



EDITION 3 2021



Nucleus SOCIAL[®]

PICK ME UP
I'M FREE!

This edition celebrates LGBT+ month alongside diversity, Valentine's day, keeping our spirits high during the pandemic and moving "Forward Together"



FORWARD TOGETHER



PACKED FULL

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



Accept people for
who they are,
including yourself!

INTRODUCTION



Hello all and welcome to the third edition of the Nucleus Social magazine.

“Forward Together” is the theme of this edition, our resident artist Holly Chadd tells us about her inspiring new project.

In these difficult times we need to remind ourselves that there will be brighter days ahead, we will see our friends and family again and life will return to some form of normality. We’re encouraging you all to find something to calm those nagging thoughts, be it cooking one of our recipes from around the world, getting creative with our craft tutorial or relaxing with some colouring in. We have some more mindful tips and advice that will also hopefully help.

Please do share with us some pictures of what you have been up to so we can include them in our next edition.

Take care and stay safe,
Emma x



Hi everyone I’m Chloe, the intern here at Nucleus Arts who’s responsible for crafting together these wonderful magazines for you all to enjoy as we’re spending more time at home this year.

This is the first time I’ve completed the magazine working from home which although felt a bit strange at first, has still been a really exciting project for me to keep busy with!

Tying in with the theme for the third edition, it’s important to remember that even when you’re feeling low, you are certainly not alone and we shall keep persisting through this strange time together. The photo below shows my interpretation of ‘Forward Together’. Don’t forget to get in touch and share yours with us too!

Finally, with the passing of January, I’m positively looking forward to a brighter spring and future ahead. I hope you enjoy this magazine as much as I’ve loved putting it together. I wish you all the best and hope you’re all keeping safe and well.

Please look after yourselves and those around you and I look forward to hearing from some of you very soon!

Chloe X



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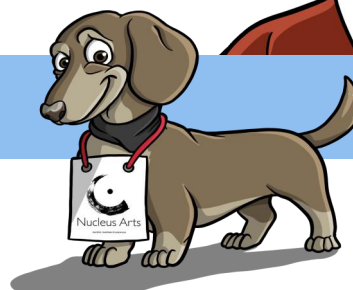
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Mental health under the pandemic: **How best to look after our mental health**

It's important to keep our spirits up as we are in the midst of a pandemic which is looking like it will be lasting for a while longer still. The sadness and tragedies aside we still have to look on the bright side and keep going as best we can.

Our pace of life has slowed down quite considerably; the stillness can be difficult for some. One way to tackle this is by finding distractions and keeping ourselves occupied.

Getting involved with arts and craft activities helps alleviate mental distress as many studies have confirmed. Although it may seem as though all of our mental stresses and strains of life culminate in our heads, they have the potential to flow out of us when we draw our attention to creative projects. Personally, I was very fortunate to have worked with clay which remains one of my firm favourite stress relieving hobbies. Moreover, when we apply ourselves to our surroundings and create for the purpose of stress relief and/or pleasure, we're able to experience a strong morale boost which is beneficial for extinguishing negative thoughts and feelings.

We all desire friendship and companionship, a concept that is taking place online now more than ever. Online friendships can be wonderful but also problematic (just as any friendship or companionship can). Yet many people agree that due to the current circumstances of living life under a pandemic, we are incredibly fortunate to have access to interactions with old friends and can make new connections/ones through computer technology. For example, there are many specialist groups that exist online today which help communities come together to combine interests by mixing and sharing content via online groups and forums to somewhat fulfil that human-to-human need we all have.

Additionally, there are various excellent helpline services available to those in need of a chat which are manned by highly skilled and understanding people. For example, the Samaritans, mind mental health helpline, rethink, mental health matters and many others too.

Pets and animals are also very therapeutic; there has been a significant increase in the number of people looking to own dogs in particular. This is probably because one of the only activities we're allowed to do is going out for a walk!

There's something else too; charity work. Giving and working for charities can come in many shapes and forms. An example of this is collecting or fundraising for a cause or charity in a wide variety of ways which offers us a great sense of direction and purpose. It's a very natural activity since we all live in the community and also have concerns for the wider world.

Then there's sport! I miss watching the rugby at my local park. Since group sports activities are difficult to take part in with the lockdown in place, many have challenged themselves by starting to run, cycle, and walk more. As with any sort of sporting activity, they help us reconnect with nature by being outdoors which is fundamental to improving our physical and mental wellbeing.

To me, a healthier and freer future looks like waves of vaccinations, keeping social distance, washing our hands regularly and wearing a face mask where necessary.

Stay safe everyone, forward together!

Written by Miss Silver.





Joshua Atkins Photography



Rachel Moore

Continuing our series of talking to creative characters across Medway, for this edition we spoke to printmaker Rachel Moore!

So Rachel tell us briefly a bit about yourself.

Initially I trained to be an accountant and in my third year I decided that really wasn't for me. I said to my boss at the time 'this really isn't what I want to do,' and he was pretty cool about it. He asked me 'what do you actually want to do?' To which I replied 'well I'd love to do something with art,' that was always a real love of mine. After that he advised me to take a few courses and see what happens and then take it from there. I went to adult education, took some life drawing, painting, drawing, and a printing class but it was printing that really kind of stuck out to me.

I love nothing more than bringing people together for a creative session. Whether that's screen printing, linocut or gelli printing I run workshops for all ages and levels and experience.

