundation in art. When I went for the interview and they saw my work, they were really happy because they'd seen so many drawings of vases and landscapes that when I turned up with dragons and robots they were really chuffed and accepted me. I then discovered graphic design, and when I saw that you could do art on computers, I fell in love with it. So I ended up doing an HND course in Graphic Design, followed by three years at university, where I learned a lot. In my third year I met a really amazing tutor. He knew that what I was doing wasn't really sticking to what the course was, but he was really enthusiastic about my animation and told me to just do it. I met my first boss and then worked on some amazing stuff with lots of famous musicians and films, and it was my foot in the door.

'I didn't stick to what I was told to do, which is pretty much the story of my life.'

Describe your work.

My work's always been quite diverse. Because I'm a commercial illustrator and designer, I have to adopt many different styles depending on what clients want, and I hold some pride in that. Over the last year or two I've honed my personal style, which is very cartoon-based. I do a lot of comic-style portraiture, usually focused around entertaining ideas, which came from drawing people's leaving cards at my old job. People would say I should be doing it for a living. So I took that on board and trained myself to be a cartoon portrait artist. I'd say I was a cartoonist at heart.

How was it working on the big film franchises?

I worked in London for a long time for a company that worked with Twentieth Century Fox and Warner Bros. We would create animated adverts, websites and outdoor digital video billboards for the films. It was quite overwhelming because I was going to film premieres and meeting famous people. But you also work really hard, don't get any individual recognition and end up being a small part of a big machine.



I worked at Disney too, which was a dream come true. But the reality was very different from my childhood fantasy. I didn't get to create much art of my own. Part of the reason I've gone solo is that I want people to see my artwork. I've realised now the best way to do that is to do things on a much smaller scale. I take a lot of pride in what I do and I want people to see my style and recognise my work. You get one life and I want to make my mark.

Tell us about your career change.

I went freelance so I could just design stuff and met another freelancer who had an artist's studio. I thought I'd absolutely love to have my own little space to work. That's when I found Nucleus Arts in Chatham and got a studio there. Doing that has changed my world. Suddenly I was a resident artist with a creative space where I can just come in and do whatever I want. It's been amazing. I've since had the time and the drive to retrain myself to draw and digitally paint, and hone my skills to a point where I'm quite confident to take on any challenges.

What challenges have you taken on?

Retraining myself was the main one. Working out what my style was. I'd say my style now is probably similar to what it was when I was a kid, but a more evolved version.

Being a part of Nucleus Arts, I get actively involved with the local community. I do the Lego and art club where kids take part in creative workshops, and I started my own kids drawing club. Teaching kids is satisfying because I'm still a big kid at heart and what I see in the kids is what I used to have – that unhindered imagination.



The challenge to encourage younger generations has been great and is never something I would have considered before. I also created the Kent Illustration Network (KIN) with some other local illustrators. Together we've been asked to do several events and art festivals in Medway. We did a joint exhibition and joint art fairs and have made some really good friends.

What are your career highlights so far?

Probably going from being part of a big corporation to being an artist in my own right.

My first ever solo exhibition last year was important because it was the first time I was able to properly express myself as an artist. It was called Monsterama and it was just me drawing monsters. It was simply people coming in, recognising what I do, which for me was very moving because I was finally doing what I always wanted to do when I was a little boy. And I got my dad to come down and see it, which was quite emotional. I also designed a giant cartoon baby balloon for a charity, so it was great to see this eight-metre-tall baby that I created flying over London. And meeting Jack Black at a Kung Fu Panda preview!

What are your future plans?

KIN and I are working closely with Medway Rapture Gaming And Creative Festival, doing art installations, gallery pieces, creative workshops and talks. Generally, I want to develop my own stuff, so I'm really enjoying creating greetings cards and T-shirts, and selling my art. This is something I'd happily do for the rest of my life. I want to enjoy it. I want to keep it light and fluffy and happy. Although I draw things that are grotesque and scary-looking, I enjoy that. That makes me happy, drawing monsters and silly cartoons.



10 CRAZY FACTS ABOUT ANIMALS

We all love animals and who doesn't enjoy watching a good nature documentary on a Sunday afternoon? We've found out 10 very unique and bizarre pieces of animal trivia that even David Attenborough himself might never have heard of... no disrespect intended Sir David!



1. A shrimp's heart is actually located in its head!



2. You can hypnotise a frog by laying it on its back and gently rubbing its belly!



3. A snail can sleep for anything up to three years!

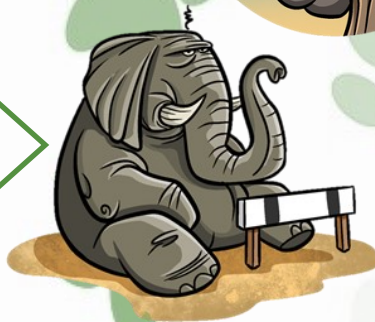


5. Slug's have four noses!



4. A koala bear's fingerprints are so indistinguishable from that of a human's that they have on occasion been confused at a crime scene!

