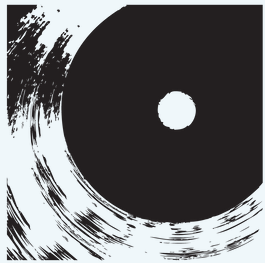


NUCLEUS ARTS NEWS


SPRING 2022




Nucleus
ARTS®

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

 @NucleusArts

 @nucleusarts

 @nucleusarts

OVERVIEW

Welcome to the Nucleus Arts Spring Newsletter, covering March, April and May 2022!

Please note, events mentioned may be postponed due to Covid-19 restrictions. You can keep up-to-date at www.nucleusarts.com

THE LIGHTBOX - A DIGITAL SPACE FOR CREATIVES

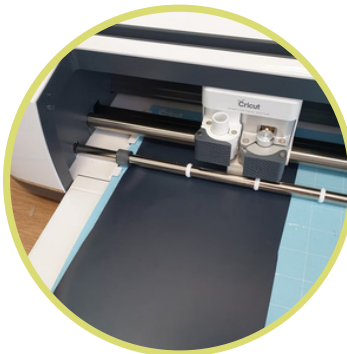


Check out our office outing to the Lightbox for a bit of digital creativity!

We've been getting to grips with our new equipment, including the Procreate drawing app, Cricut cutting machine, iron-on vinyl, and heat press.

The Lightbox, situated in The Halpern Conservancy, Rochester, is also kitted out with a small 3D printer, Mayku FormBox (vacuum former) and 3D pens, and can be hired as a workshop space or a facility for artists to use!

For all enquires please visit nucleusarts.com/lightbox



CAFE NUCLEUS



THANK YOU FOR YOUR SUPPORT

We are thrilled to have been nominated in the Taste of Kent awards 2022 in the Kent Cafe of the Year and Kent Restaurant of the Year categories.

Voting is now closed and we would like to say a huge thank you to all who voted for both Cafe Nucleus Rochester and Cafe Nucleus, Chatham!



LADIES (AND GENTLEMEN!) THAT BRUNCH

Experience brunch in our multi award-winning café restaurant, served non-stop seven days a week. Book today to avoid disappointment
www.cafenucleus.co.uk/book



ROOM IN THE LOUNGE

Perfect for informal meetings or working lunches. Rediscover the Café Nucleus Lounge in Military Road Chatham. We now accept online bookings.
cafenucleus.co.uk/lounge/



FIND US:

CONTACT US:

Cafe Nucleus

Nucleus Arts Centre
272 High Street
Chatham
ME4 4BP

Cafe Nucleus Lounge

Nucleus Arts Hub
13 Military Road
Chatham
ME4 4JG

Cafe Nucleus Rochester

Halpern Conservancy
Board Building
15a High Street
Rochester
ME1 1PY

Call
01634 406971

Email
reservations@cafenucleus.co.uk

OUR GALLERIES

HALPERN
GALLERY



JUST SOME OF MY PHOTOS

3rd - 16th March

An exhibition by Steve Harrington.

All Welcome

**MORE EXHIBITIONS TO
COME THROUGHOUT
SPRING**

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

www.nucleusarts.com



DAVID WILKES - A RETROSPECTIVE

24th - 30th March

Silent Auction

All proceeds to Battersea Dogs and Cats Home.

All Welcome



FIBRE AND FORM

1st April - 13th April

Featuring work from Bev Johnson, Karen Morton, Linda Abrahams, Angela Lyon, Cas Holmes, Sheilagh Dyson, Gail Mercer, Jacqueline Hall, Iza Tamborska, Rosie James and Annie Taylor.

All Welcome

OUR GALLERIES

HALPERN
GALLERY



KALEIDOSCOPE: 20TH ANNIVERSARY SPECIAL

15th - 27th April

Featuring works by our talented communities including Teen Art, Digital Teen Art, Mini Nucleus, Social Art, Young at Art and jumpstART. Also in the show are works carried out with our brilliant outreach communities including King's School and Medway Youth Services.