After taking some courses in screen printing, I thought yeah, kids would really love to do this as well. I've always wanted to work with children so I started doing these little screen-printing classes in the summer holidays for friend's kids. Lots of the parents there mentioned that they really liked what they saw and they wanted to have a go at this too. So that's how I started doing classes for adults and now I do more adult workshops than children's! I go into schools to carry out these workshops, into libraries, I'm not just based in Medway, I'm all over Kent and also in London. I've worked with the National Trust, running events for their workshops, Hobby Craft, theatre schools, so a real mixture. My initial idea was that I was going to get kids to print their own t-shirts, that was it. It's evolved from there really which has sent me down lots of different paths!

Have you always been a local in Medway?

Yes, yes, Medway made me haha.



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





Did you always intend to be an artist?

Well, yes and no. I always wanted to do something with art and then life just happened. I didn't want to stay on to do A-levels because I didn't really like school but I wanted to go to art college. I took a course that was the equivalent of an A-level but, if I'm honest, it wasn't a great course and I wasn't very motivated and I just wanted to earn money. So, I took the first job that came along and maths was my absolute worst subject at school but it was only because the boss came across as cool. He was a tax consultant and he was super interesting and I thought I could actually be a bit creative here. He wanted someone who could head up marketing which has a creative side to it.

Also, I've always used art as a hobby for me as well, more than a hobby, an outlet. I think if you're kind of artistic and creative, performance based, or just enjoy the general arts that you practice, it's something that you just need to do because it completes you. I know that sounds a real cliché but it does. I find that I'm a much nicer person if I've done something creative and it might just be a bit of gardening.

What projects are you currently working on?

I'm working on more live sessions, live demonstrations. For these workshops, I enjoy looking at one particular artist to base the class around. I've been looking at artists such as Andy Warhol, William Morris, Henri Matisse and their styles of printing to offer some guidance and inspiration.

The feedback I've had has been so lovely. I was so touched because someone actually spent their time to print a card and write in it to say thank you. It makes it all worthwhile for me when someone appreciates my classes and when people mention that they enjoy the classes and feel more relaxed now.



This is especially important for a time like this because it's good to relax and focus on something else as lots of people are worried about how things are going or perhaps, they've got family members who are ill. Therefore it's nice to just focus on something completely different and just feel more relaxed.

What are your career highlights thus far?

There's a school in Gillingham that have an arts festival every year in June for two weeks. All of the kids carry out art lessons and activities over the two-week period and they asked me to go in and print their t-shirts with them. The kids make up the design, they'll cut it out, and then we print the t-shirts. We do it over two days and it's roughly three hundred children and it never ever gets boring. It's that moment when the kids lift up the screen and they see their finished piece. This thing that they designed, printed, and then they're going to be able to wear it at the end of their two weeks. They perform a big finale with all of the parents joining in so the children can show them all the artwork they've created. Seeing them wear their t-shirts with their bright colours, they look absolutely fantastic.



What would your advice be to someone struggling to stay creative during this time?

It's very easy to say just do it. That blank piece of paper can be scary or daunting. But I'm very much of the thought of thinking well, if I don't do it then no one's going to do it for me. I've just got to start somewhere. No one has to see it even if it goes wrong, no one has to know it happened. But just start somewhere. And the more you do, the more confident you'll get.

Put simply, if you do nothing, you're going to get nothing but if you do something then there's a chance that amazing things might happen.

I always find as well that if something's difficult to get started then don't just stare at a blank piece of paper, scribble on it. If it's writing then I might scribble in the corner, just kind of get some key words down. If it's painting or drawing then I'll give it a quick colour wash, it doesn't have to be a real contrast to the background. It's like I can never start on the first page of a sketch book, I always open it a third of the way through and that's where I'll start. Start anywhere, just start!



And finally, what does 'Forward Together' mean to you?

I think we're all at different levels in terms of creativity, life, but we can all learn from one another. And we can all get ideas from one another by sharing them together. Much like you're stuck at home working whereas if you're in the office, you're picking up tips from one another and generally helping each other out around your workplace. I think that's what it means to me. All at different levels but still doing whatever we can to help each other!



Print. Sew. Make Winter Hand Warmers By Rachel Moore



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

To heat the hand warmer; heat in the microwave on low for 30 seconds.

Warning: Heat at your own risk!

Can create a fire risk. May be heated with an egg cup filled with water to stop the rice from drying out.

PART 1

You will need:

- Pencil
- Very fine weave fabric such as chiffon, georgette, muslin or a plain net curtain
- Embroidery hoop
- Medium and fine sized paint brushes
- PVA Glue



PART 2

You will need:

- Newspaper or scrap paper
- Two pieces of fabric approximately 5cm x 10cm. Suggested fabric; calico or cotton
- Fabric paint
- An old credit card
- Needle and thread
- Funnel
- Rice



1. Put the fabric between the embroidery hoops, tighten the screw and pull the fabric tight. This is your screen.

2. Turn the embroidery hoop over so the fabric makes contact with the paper and trace the bird template.

3. Turn the embroidery hoop over again and paint the PVA onto the screen as shown in the photo. Use the medium brush for the large areas and the fine brush for the detail.