6. Elephant's are the only animal with legs that cannot jump!



7. Nearly 3 percent of the ice in the Antarctic glaciers is made of penguin urine!



10. A wombat's poo comes out as perfectly formed cubes!



9. A grizzly bear's bite is so strong it could crush a bowling ball!



8. Giraffe's have no vocal chords!

CHRISTMAS AT ROCHESTER



Last year was the first Christmas at the Conservancy Building and it was very special! There is a real buzz in Rochester due to all the festivities going on - from the Dickensian Christmas festival and the markets. The studio artists here were involved in Open Studios and The Winter Art Fair which is a pop up event to kick off the End of Year Show in The Halpern Pop (this is the gallery Vanessa runs alongside Genevieve, the gallery manager at The Halpern Gallery). Not to mention the chilled atmosphere and aromas of fresh scones from the Festive Afternoon Teas and delicious brunches from Cafe Nucleus which trickle through the building.



Of course this year is sadly different, but that has not stopped our resilient and creative artists! We have shifted our focus to using the galleries Instagram pages (@thehalperngallery and @thehalpernpop), to share and show off one-of-a-kind artworks which are available to buy. We want to encourage local artists and art lovers to #shoplocal and #supportartists - and there is no better place to start than with the talent at Nucleus Arts and in Medway. The Christmas decorations here are up and ready, and we are working behind the scenes to make the building better than ever. Vanessa is also working on The Lightbox, a digital classroom, makerspace and creative ideas lab, which we hope to have up and running in the new year.

We cannot wait to welcome everyone back to the Conservancy Building again when it is possible!

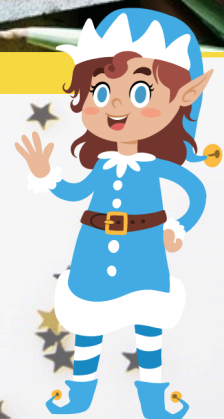


Vanessa

“My tip for lockdown is to get involved in any creative activity you can, but also not to put too much pressure on yourself on producing loads of art!

With Christmas coming up, it is a great time to throw yourself into making fun decorations, cards and gifts.

I have an artist persona as Vanessa Cube where I mainly make handmade jewellery, but I have also been making Thomas Waghorn tree toppers for the past few years. What is so brilliant about the design behind it is that you can make your very own tree topper angel just using a piece of paper, anything you want to decorate it with and some imagination!”





Quiz 2: Space

Questions

1. How far from Earth is the Moon?
2. How many days are there on the moon?
3. What is the hottest planet in the solar system?
4. In what year will Halley's Comet next orbit past Earth?
5. How many moons does Mars have?
6. How many hours in a day on Mars?
7. How many days in a year on Mars?
8. What planet is closest to the sun?
9. How many planets in our solar system have rings?
10. What are the names of the planets with rings?
11. How many planets are there in our solar system?
12. What type of planet is Mars?
13. How big is Mars compared to Earth?
14. How many days in a year on Venus?
15. How many Moons does Venus have?
16. How hot is the sun?
17. What is the coldest planet in our solar system?
18. Why is that the coldest planet?
19. How long is a day on the surface of Mercury?
20. How many days in a year on Mercury?





Since our first edition of Nucleus Social we've been working closely with our partners around Medway to bring you more content to keep you occupied over the festive period. Our first brain teaser is produced by the organisation Medway Asthma Self-Help (MASH)!

Here's a bit more about the charity...



Medway Asthma Self-Help (MASH) is a Medway-based asthma charity that provides FREE advice and support to people and families affected by asthma. We are open, even through the pandemic, and you can book a 30 minute telephone consultation with our asthma nurse. Discuss your asthma symptoms, update your asthma action plan, complete your annual asthma review and more.

Looking After Your Asthma This Winter

This year, more than ever, it is so important to ensure that you are looking after your asthma. It's easy to become so used to experiencing asthma symptoms that you no longer question them, just accepting them as 'normal' for you. But good asthma control means that you should not be limited in your daily activities.

You need to take action if you are taking your reliever inhaler (usually blue) more than 2/3 times a week. Or if asthma symptoms are stopping you from sleeping well at night or from getting on with your activities during the day.



Good Asthma Control:

- No daytime symptoms
- No night-time waking
- No need to use reliever inhaler (usually blue)
- No asthma attacks
- No limitations in your daily life



To book, call 01634 855844,
 email medwayasthmaselfhelp@btconnect.com,
 or send us a message via social media or our website:
www.medwayasthmaselfhelp.co.uk.