All Welcome

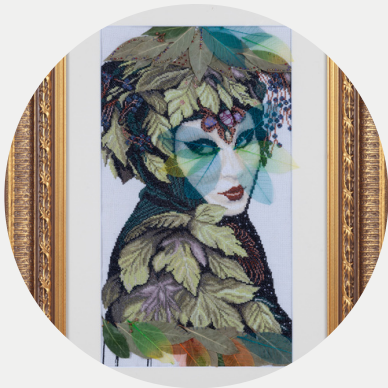


NEAR WATER & OTHER STORIES

28th April - 11th May

New paintings and drawings from Carl Dykes.

All Welcome



UNRULY WOMEN

12th - 25th May

The exhibition brings together a group of unruly women, support workers, who were made redundant from a local university. It showcases their experiences in a collective community of artists-educators, bringing into the light an eclectic mix of interests and passions.

All Welcome



POWER ANIMALS IN AN ENCHANTED GARDEN

26th May - 1st June

This exhibition is a collective with invited friends showing their work with me. I follow a Shamanic path very nature based and work with elemental energies. Fairies and Gnomes are sure to turn up in the enchanted garden.

All Welcome

OUR GALLERIES

HALPERN GALLERY
POP



YELLOW... IS IT ME YOU'RE LOOKING FOR?

Have you seen our brand new paint job in the Halpern Pop? We now have a lovely yellow feature wall, wonderful and bright to draw the eye!

If you would like to hire the Pop and put on your own exhibition, email us at original@nucleusarts.co.uk.

RACHEL MOORE - MONO

23rd February - 8th March

For her first solo exhibition, Rachel will be turning the Halpern POP into a living space with a sofa, plants, gallery wall and postcard printing area. At MONO you'll see a mix of monotype and monochrome typography, then get to print your own linocut postcard. Please visit www.iprintedthat.com/mono for full details.

All Welcome

MONO



TEXTILE CONNECTIONS

9th - 15th March

Textile artists Karen Morton and Brenda Parsons have collaborated in their exploration of rich connections which can be made across Kent, touching on its people, architecture, landscape, history and stories. An intriguing interpretation of our county.

All Welcome



RAINBOW GARDEN

17th - 22nd March

An exhibition by Val Clarke and Raven Moon. All our pieces start out their lives as dreams and ideas. Once the design is finalised the creative process begins. Even the simplest pieces can take a number of days to complete.

All Welcome

OUR GALLERIES

HALPERN GALLERY
POP



A CELEBRATION OF STUDENTS' ART WORK

30th March - 5th April

Nathalie has been running her bespoke art classes in Medway since 2013, face-to-face and online. You can choose from private or group sessions. Plein air classes take place from March to September.

www.art-classes.co.uk/

All Welcome



Jeanette Cook & Zel Hunt
Northern Pop Gallery, Rochester

LIMINAL SPACES

14th - 25th April

Jeanette Cook and Zel Hunt use painting, sculpture and fused glass to explore the physical, emotional and metaphorical implications of thresholds; the places of transition, where profound transformations may occur.

All Welcome



SYNERGY

11th - 17th May

An eclectic mix of vibrant, colourful paintings and drawings meet exquisite bespoke, hand-made jewellery for one week only. An uplifting, joyful exhibition by established artists Adele Love and award-winning jeweller Olivia Schlevogt, both based in Rochester.

All Welcome

**MORE EXHIBITIONS TO
COME THROUGHOUT
SPRING**

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

www.nucleusarts.com

OUR GALLERIES

MedwayArtBox



A SEED SWAP IN TIME FOR SPRING!

As Spring approaches, we are excited to reveal that we are hosting a seed swap, beginning on Saturday 19th March.

Artists and gardeners (or gardening artists) are invited to fill the box with plant themed artworks, seeds and decorated seed packets, which can be taken or 'swapped' by visitors to MedwayArtBox. Lots of seeds and empty seed packets will be provided, so everyone is welcome to join in whether they are a gardener or an artist.

For gifted seeds please include the plant type and variety, and the approximate number of seeds. And don't forget to include your name and social media handles on the back of seed packets or artwork.

Would you like to get involved?