4. Leave to dry completely or use a hair dryer.



5. Lay the fabric on top of the newspaper.

6. Place the screen on top of the fabric so that the screen makes contact with the fabric.

7. Spoon out the paint in a line above the head and beak of the bird.

8. Hold the screen down with one hand and with the other use the edge of the credit card to push the fabric paint through the screen. Do this by holding the credit card at a 40 degree angle and pushing down firmly as you pull it towards you.



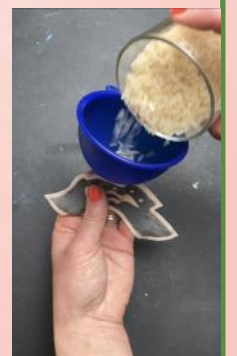
9. Lift the screen to reveal the print and leave the paint to completely dry or use a hairdryer.

10. Place the printed fabric, right side up, on top of the plain piece of fabric. Back stitch on the outline of the bird leaving a 3cm gap.

11. Cut all the way round, about 0.5cm away from the stitches.

12. Use the funnel to fill the bird with rice.

13. Sew up the gap





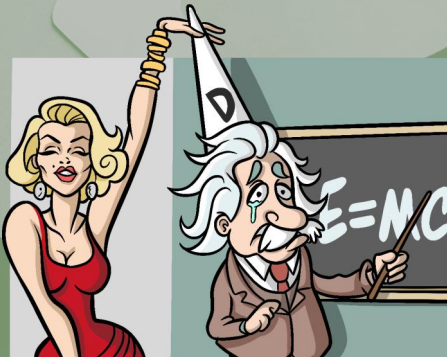
6 RANDOM FACTS

1. Male orangutans can be attracted to women with red hair. One male in a zoo was reported to rip pictures of Nicole Kidman out of magazines and placed them in his enclosure.



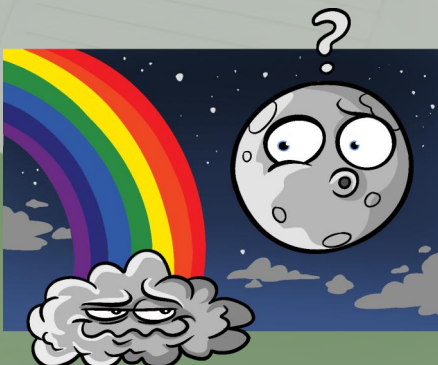
2. A controversial episode of Peppa Pig has been pulled off the air in Australia for a second time, after complaints it told children to pick up and play with dangerous spiders.

3. By prerogative right, the British Crown enjoys ownership of all unmarked mute swans in open water. Rights over swans may, however, be granted to a subject by the Crown.



4. It has been said that Marilyn Monroe had an IQ of 168, which is higher than that of Albert Einstein and Stephen Hawkins.

5. Squirrels have been the cause of many power outages in Pennsylvania. It was reported that as of January 2017 in the United States there have been six deaths associated with squirrel interference with infrastructure, such as downed power.



6. A moonbow (also known as a lunar rainbow or white rainbow) is a rainbow produced by moonlight rather than direct sunlight. Other than the difference in the light source, its formation is the same as for a solar rainbow.



Hi,

Arches Local is a Big Local resident led community group based in part of Chatham Central since 2012. It has been working to create positive change with The Arches Neighbourhood Forum who have been developing a Neighbourhood plan in the area since 2019. Together they have been listening to local voices and recording the needs and issues present in the area.

We have held many engagement events over the years across the area attended by hundreds of residents where they have sought people's opinions on the area and how we can work together to make it a better place for everyone to live. This has sparked a number of visible and non-visible improvements in the area from developing a pocket park at Luton Millennium Green to most recently working with Network Rail in creating a stunning mural on the Luton Arches.

Here's some of what the Big Local does:

- Holiday Hunger and Youth Programmes
- Seasonal Community Events
- Crafting Sessions
- Community Art
- Urban Greening
- Virtual Activities
- Educational Opportunities

Who's involved?

Those living and working in our area.

To learn more, or get involved:

Arches Chatham Neighbourhood Plan

For more information

email secretary@archesnp.org.uk



Or contact us via; Twitter @ArchesGroup or Facebook @archesnp



www.archesnp.org.uk

<https://www.gov.uk/guidance/neighbourhood-planning--2>

What is Neighbourhood Planning?

Neighbourhood planning gives communities direct power to develop a shared vision for their neighbourhood and to shape the development within it. Our plan looks to develop our area into a place where wish to stay, live and work; a neighbourhood to raise children, help others and grow old; a place in which people can discover a sense of community and purpose.

As our neighbourhood plan journey is approaching its final stages, in the coming months, we will be publicising a draft to bring it to the attention of people who live, work or carry out business in the area. During this time, people will have an opportunity to comment and get involved before the plan goes to a referendum where we all get to vote on it.

Our boundary runs from the Brook Theatre via Luton Arches to Shipwrights Avenue.