Christmas Cryptogram from Medway Asthma Self-Help (MASH)

Enjoy your 'elf – Can you decode the quote below from a classic Christmas film:



A	B	C	D	E	F	G	H	I	J	K	L	M
		1		1 4								
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
					6	1 7						



T E E S T T S E
 17 25 14 11 14 6 17 15 5 19 17 20 6 23 26 14 5 16

C S T S C E E S
 1 25 26 24 6 17 3 5 6 1 25 14 14 26 24 6

S
 6 24 7 10 24 7 10 4 20 21 16 12 20 26 5 4 4

T E
 17 20 25 14 5 26



Medway Christmas Wordsearch



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

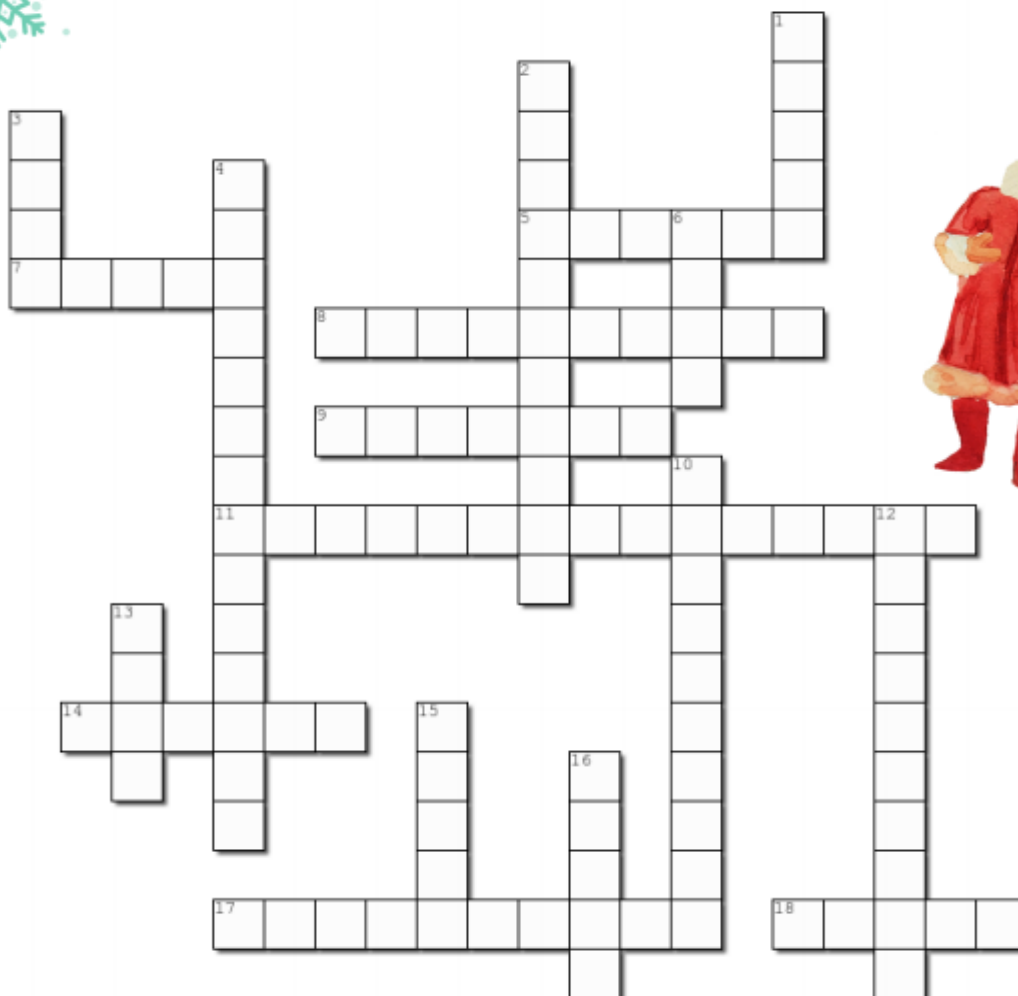
TINYTIM
 PARTY
 FAMILY
 TURKEY
 SCROOGE
 WRAPPING
 WAGHORN

TINSEL
 ICE
 TREE
 LIGHTS
 NUCLEUSARTS
 MINCEPIE
 FATHER

COMMUNITY
 CAROLS
 SNOW
 FROSTY
 DICKENS
 RUDOLF
 CHRISTMAS



Festive Crossword



Across

5. Which tree decoration was originally made from strands of silver?
7. How many ghosts does Jacob Marley tell Scrooge he will be visited by?
8. A Christmas film starring Joe Pesci and Daniel Stern
9. Which country introduced the tradition of putting up a Christmas Tree?
11. Who wrote A Christmas Carol?
14. A traditional Christmas dinner meat
17. What is 26th December also known as?
18. Complete the lyric: Deck the halls with boughs of _____

Down

1. What might you find at the top of the Christmas tree?
2. Answer the joke: What do you call Santa Claus when he does not move?
3. Another word for present
4. A famous Christmas themed ballet
6. Complete the lyric: I won't ask for much this Christmas, I won't even wish for _____
10. Actor who played the Grinch
12. Where Santa's workshop can be found
13. Elvis Presley sang about a _____ Christmas.
15. Which of Santa's reindeer has a name that starts with a V?
16. The name of the Elf played by Will Ferrell



MUTUAL AID ROAD REPS

COMMUNITY INITIATIVE

WORKING TOGETHER TO SUPPORT OUR COMMUNITY

SOLIDARITY, NOT CHARITY



Hi, I'm Kate, co-founder of **Mutual Aid Road Reps (MARR)**. We're a non-profit, free community initiative that was founded in March this year in response to the pandemic.