Please send artwork, seeds or seed packets to:

Rachel // iPrintedThat, Studio 7 - The Halpern Conservancy Building, 15a High Street, Rochester, Kent, ME1 1PY

...or drop them off at Nucleus Arts Main Centre or the Halpern Conservancy Building in an envelope addressed to Rachel and Vanessa and labelled 'SEED SWAP MEDWAYARTBOX'

Alternatively, wait until Saturday 19th March to visit MedwayArtBox with your gifted artwork and seeds!

If you have any questions please contact vanessa.crew@nucleusarts.co.uk

COMING SOON: Recycled Flowers April 2022, Medway Print Festival '22 June 2022

Located snugly between The Halpern Conservancy Building and the Guildhall Museum you will find MedwayArtBox: the smallest art gallery in Rochester.

The repurposed red BT Telephone Box is a place for artists and the local community to display and share their work and take part in creative projects and installations.

@MedwayArtBox on instagram, twitter & Facebook.



COMMUNITY ENGAGEMENT



INTRODUCING...

Welcome to our brand new workshop, Chat! Connect! Create!

A fun, friendly and FREE social group for over 17s where you can meet up, make new friends and get creative!
Every Tuesday - 11 am until 1pm

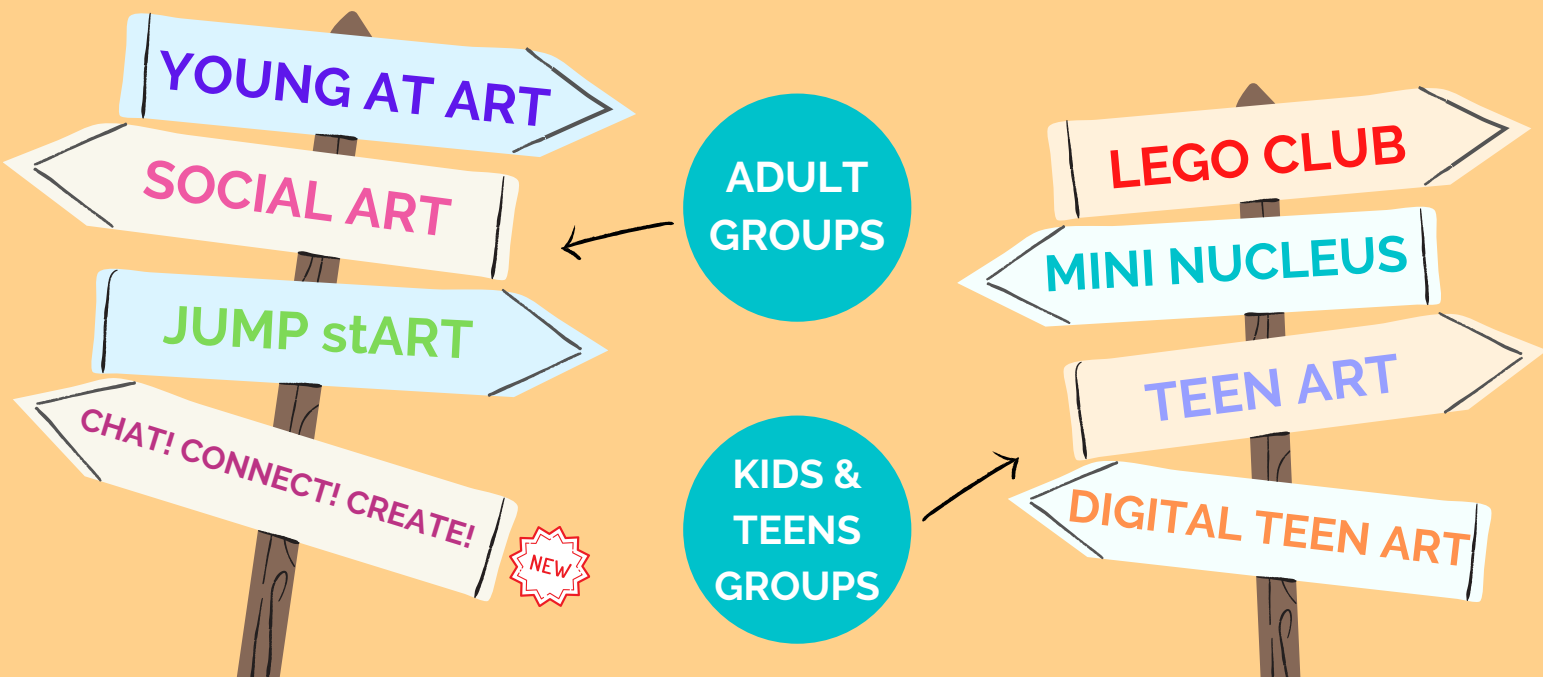
We ask, if possible, you complete a lateral flow test before coming into the centre to confirm that you are negative. Please expect to have your temperature taken at the beginning of the sessions and continue to sanitise hands on arrival. This is to ensure we continue keep all of our participants, artists, and staff safe.