Arches Local Big Local

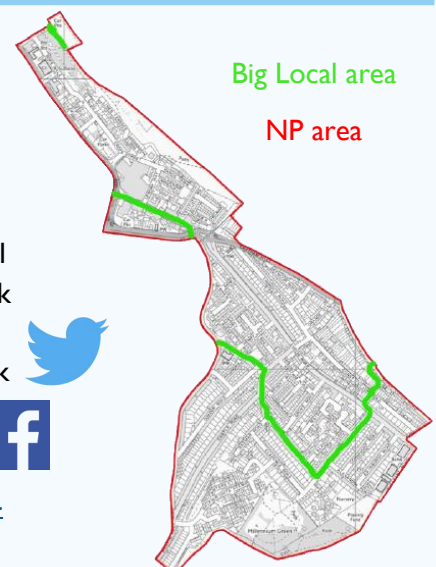
For more information email stephen@archeslocal.org.uk

Or contact us via; Twitter @ArchesLocal or Facebook @ArchesLocal



www.archeslocal.org.uk

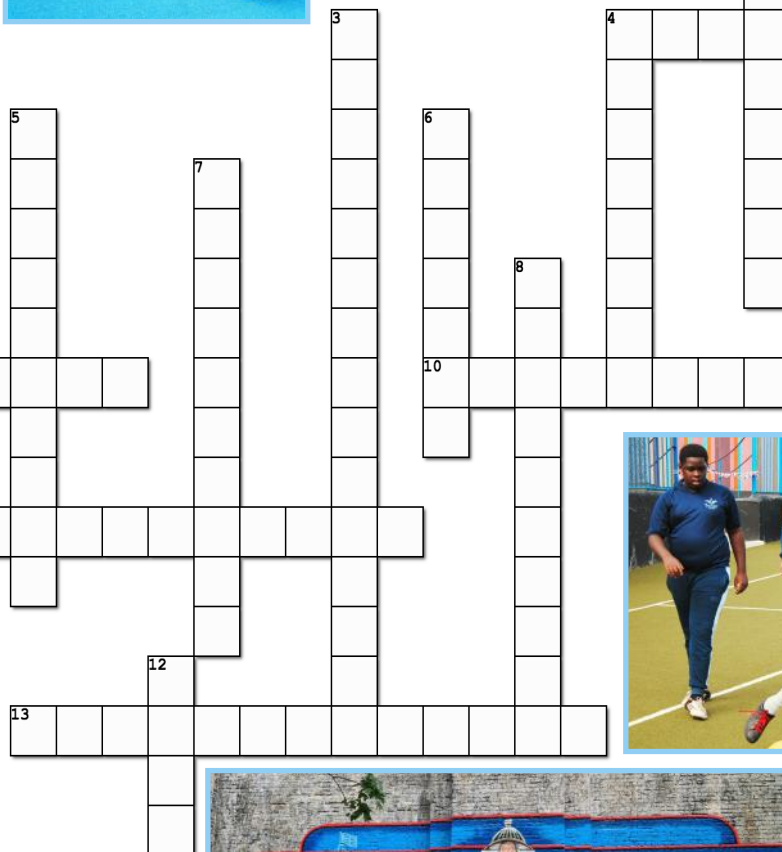
<https://localtrust.org.uk/big-local/about-big-local/>



CROSSWORD



This page was produced by Arches Local and exhibits their outstanding work within the community!



Across

2. the craft of sewing in which small pieces of cloth in different designs, colours, or textures are sewn together.
4. A rail vehicle that used to run on tracks throughout Chatham.
9. A painting or other work of art executed directly on a wall.
10. Living somewhere on a long-term basis.
11. Strengthening the connection between people and the places they share.
13. A situation in which it is possible for you to do something that you want to do.

Down

1. A social unit with commonality such as norms, religion, values, customs, or identity.
3. The monument that used to sit at Luton Arches (two words).
4. A house forming part of a continuous row.
5. Long-term planning document that provides a guide to future growth and development.
6. A game in which tickets with numbers are sold to people who then have a chance of winning a prize.
7. Botanical illustrator from Luton (two words).
8. The capacity to recover quickly from difficulties; toughness.
12. The place where one lives

WORDSEARCH



Valentine's Day

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

ADMIRER

HEART

VALENTINE

GREETING

LOVE

CARD

CARING

MINE

CANDY

KINDNESS

PINK

CUPID

DAY

RED

CHOCOLATE

PARTY

ROMANTIC

FEBRUARY

FLOWERS

ROSES

FEAST

ROMAN

SENTIMENTAL

FRIEND

GIFT

SWEET

FOURTEENTH

SAINT

TRADITION

HAPPY

SWEETHEART



Art Quiz: Love



1. What romantic name is shared by a sculpture by Auguste Rodin (1882) and the painting by Gustav Klimt (1908)?



2. In which city would you find Robert Indiana's 1970 LOVE sculpture?



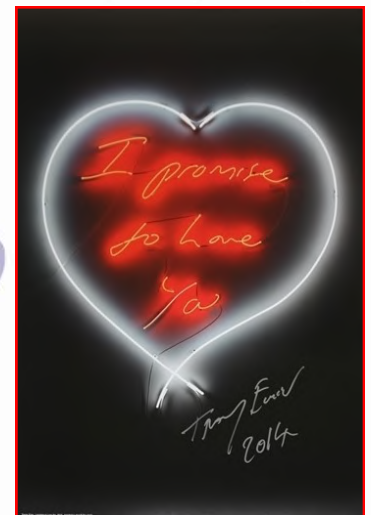
3. Who made the self-shredding art intervention of 2018 'Love is in the Bin'?



4. What decade was this famous photo 'Kiss by the Hotel du Ville' taken by Robert Doisneau?

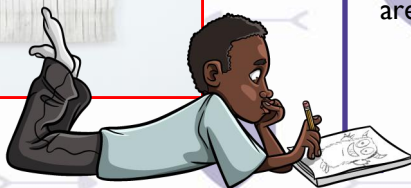


5. What Kent born artist and famous Margate figure made this message in neon in 2013 for part of an installation in Times Square New York?