We've helped hundreds of residents across Medway through the efforts of **150 volunteers**, working tirelessly within their communities. Volunteers have completed around **3200 tasks** (at the time of writing) - everything from getting the daily newspaper to undertaking a family shop.

What we do

- Bridge the gap of isolation with simple kindness and friendship.
- Protect our vulnerable residents.
- Reconnect communities across Medway.
- Connect existing organisations.
- Reduce loneliness.

Who we help

Anyone in Medway who needs it.

How we can help you

Our Road Reps can assist with...

Shopping, prescription collection/delivery, emergency food parcel procurement/delivery, topping up utilities and the provision of hearing aid batteries.

Let's Get Chatty (LGC)

We have a group of volunteers available to speak on the phone to anyone who's been cut off from their support structures - be that community, friends or family.

Coffee, Chat & Connect Sessions

Prior to the second lockdown, we held coffee mornings twice a month in Gillingham and Rochester. We intend to reopen these when we can, and expand to other towns.

"I commend you highly and people like you make this world a better place, so thank you again you never know I might need that someone to talk" - **Anon**

"My life has changed for the better since joining MARR and for that I thank everyone involved. May god bless us and keep us safe"
- **Sue, Volunteer**

"The simple tasks that my husband and I undertake are easy for us but make such a difference to the lives of others. Since becoming involved in MARR we've met some very interesting people, and are so happy to be able to help make lives a little easier." - **Ali, Volunteer**

How to use us, or get involved

For assistance

Call **01634 907 045** or email info@mutualaidmedway.org.uk

For Lets Get Chatty

Call **01634 907 045** or email referral@mutualaidmedway.org.uk

To volunteer with MARR

We're always looking to expand our volunteer base. If you're interested in giving back to your community, and can commit even a couple of hours each week, please get in touch with me on info@mutualaidmedway.org.uk for more details.





Can you name ALL 70 films and programmes?





Artwork produced by Anne Taylor
Oast House - Yalding,
taken directly from Anne's private sketchbook
Instagram: @annetaylorartist
atmyipad@gmail.com





DESIGN YOUR OWN SNOWFLAKES

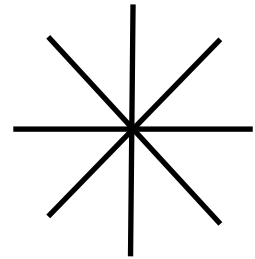
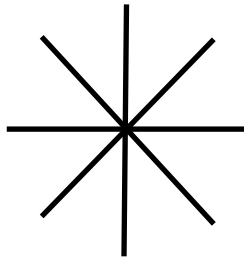
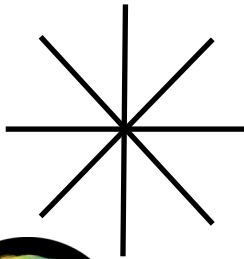
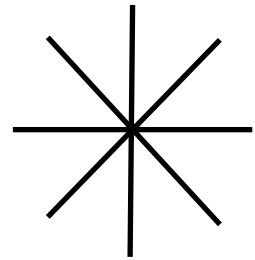
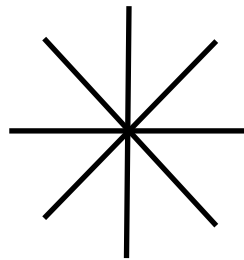
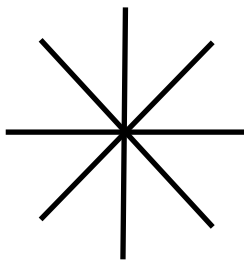
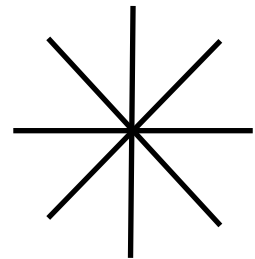
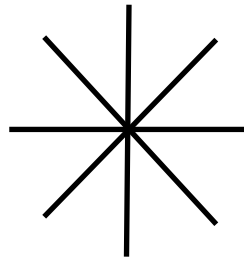
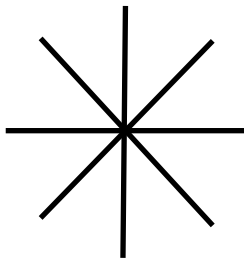
EXAMPLES



TRY PICKING ONE OF THESE
AND SEE WHAT IT LOOKS LIKE
ON THE WHOLE SNOWFLAKE



EXPERIMENT WITH DIAMONDS, SPIRALS,
ARROWHEADS AND CIRCLES TO CREATE
VARIOUS GEOMETRIC EFFECTS



This page was produced by
illustrator Jio Butler!
Instagram: @jiobutlerart
www.jiobutlerart.com





COMPETITION



To celebrate the festive season we've decided to host a competition to go along with this edition of the magazine with some magnificent prizes up for grabs!



For your chance to win, we want to see what your experience of 2020 has been like!