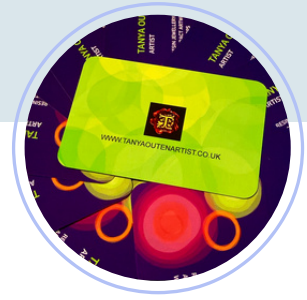
CHECK OUT ALL OUR REGULAR CREATIVE GROUPS!

Find out more and book your space at nucleusarts.com/whats-on

Please note that it is essential to book as we may not be able to accommodate drop ins.



RESIDENT ARTIST NEWS



SPOTLIGHT - TANYA OUTEN



Hello my name is Tanya Outen. I am a resident artist based at Nucleus Arts in Chatham where I specialise in creating Resin Artworks and facilitate social groups and workshops.

From a very young age, I was raised within an artistic environment and have always been surrounded by creativity. Inspired by the intensity and spirit of the colours of Asia, I strive to accomplish an ethereal experience within my artwork.

My passion for abstract art began during a time of convalescence in 2006 sketching in a journal alongside writing about my experiences. Over time, the sketches became drawings, the drawings became paintings and my art developed into a haven for self expression.



During my career, I have experimented with many different mediums and have exhibited my artworks extensively. In 2021, I began creating Resin Jewellery, a new project which I have thoroughly enjoyed. My first collection of Spiritual Jewellery, inspired by the magical colours of the chakras, will be showcased at the Cafe in the Calm Psychic Health and Beauty Fair in Rainham, on Saturday February 26th from 10 am until 4 pm.



As well as my artworks, I am actively involved in community projects and facilitating workshops at Nucleus Arts, including 'Young at Art' and 'Jumpstart'. I also help to facilitate our 'Social Art' Group and am very excited to be hosting our newest social creative group 'Chat! Connect! Create!' which launches on Tuesday March 1st at 11am.

I took my first studio at Nucleus Arts in November 2017. This life changing opportunity has allowed me not only to develop my business, but to grow as a person and artist and I feel extremely blessed to be part of this wonderful community.

I look forward to meeting you soon,

Tanya Outen

Upcoming Events:

Tuesday March 8th 2022 - Nucleus Arts - 11am until 1pm
Chat! Connect! Create! - "Make time for you! Make friends! Make art!"
Bookable online at: nucleusarts.com/whats-on

Saturday March 12th 2022 - Spiritual Resin Jewellery, Greeting Cards, Slate Artworks
Psychic Health and Beauty Fair, Cafe in the Calm, Strood Academy, Strood, 10 am until 4 pm

'GHOST' - Solo Exhibition
The Halpern Gallery, Chatham - October 20 to November 02 2022



Welcome to our brand new workshop...

Chat! Connect! Create!

A fun, friendly and free social group where you can meet up, make new friends and get creative!

Every Tuesday - 11 am until 1pm

Book your place at nucleusarts.com/whats-on

RESIDENT ARTIST NEWS

WELCOME - A TEMPORARY PUBLIC ART PROJECT

REMEMBER THESE?

Then Nucleus' resident artist, Rachel of iPrintedThat, wants to hear from you!

She's been commissioned by Medway Council to create a public artwork in Strood and fill it with your memories of using phone boxes.