Have you seen our previous editions of the Nucleus Social? There are now three editions in circulation which can be picked up from some libraries, or we can post copies to you directly.

Know anyone that would like a copy? Please email emma.welch@nucleusarts.co.uk for more information.

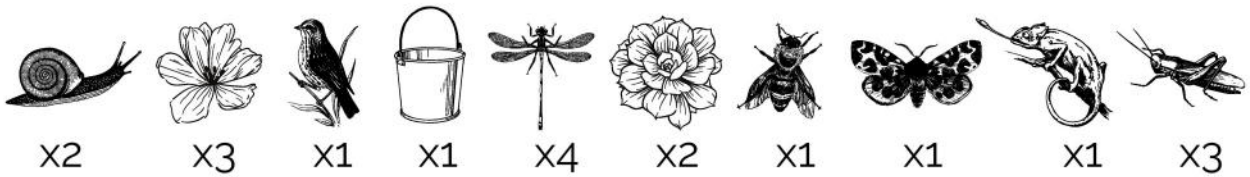




Hidden Pictures



Can you find these hidden items in the picture below?



HOLLY CHADD ARTIST

www.hmchadd.com

Instagram: @selection_box



I moved to Medway about 3 years ago. Originally from the Midlands I had moved to London to study art and got my MA in sculpture at the Royal College of Art. I primarily create 3D works and am currently exploring ceramics. Words are an important part of many of my pieces. Moving to Medway has been great for my creative practice. There is a thriving art scene as demonstrated by the Medway Open Studios each summer, and I feel really lucky to have a studio at Nucleus Arts who have such a strong ethos around art and community.

When the pandemic hit last year, I really wanted to put out a message of hope to Medway and Nucleus were enthusiastic and supportive. Using the Medway towns' motto "forward together" seemed fitting and I created each letter of the words in wood. Originally, I had thought a lot about where they could be a fixed installation but over time the project has developed and it's become clear that "forward together" can be many places and in doing so can reach more people and celebrate all the things we associate with Medway (and perhaps appreciate a bit more since the lockdowns!)

Creativity has been an important support for many of us throughout C19, and I believe that a successful Medway City of Culture bid would be even more impactful now as we look to support local businesses, celebrate Medway's rich history and engage with the arts.

It would be great if you could use the line drawing of **FORWARD TOGETHER** included in this issue to create your own hopeful art work. You could use colour, collage or cut out and place the letters over a favourite local landmark. By displaying your creation in your window, or sharing it with Nucleus, you can add your voice of support to our community and support our Medway 2025 bid.

Share your works to @NucleusArts on Instagram and facebook or email original@nucleusarts.co.uk and use the hashtags **#ForwardTogether #Medway2025**

And if you would like to host the installation, please email Genevieve.tullberg@nucleusarts.co.uk





F O R V

T O G E



VARD

THEER





COMPETITION



Since we're spending more time at home this year, we've decided to extend our competition for 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 was like!

Tell us what 2020 meant for you. What did you get up to? What achievements have you made? Entries can take shape in the form of a poem, a funny story, a drawing, painting or something completely different.

Alternatively, you could decorate our exclusive 'Forward Together' colouring in page and send it in!



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 **10th March, 2021**.

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

GOOD LUCK!!!



Entries can be sent into us at:
Nucleus Arts Centre
272 High Street, Chatham, Kent ME4 4BP
Alternatively you can email in your entries to:
chloe.collings97@gmail.com



YOUR ARTWORK



As we're currently spending more time at home, it's important to stay connected and look out for one another now more than ever. In addition, we love hearing about how you've been keeping busy and what you've been up to, which is the reason why we've introduced this section to the magazine to showcase exactly that!

Primary school teacher Ella sent in this wonderful artwork by her students, she explains:

'As part of our varied and exciting curriculum at New Horizon's Children's Academy - a primary school in Chatham - we teach a subject called, 'Thinking Inclusively'. This subject focuses on understanding how society is enriched by the people in it. It encourages pupils to develop a voice and opinion about topical issues, as well as learn about our local and global community. As part of this, we learn about, 'One Medway.' This is to help inspire our students and show them the positives of their local area. In the past week, we have been learning about local artists, local galleries and then the students have created art work inspired by local artists. They have represented their local area in whichever way they choose with the aim of showing how beautiful and interesting Medway can be!'



This child decided to be a bit more abstract and made this art piece of the river Medway using melted and grated wax crayon.

Great job everyone!





YOUR ARTWORK



Fantastic artwork!!



This child collected stones from around Medway to create a sculpture for their art piece.



One parent writes in 'Thank you for sending the wonderful magazines. My daughter has really enjoyed them and it makes her feel part of the art nucleus community.'

She has tried resin, sewing and lots of drawing over lockdown. We have just ordered big wool and needles to make a blanket together.'

Wow, keep up the creative work!!



And finally, Michelle from local charity organisation *wHoo Cares* sends in:

'Thank you so much for the magazines. It's a really fantastic edition. I have been making up our Christmas Gift bags for Christmas day.'