Tell us what this year has meant for you. What have you been up to? What did you achieve this year? How did you survive lockdown? We want to see what your 2020 has looked like. Entries can take shape in the form of a poem, a funny story, a drawing, painting or something completely different!

The more creative, the better!!



1st prize: £25 voucher for café Nucleus!



2nd prize: Coffee & cake at café Nucleus!



3rd prize: A Nucleus Arts tote bag & craft supplies!

Each entry must include your name, age, and address so we can contact you if you're one of our lucky winners!

Entries must be sent in before the **31st January, 2021**.

A member of staff will judge all of the entries sent in and winners will be announced at the beginning of February.

GOOD LUCK!!!

Entries can be sent into us at:

Nucleus Arts Centre

272 High Street, Chatham, Kent ME4 4BP

Or, alternatively you can email us your entries at:

original@nucleusarts.co.uk



**TANYA OUTEN
ARTIST**

From a very young age, Tanya was raised within an artistic environment and has always been surrounded by creativity. Inspired by the intensity and spirit of the colours of Asia, she aspires to accomplish a transcendental, ethereal experience within her abstract paintings and new collection of Contemporary Abstract Rock Art.

Completely self taught, Tanya prides herself in the detail and precision of the shapes created within her pieces. She works primarily with acrylic, slate, resin and pastels incorporating the use of 24 carat gold leaf not only in her paintings, but also to highlight her unique initial 'T' wax seal signature.

Tanya was born in Kent and currently resides in Medway. She is actively involved with community arts projects including facilitating creative workshops at Nucleus Arts.



Facebook: @tanyaoutenartist

Twitter: @Ts_aArt

Instagram: @ts_aart

Website: www.saatchiart.com/tanyaouten

<https://www.nucleusarts.com/tanya-outen>





How to make a petal pasta card!

Tanya has kindly put together this week's creative tutorial for you all to try at home.

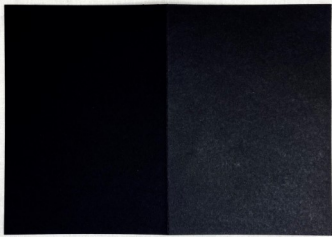
Don't forget to send in photos of your fantastic creations to us at: jacob.watkin@nucleusarts.co.uk



Step 1: Gather Your Materials

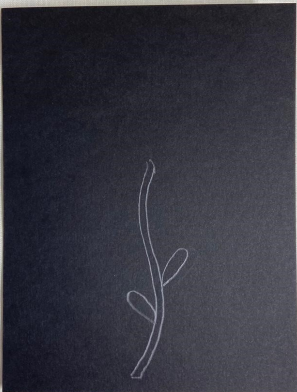
You will need:

- A sheet of card (any colour or size)
- PVA craft glue
- 5 x small penne pasta
- A pencil
- 1 tube of green glitter (or a green coloured pencil)
- A large paintbrush



Step 2 - Make your card

- Fold your piece of card exactly in half
- Once folded, press hard on the crease (this will help your card to stand up when it is finished)



Step 3 - Draw your flower stem and leaves

Using your pencil, draw a flower stem and leaves onto the front of your folded card

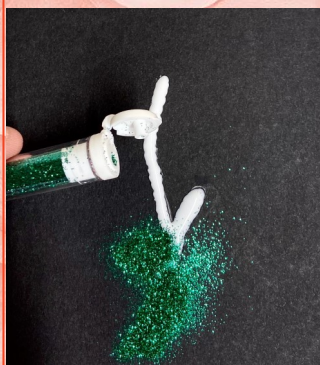
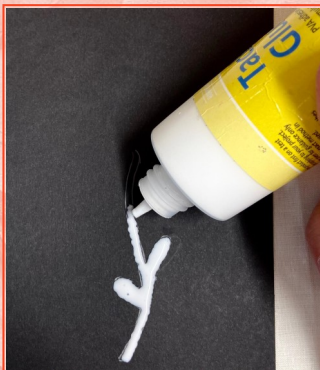




Step 4 - apply glitter to your flower stem and leaves (or colour them in with the green pencil)

For glitter:

- Apply the PVA glue to the flower stem and leaves following the outline that you have drawn with your pencil
- Once you have covered the entire stem and leaves, sprinkle the green glitter over all of the PVA glue
- Let the glue dry for ten to fifteen minutes
- Once dry, stand the card up, tap it on the table to get rid of the excess glitter
- Gently brush away any excess glitter from the card with your paint brush



Step 5 - Apply strips of PVA glue to create flower petals

Apply a line of PVA glue the same length as your penne pasta, in a circle at the top of your flower stem



Step 6 - place penne pasta onto PVA glue lines

- Place one penne pasta onto a line of PVA glue and apply a small amount of pressure until it sticks
- Repeat for all PVA glue lines until flower is complete



Leave your card to dry flat overnight.

Your pasta petal flower is now complete!