Your conversations could have been life-changing, funny or just ordinary and your memories might involve reverse charges, waiting for the pips or Dial-a-Disc.

Each memory will be printed onto a BT Phonecard and made into a temporary artwork. Add your memory now by going to www.iprintedthat.com/welcome. **Closing date for entries 16 March.**

This commission, called "Who Would Welcome a Call?", is one of four artworks for the WELCOME project that celebrates and shares everything that makes Strood special and a welcoming place for people to live, learn, work and visit.

Funded by The Welcome Back Fund from the European Regional Development Fund.



DATES FOR YOUR DIARY!

FREE after-school workshops for secondary school students

White Road Community Centre, ME4 5UN

3:30pm - 5:30pm

Wednesday 16 March

Screen printing onto bags and t-shirts (bags are provided but please bring your own t-shirt)

Wednesday 23 March

Gelli printing - yes, you read it right! Use a flexible Gelli printing plate to create layers, textures and pop-art style prints

Wednesday 30 March

Linocut printing - carve your own linocut stamp to take home and print to your heart's content!

To book your place please email rachel@iprintedthat.com

RESIDENT ARTIST NEWS

ONLINE AND IN PRINT

Throughout March, Carol Smith is taking part in '100 X 100', an online exhibition presented by BobCat Gallery.

Carol also has several images in the latest edition of the literary magazine Confluence, Issue 13. Additional artwork and cover by Gary Smith.

Available from

<https://www.confluencemagazine.co.uk/confluence-issue-13>



100 X 100

**AN ONLINE EXHIBITION
PRESENTED BY BOBCAT GALLERY**

100 PIECES OF ORIGINAL ART ON OFFER FOR £100

**1ST - 31ST MARCH 2022
WWW.BOBCATGALLERY.CO.UK**

BobCat Gallery
Affordable art for all

ART AT BLUEWATER

Resident artist Julia Scanlon is taking part in Under the Rainbow's show in Bluewater Shopping Centre. 'Exhibition of Uplifting Art' will run from 1st March to 4th April 2022 and features over sixty creatives work for sale.

Venue: Bluewater Shopping Centre, Greenhithe, Kent, DA9 9ST
Open daily.