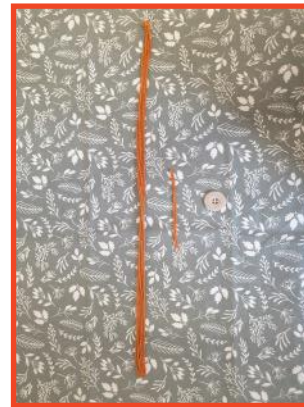
It's brilliant to see our magazines being sent out and appreciated across the community!



How to make a tea towel hanging plant holder

You will need:

- Tea towel
- 5 strands of 45cm of yarn
- 2 strands of 10cm of yarn
 - 1 2.5cm button
 - Needle
 - Sewing cotton



1. Fold the 2 top corners of the tea towel down to the middle and form a triangle.



2. Sew both joined sides together along the middle of the triangle with an invisible stitch.



3. Fold in 3 overlapping and sew along the bottom making sure you sew all three layers of fabric.



4. Join both 10 cm strands making a knot on each end and sew to the loose corner of the overlap, and sew the button using the buttonhole you just made as a guide.



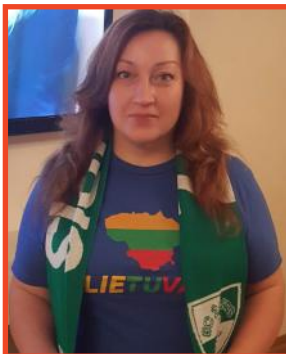
5. Fold the remaining strands in half and make a knot to create a tassel and a loop to hang your planter. Sew with as many stitches as you can to the top point of your initial triangle so it can hold the weight of your planter.





TINGINYS

Rita's Lithuanian Lazy Cake



Local artisan and jeweller, knowledgeable in Medway Maritime history, Rita Vieraitiene, shares her tasty, traditional Tinginys recipe with us. An easy to make favourite from her homeland, Lithuania.



Ingredients / Reikės

- 400g [crispy cookies](#) / 400g paprastų traškių sausainių
- 400g [sweetened condensed milk](#) / 400g saldinoto kondensuoto pieno
- 200g [unsalted butter](#) / 200g sviesto
- 5tbsp. [cocoa powder](#) / 5valg. š. kakavos
- 2tbsp. [granulated sugar](#) / 2 valg. š. cukraus

Method / Gaminimas:

1. Break cookies into the bowl (some in bigger pieces, others in smaller). / Sausainius sutrupiname į dubenį (vienus sutrupiname smulkiau, kitus stambiau).
2. Melt butter in a pot with a thick bottom, then add sugar, heat it over low heat, and stir until sugar dissolves and you get one mass (make sure it doesn't start boiling!). / Sviestą išlydome puode storu dugnu, tuomet suberiame cukrų, kaitiname ant silpnos ugnies ir maišome, kol cukrus ištirps ir gausis vientisa masė (tik neužverdame!).
3. Then add cocoa, condensed milk and heat it up, stirring continually (stir well to avoid burning). Take the pot off the heat and let it cool down a little. / Į sviesto masę supilame kakavos, kondensuotą pieną, viską išmaišome ir kaitiname, vis pamaišant. Tuomet nukeliame nuo ugnies ir paliekame truputį pravėsti.
4. Then add cookies, mix well and leave to cool a bit. / Į kakavinę masę suberiame sutrupintus sausainius, gerai išmaišome ir paliekame masę truputį atvėsti.
5. Lay down a plastic wrap on the table, pour the mass and form a roll. Wrap it, press ends firmly, place roll in a refrigerator for at least 4 hours (the best is to leave it overnight). / Patiesiame maistinę plėvelę ant stalo ir ant jos pailgai išklojame sausainių masę. Suformuojame ritinį ir susukame į maistinę plėvelę, gerai užspaudžiame galus, dedame į šaldytuvą stengti bent 4 valandoms (geriausia palikti pernakt).

Slice it and enjoy!

Skanaus!





Meenatchi Gopal is currently the President of Kalaimaiyam, which is an art collective based in the UK. She is also the founder of Gochi Academy of Creative Arts that promotes art among the young audience. She is also a tutor at Serendipity Arts, and an active volunteer and art enthusiast.



Vegetable Dhal - Sambar

By Meenatchi

What is Sambar?

Sambar is a lentil and vegetable stew, most popular in South India.

Here are the key ingredients required to make a sambar.

Lentil (dal): Lentils form the base of sambar. Usually it's made with toor dal (split pigeon peas lentil). You can also be made by mixing moong and toor dal or masoor (red lentils) and toor dal. But I always preferred Masoor dhal which cooks sooner and also healthy and easily digested.

My recipe is totally different from the one you find anywhere. I always try different version of all my recipe and this is the one I loved it.

We use multiple number of vegetables which are traditionally used in sambar like pumpkin, eggplant, bottle gourd, drumstick, carrots, okra etc. Using different combination of veggies, makes sambar different in taste too

However, my recipes don't use a simple of veggies. I use, drumstick (if I get it in Indian store), eggplant and carrots, French beans and sometimes potatoes. You can add any available veggies as you like.

The final thing you should know about sambar is the consistency of sambar which can be adjusted to preference.