Mince pies

Preparation time: 30 mins to 1 hour

Cooking time: 10 to 30 mins

Makes 12 pies

Ingredients

- 350g/12oz high quality mincemeat, preferably homemade



- 200g/7oz plain flour, sifted



- 40g/1 1/2oz golden caster sugar

- 75g/2 3/4oz ground almonds

- 125g/4 1/2oz unsalted butter, diced

- 1 large free-range egg, beaten

- milk, to glaze



Method

1. Lightly butter a 12-hole pie or patty tin. Tip the mincemeat into a bowl and stir so that the liquid is evenly distributed.
2. Place the flour, sugar, almonds and butter in a food processor and process briefly until resembling breadcrumbs, then slowly add the egg through the feeder tube. (Or rub the butter into the dry ingredients by hand and stir in the egg.)
3. Bring the mixture together with your hands, wrap in clingfilm and chill for an hour or so. Thinly roll out the pastry on a floured surface. Cut out 12 circles with a fluted pastry cutter, large enough to fill the base of the prepared tin. Press gently into each hole, then fill with the mincemeat.
4. Cut out another 12 slightly smaller discs and use to cover the mincemeat. Press the edges together to seal. Make a small slit in the top of each, then brush lightly with milk. Chill for about 30 minutes. Meanwhile, preheat the oven to 200C/180C Fan/Gas 6.
5. Bake the pies for 20 minutes until golden brown. Remove to a wire rack and serve warm.





Chocolate and chestnut Christmas log

Preparation time: less than 30 mins

Cooking time: 10 to 30 mins

Serves 6

Ingredients

- 225g/8oz plain [chocolate](#), roughly chopped
- 1 tsp strong instant [coffee](#) powder
- 5 free-range [eggs](#), separated
- 140g/5oz [caster sugar](#)
- [icing sugar](#), for dusting
- holly leaves and berries, to decorate (optional)

For the filling

- 150ml/5fl oz [double cream](#)
- 3 tbsp sweetened [chestnut](#) purée

Method

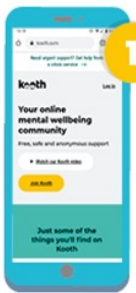
1. Take a 33x23cm Swiss roll tin or baking tray and cut a double layer of non-stick baking parchment slightly bigger than the tin. Lay the parchment in the tin. Don't worry if the edges stick up untidily round the sides.
2. Preheat oven to 200C/400F/Gas 6.
3. Put the chocolate and coffee into a heavy-based saucepan with 85ml/3fl oz water and put over a low heat to melt the chocolate
4. Beat the egg yolks and the caster sugar until pale and mousse-like. Add the melted chocolate.
5. Whisk the egg whites until stiff but not dry. With a large metal spoon, stir a small amount thoroughly into the chocolate mixture to loosen it. Fold the remaining whites in gently. Spread the mixture evenly in the lined roasting tin.
6. Bake in the preheated oven for about 12 minutes, or until the top is slightly browned and firm to touch.
7. Slide the cake parchment out of the roasting pan onto a wire rack. Leave to cool completely (do not cover).
8. To make the filling, whip the cream in a bowl, then mix in the sweetened chestnut purée.
9. When the sponge base is cooled all the way through (check underneath) you are ready to assemble the roulade. Put greaseproof paper on a work surface. Turn out the roulade onto the paper. Carefully remove the paper used to line the tin. Spread the filling evenly across the surface of the cake.
10. Using the paper under the cake to help, roll it up firmly from one of the narrow ends. Rest the cake on its seam. Wrap tightly with the greaseproof paper and refrigerate for at least 30 minutes and up to overnight. (It doesn't matter if the cake breaks apart when rolling - a little sifted icing sugar will do wonders for its appearance.)
11. Serve dusted with icing sugar and garnish with holly leaves and berries.



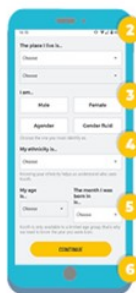
WELLBEING

The festive period can be a really difficult time of year for many of us. That's why it's particularly important for us all to look after ourselves and those around us.

Kooth, a **British Association for Counselling and Psychotherapy** accredited service, provides a free, safe and non-judgemental place for young people to connect with others and know they are not alone. They have instant access to self-help materials, live moderated discussion forums and tools such as online journals and goal trackers. Young people can also contribute written pieces of work reflecting their own experiences, as well as accessing drop-in or booked sessions with professional counsellors from 12pm-10pm weekdays and 6pm-10pm weekends. In Medway, it's available to young people aged 11-25 years of age.



1 Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



2 Choose from the drop down box the **location** you are in
3 Click on the **gender** you identify with
4 Choose from the drop down box the **ethnicity** that best fits you
5 Add your **age** and the **month you were born**
6 Click **'continue'**

How to sign up to Kooth.

Kooth is a **FREE**, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile**, **laptop** and **tablet**.