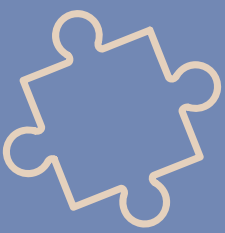
 @undertherainbowevents

 @yemohdesign



SPRING COLOURING

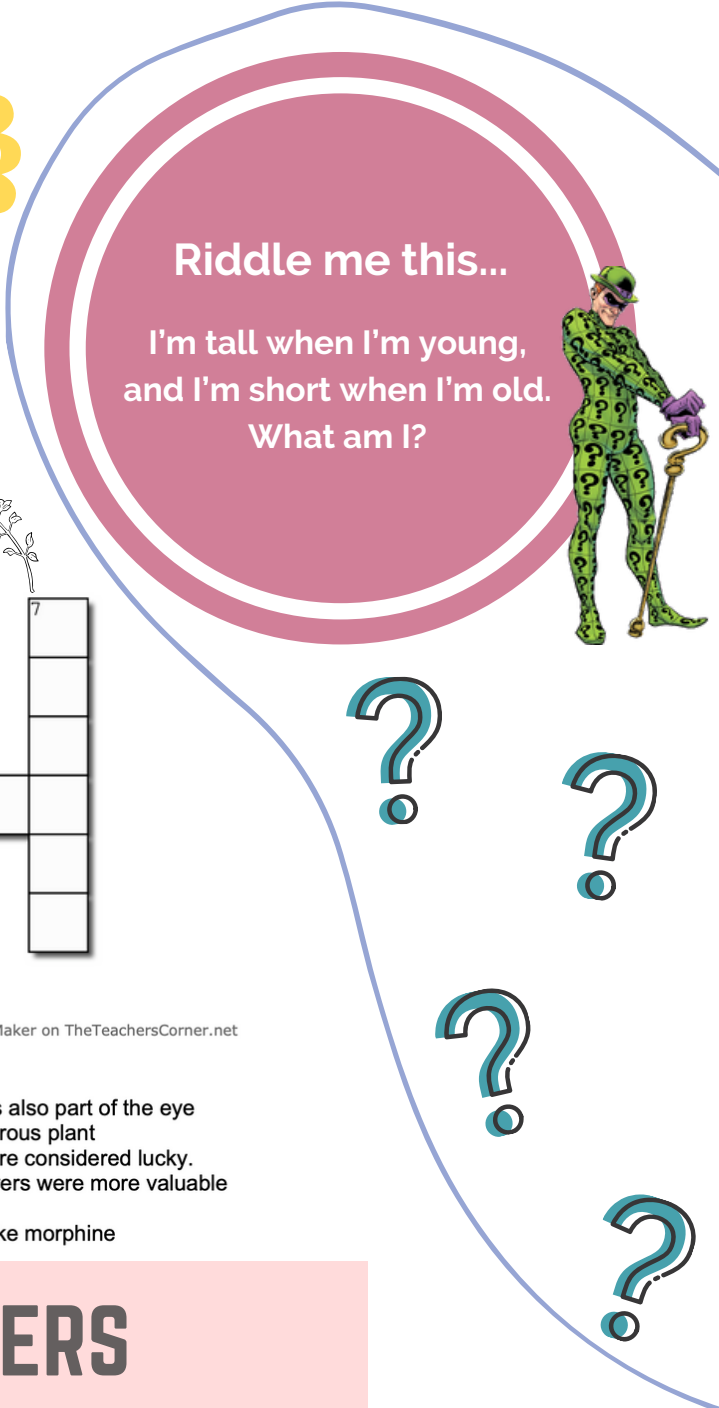
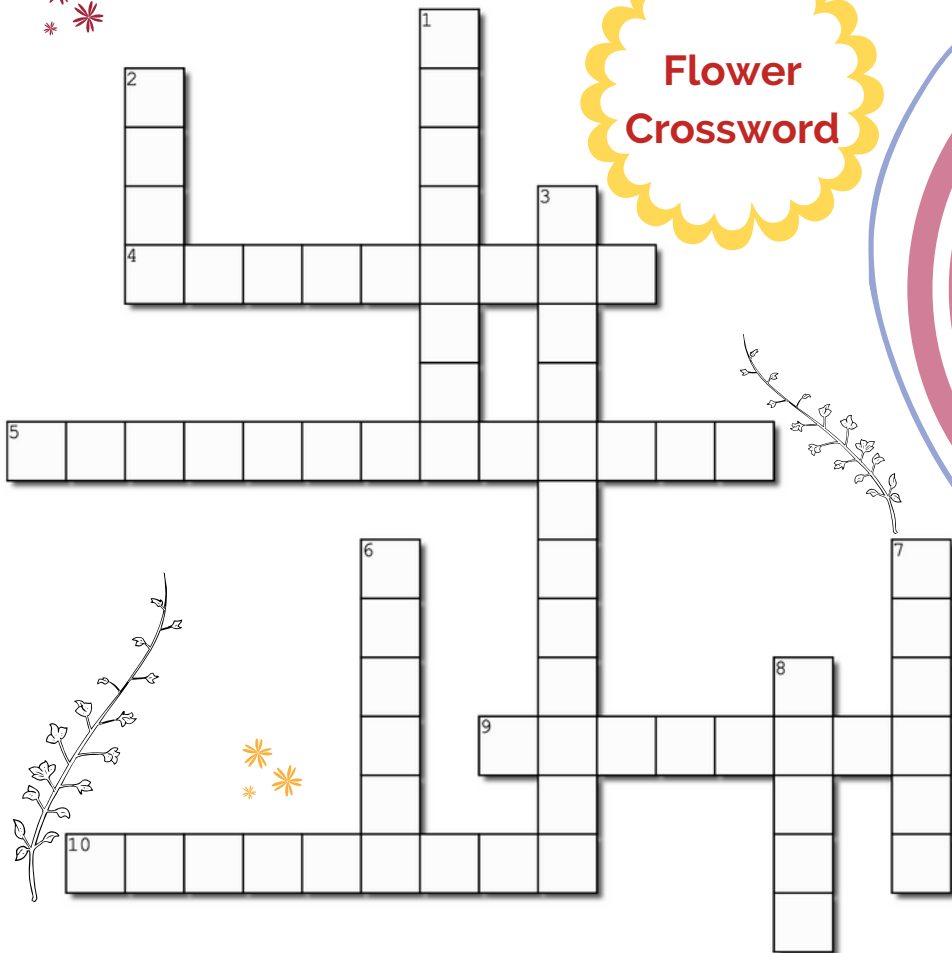