Ingredients

- Masoor (red lentils) veggies
 - Onion
 - Tomato
 - Garlic
- Cumin seeds
- Green chilli
- Turmeric powder
- Mustard seeds
- Chilli powder
- Coriander powder
 - Lime juice
 - Salt



Method

1. Cook a cup of dhal with two cups of water, spoon of cumin seeds, spoon of turmeric powder, 5 clove of garlic, one small onion, one small green chilli and two medium tomato. Cook it until soft and the dhal is mushy.
2. Take a pan, add two spoon of olive oil, add half tea spoon of musters seeds, add all veggies. Fry it for 5 minutes.
3. Add all the veggies in to the cooked dhal, add half spoon of chilli powder, one spoon of coriander powder and salt to taste.
4. Let it boil for 10 minutes and finally squeeze half lime, sprinkle some fresh coriander leaves and serve it hot with a pot of rice or roti.

Tip: You can add more or reduced any flavour or veggies as you like. However, one vegetable which will make your sambar (vegetable Dhal) delicious is egg plant.

Let nature nurture you



Get up a few minutes early and give yourself time to take a gentle stroll in a quiet, calming space before starting work. Take note of the plants and flowers you spot along the way, appreciating the beauty of nature around you.





As part of the Moat Foundation Communities Project, we work towards our three aims of:

- Supporting young people into education and employment
- Reducing social isolation for our elderly residents
- Ensuring thriving communities through sustainable interventions

At Strengthening Minds, we are extremely proud of our work within our local community hubs. At present, we manage four fantastic hubs – Gravesend, Gillingham, Sittingbourne and Ashford; all of which continue to grow and thrive.



Resident receiving a food parcel

Supporting our local community is our main aim, focusing on the resident's health and well-being. We are currently providing the following services across our hubs:

- Zoom youth groups 3 times a week for ages 8-12 and 12-16. The young people attended have completed sessions such as peer led discussions, sports/keep fit, games night, cooking, family quizzes and cultural celebrations. The sessions help young people to improve their self-esteem and confidence, talk about their behaviour and ways to improve it.
- Fortnightly foodbanks in collaboration with FareShare and The Gillingham Street Angels.
- Young person's positive behaviour and raising self-esteem programmes.
- We have also connected with the Hygiene Bank who provide hygiene essentials (including personal products and home cleaning items). Any family in need will be referred and items to be collected from the hubs.
- Signposting residents to professional organisations within the local community.

The community hubs continue to be a source of support for our residents – we have 'checked in' with community members throughout our virtual and Christmas sessions. Individuals often contact us directly for individual support, this will continue to be provided safely/virtually throughout the lockdown and beyond.



Family cooking sessions

"Everything, it was perfect, the personal touches were fantastic. I think everything you have done has been absolutely amazing and has been a real lifeline to my daughter."

"The virtual activities were brilliant. It meant that we didn't have to miss out during COVID-19 – and it was specific to my daughter and what she has been doing."

For more information, please contact:

Annamarie Frenchum
Strengthening Minds

Community Hubs and Partnerships Manager

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www.strengtheningminds.co.uk





MINDFUL TIPS



Studies have proven that nature has profound healing effects on those struggling with mental illness. However, it's still possible to obtain these positive effects whilst being indoors. For example, open your windows to let fresh air in or create a relaxing space near a window to gaze out of!



In addition to nature, focusing on craft activities such as the creative tutorials provided within this magazine can have meditative effects. In turn, they provide a great distraction from what might be causing distress outside of the task.

The act of being kind by carrying out tasks like volunteering, donating or collecting for charity, or simply helping someone, benefits our mental health greatly. We feel a huge sense of satisfaction from choosing to help others positively with our actions which can remind us of what we're good at, if perhaps forgotten.

Another method we can practice to be more mindful is by using our imaginations. For example, try visualising a safe, calming place or memory to help you manage anxieties. By understanding and utilising the power of our minds, we can focus on more positive images to slowly relax the mind when tackling our mental health. You could even incorporate the mindful practice of yoga into your daily routine to help wind down after a busy day!

One way to help overcome feelings of loneliness is to carry out activities that connect us with others. An example of this would be to tune in and listen to a chatty radio station or podcast when your surroundings may sound too quiet. You could also decorate your home environment with photos of those who you care about. Perhaps you could write a letter, email or call someone for a catch up?



Please see the following schedule full of wonderful activities you can get involved in throughout February!

STRENGTHENING MINDS

GILLINGHAM COMMUNITY VIRTUAL FEBRUARY PLANNER

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1 Strengthening Minds Virtual Family Quiz 4pm - 5.30pm 6pm - 7.30pm	2 Positive Behaviourer & Emotional Well-Being Programme 5.50pm - 6.30pm	3 Building Self-Esteem Programme 3.30pm - 4.30pm	4 Kant Adult Education Hunt the 1000 Job Markers 1pm - 5pm	5 Keep Fit with Joe Wicks 4pm - 5.30pm 6pm - 7.30pm	6 Walk Talk Out Anxiety Saturday Morning Zoom or phone call group	7
8 Paper Craft-Chance New Year 4pm - 5.30pm 6pm - 7.30pm	9 Positive Behaviourer & Emotional Well-Being Programme 3.30pm - 4.30pm	10 Building Self-Esteem Programme 3.30pm - 4.30pm	11 Personal Development Programme 3.30pm - 4.30pm	12 Gillingham Community Hub Feedback	13 Walk Talk Out Anxiety Saturday Morning Zoom or phone call group	14
15	16 Positive Behaviourer & Emotional Well-Being Programme 3.30pm - 4.30pm	17 Building Self-Esteem Programme 3.30pm - 4.30pm	18 Personal Development Programme 3.30pm - 4.30pm	19	20 Walk Talk Out Anxiety Saturday Morning Zoom or phone call group	21
22 Emotional Wellbeing: Art 4pm - 5.30pm 6pm - 7.30pm	23 Positive Behaviourer & Emotional Well-Being Programme 3.30pm - 4.30pm	24 Building Self-Esteem Programme 3.30pm - 4.30pm	25 Personal Development Programme 3.30pm - 4.30pm	26 Gillingham Community Hub Feedback	27 Walk Talk Out Anxiety Saturday Morning Zoom or phone call group	28