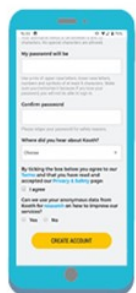
Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

To talk to a counsellor click on: **"Chat now button"**

To write a message to the team, click on: **"message the team"**

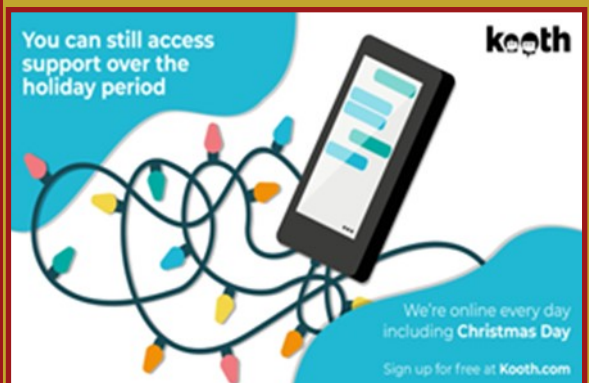


7 Create an **anonymous username** (not your real name) and **secure password**
8 Choose from the drop down box to explain where you found out about **Kooth**



Click on the **'create account'** button to complete your registration

www.kooth.com



@kooth_uk



@kooth_plc

Follow the link below to listen to exclusive playlists made my Kooth on Spotify:

<https://open.spotify.com/user/94o3mbin6987cy00of2r1sdtw>



Our Volunteer Coordinator, Beth Atkins, knows just how much our mental health and wellbeing rely on not only doing activities we enjoy, but also on self-care and connecting with others and nature. Here are some of Beth's top tips for looking after yourself during the frantic festive season:



Pamper and care for yourself by creating easy spa treatments at home. Why not try the 'Breakfast on Your Face' Oat and Honey Face Mask?

Ingredients:

- 1 tbsp Oats (exfoliates and soothes skin)
- 1 tsp Honey (balances skin pH/antibacterial/moisturising)

Optional:

- ½ tsp Apple Cider Vinegar (exfoliates/tones/balances)
- OR
- ½ tsp Rosewater (reduces redness/soothes skin)



Instructions:

1. Crush Oats
2. Blend ingredients together
3. Apply a thin layer to clean skin
4. Let dry for 5 - 10 minutes
5. Wash off with warm water



Volunteer

Help your mental health and wellbeing by helping others. Did you know that volunteering is actually good for you? Research shows that volunteering can help you stay healthier by keeping depression and anxiety at bay. It can increase confidence and experience, it can increase career options and of course, we all know how good it feels to put a smile on someone's face. At Nucleus Arts we have some fantastic volunteering opportunities and many of our wonderful volunteers have enjoyed being part of our community for over 2 years. If you are interested in volunteering please get in touch with us. During this pandemic volunteering is now even more important than ever and there are plenty of fantastic organisations in Medway doing vital work come rain or shine.



Winter Wonderland Walk

If you're feeling overwhelmed this winter why not walk your worries away. Take a stroll through the park or the woods and take time to really look at the beautiful patterns, textures and shapes in the nature around you.

Pick up a leaf or a stone and study its lines and forms - can you see a face or object in it? Take time to feel it - what does it feel like? Is it smooth or rough? Run your fingers over it and take a moment to breathe.

Find beautiful patterns in the frosty winter wonderland. Spot crystal patterns on a leaf or jewelled spider webs hanging in the trees.

Don't have access to nature? Don't let that stop you - take a long walk around your neighbourhood and see the wonderful Christmas decorations. Enjoy the twinkle of the lights, notice the variety of shapes and colours and really let your inner child thrill at the wonder of this time of year.



Did you know that there is a **free phone line from the Church of England?** When you call you can listen to a daily talk, prayer for the day or you can choose from the many well loved hymns (and carols) to listen to: 0800 804 8044.

All free – just pick up the phone.



For something more local, St Philip and St James church, in Walderslade have a similar offer. Phone 01634 540650 for a specially recorded talk for the week usually from church member and author, lay preacher Jean James. Or you could call 01634 540655 for a changing feast – sometimes it's a great talk from the archives, sometimes a recording from Songs of Praise (a monthly service on the last Sunday afternoon which attracts a mainly older audience); sometimes a chapter from the bible retold for today. Why not pick up the phone and have a listen? More information at www.pipnjims.co.uk

We've added another postcard to this edition of the magazine for you to send back to us or perhaps to send to a loved one over the holidays. We'd love to hear about what you've been up to during lockdown and how you're getting on. 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!



Medway libraries – so much more than books

Medway has a fantastic library service with 15 libraries and community hubs. There's plenty of things to discover including jigsaws, audiobooks and possibly a new favourite author or book. You can also use computers and friendly, welcoming staff are on hand to answer any queries you may have.

With Medway's online library service you don't even need to leave home to get reading. There is a wide range of books, audiobooks, magazines, comics and newspapers available to download for free, at the click of a button. You can also browse encyclopaedia and research your family history.

If you aren't able to visit your local library a home delivery service is available for less mobile readers.

Medway Council's library service now offers a click and collect service so you can reserve books, or ask our staff to choose books for you, that you can collect from your nearest library. Medway Libraries are also a doorway to many council services and residents can use the click and collect service for daily parking vouchers.



Medway's library services may be affected by the latest government coronavirus guidelines. To stay up-to-date visit [medway.gov.uk/libraries](https://www.medway.gov.uk/libraries), Follow Medway Libraries on Twitter and Facebook or phone 01634 337799.

Your library online



Open 24/7

eBooks – eAudiobooks

eMagazines – eComics – eNewspapers

LIBRARIES FOR LIFE
www.medway.gov.uk/libraries

Medway
Serving You

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<https://www.nucleusarts.com>

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ANSWERS



Childhood Cinema Answers

(Starting from the top left)

- 1) Godzooky/Godzilla
- 2) Thundercats
- 3) Big Trouble In Little China
- 4) Bananaman
- 5) Krull
- 6) Transformers
- 7) Nightmare Before Christmas
- 8) Mr Men
- 9) Tron
- 10) Return To Oz
- 11) Predator
- 12) The Explorers
- 13) Never Ending Story
- 14) Asterix
- 15) Who Framed Roger Rabbit

- 16) Back To The Future
- 17) Carrie
- 18) Scooby Doo
- 19) Addams Family
- 20) Jaws
- 21) Teen Wolf
- 22) Dark Crystal
- 23) Indiana Jones (Temple Of Doom)
- 24) Spaceballs
- 25) Danger Mouse
- 26) Jurassic Park
- 27) Batteries Not Included
- 28) Mac & Me
- 29) Leprechaun
- 30) Fraggle Rock
- 31) Alien(s)
- 32) A-Team

- 33) He-man & The Masters Of The Universe
- 34) Dinoriders
- 35) Home Alone
- 36) Little Shop Of Horrors
- 37) Conan The Barnarian
- 38) Sesame Street
- 39) Short Circuit
- 40) Robocop
- 41) Clash Of The Titans
- 42) Labyrinth
- 43) Ferris Buellers Day Off
- 44) TMNT
- 45) Legend
- 46) Baywatch
- 47) Ren & Stimpy
- 48) Moomins

- 49) Inspector Gadget
- 50) The Muppers
- 51) Childs Play
- 52) Ghostbusters
- 53) Willow
- 54) Dungeons & Dragons
- 55) The Simpsons
- 56) Rocky
- 57) The Terminator
- 58) Trapdoor
- 59) Beetleguise
- 60) Big
- 61) Goonies
- 62) Critters
- 63) Star Wars
- 64) Hellraiser
- 65) James Bond
- 66) Flight Of The Navigator



- 67) E.T.
- 68) The Blob
- 69) Gremlins
- 70) The Thing



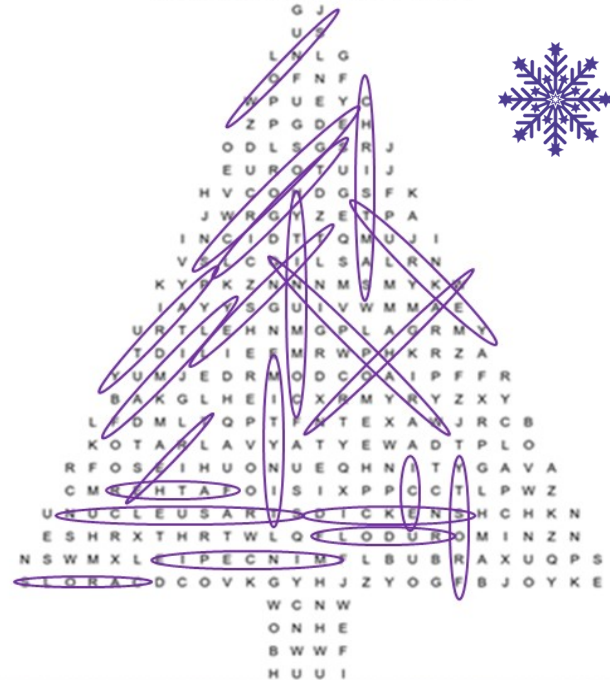


Quiz Answers

- 384,400 Kilometres
- 27 days
- Venus
- 2061
- 2
- 24.6 hours
- 687 Earth days
- Mercury
- 4
- Jupiter, Saturn, Uranus and Neptune
- 8
- Terrestrial
- Mars is around two times smaller than Earth.
- 225 Earth days
- 0
- 5,778 K
- Neptune
- Because Neptune is the furthest planet away from the sun
- 176 Earth days
- 88 Earth days



Medway Christmas Wordsearch



TINYTIM
PARTY
FAMILY
TURKEY
SCROOGE
WRAPPING
WAGHORN

TINSEL
ICE
TREE
LIGHTS
NUCLEUSARTS
MINCEPIE
FATHER

COMMUNITY
CAROLS
SNOW
FROSTY
DICKENS
RUDOLF
CHRISTMAS

Christmas Cryptogram answer: **The best way to spread Christmas cheer is singing loud for all to hear** (from Elf, 2003).

Crossword Answers

ACROSS

- Tinsel
- Three
- Home Alone
- Germany
- Charles Dickens
- Turkey
- Boxing Day
- Holly



DOWN

- Angel
- Santa Pause
- Gift
- The Nutcracker
- Snow
- Jim Carrey
- North Pole
- Blue
- Vixen
- Buddy



Struggling to stay creative this festive season?



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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