To access any of these activities please contact:
anmariefrenchum@strengtheningminds.co.uk
07838 137747



Strengthening Minds

Moat foundation



COMMUNITY PROJECT



'The New Norm', watercolour on paper by Noreen Englefield. Digital image submitted to the Covid-19 Community Archive © Noreen Englefield

Medway Archives Centre exists to help people discover the stories of Medway's people and places. We are asking for your help to ensure that we can build a collection of records from the current Covid-19 pandemic, so that future generations can access first-hand accounts of this crisis and how it affected people that live or work in Medway.

Please consider keeping a diary of your experience during the pandemic or, if you don't want to commit to being a regular diarist, why not consider keeping a 'day in the life' type diary or taking some photographs? We also need your help to collect other material from the pandemic that you might come across, including leaflets, flyers, and even neighbourhood notices. For more information about contributing to the archive please visit <http://orlo.uk/TjhGX>,

email malsc@medway.gov.uk or send them to: Medway Archives Centre, 32 Bryant Road, Strood, ME2 3EP



Nucleus Arts and artist Holly Chadd wanted to mark this extraordinary time with a message of hope, while celebrating our bid for City of Culture 2025. We'd love it if you could show your support for Medway and the 2025 bid by displaying this postcard in your window, or even by hosting a temporary display of the installation itself.

FORWARD TOGETHER is also the motto for Medway.

Get involved: contact genevieve.tullberg@nucleusarts.co.uk

www.nucleusarts.com
www.hmchadd.com







ANSWERS



Hidden Pictures

x2	x3	x1	x1	x4	x2	x1	x1	x1	x3

Valentines Day

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

ADMIRER	CANDY	CARD
CARING	CHOCOLATE	CUPID
DAY	FEAST	FEBRUARY
FLOWERS	FOURTEENTH	FRIEND
GIFT	GREETING	HAPPY
HEART	KINDNESS	LOVE
MINE	PARTY	PINK
RED	ROMAN	ROMANTIC
ROSES	SAIN	SENTIMENTAL
SWEET	SWEETHEART	TRADITION
VALENTINE		





The Nucleus Team would like to give special thanks to all those who collaborated with us for the third edition of the Nucleus Social.

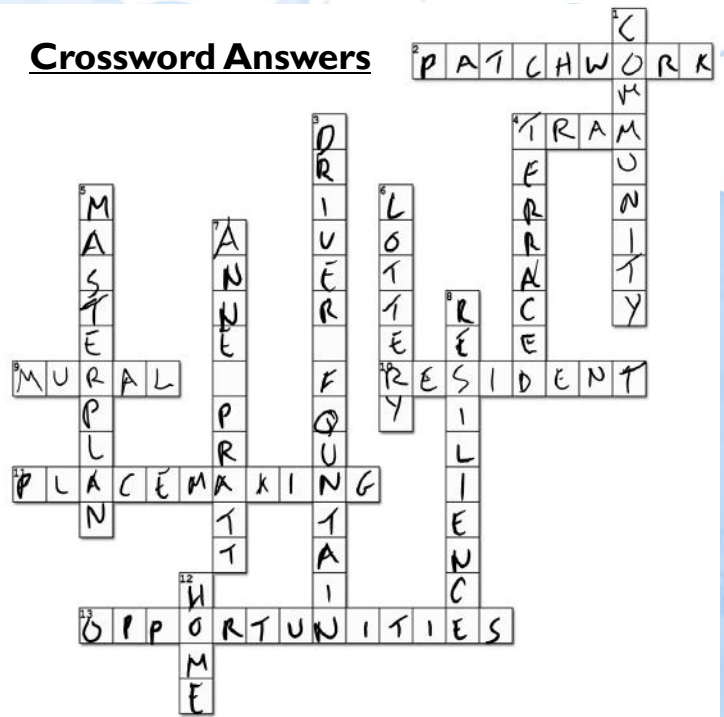
Those thanks are sent to Holly Chadd, Rachel Moore, Vanessa Cube, Sophia Macmullen, Ella from New Horizon's Children's Academy, Miss Silver, Arches Local, Strengthening Minds, wHoo Cares, Rita Vieraitiene, Meenatchi Gopal, Medway Archives Centre, and all of our partner distributors.

Quiz Answer

1. The Kiss
2. New York City
3. Banksy
4. 1950s
5. Tracey Emin



Crossword Answers



ACROSS

- 2 - Patchwork
- 4 - Tram
- 9 - Mural
- 10 - Resident
- 11 - Placemaking
- 13 - Opportunities

DOWN

- 1 - Community
- 3 - Driver Fountain
- 4 - Terraced
- 5 - Masterplan
- 6 - Lottery
- 7 - Anne Pratt
- 8 - Resilience
- 12 - Home

#ForwardTogether #Medway2025

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**FORWARD
TOGETHER**

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