PUZZLES



Flower Crossword



Riddle me this...

I'm tall when I'm young,
and I'm short when I'm old.
What am I?



Across

- 4. The tallest of these flowers was recorded at over 30 feet!
- 5. Japan's National Flower
- 9. Name of a vegetable which is actually a flower.
- 10. Hold this flower under your chin, it will tell you if you like butter or not!

Down

- 1. A yellow Spring flower
- 2. The name of this flower is also part of the eye
- 3. The most famous carnivorous plant
- 6. Four petals of this flower are considered lucky.
- 7. Centuries ago, these flowers were more valuable than gold in Holland.
- 8. This flower is used to make morphine

Created using the Crossword Maker on TheTeachersCorner.net

MARVEL CHARACTERS



I_O_ M_N
 _L_C_ W_D_W
 M_G_E_O
 _O_I
 L_D_ S_F

B_A_K _A_T_E_
 _A_P
 W_L_E_I_E
 _A_O_A
 S_U_R_E_ G_R_





WORDSEARCH



The World of Sherlock Holmes



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

JOHN WATSON
 SCOTLAND YARD
 BAKER STREET
 VIOLIN
 LOGIC
 DEERSTALKER
 DEDUCTION
 MORIARTY
 CONSULTANT
 BASKERVILLES





PUZZLE ANSWERS



Riddle me this...

A Candle

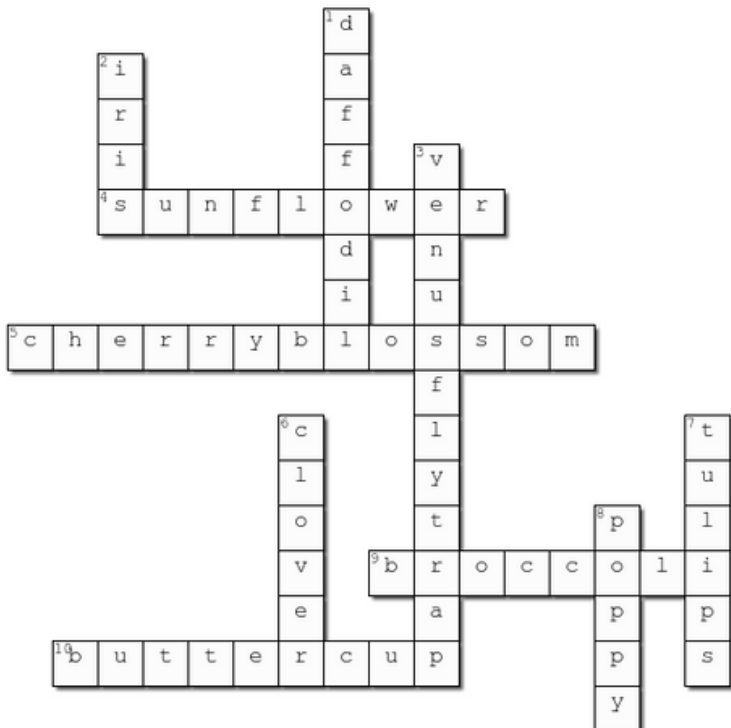


MARVEL CHARACTERS

IRON MAN
BLACK WIDOW
MAGNETO
LOKI
LADY SIF



BLACK PANTHER
WASP
WOLVERINE
GAMORA
SQUIRREL GIRL



ROCHESTER to CHATHAM

ARTS TRAIL

A WALKING GUIDE TO GALLERIES

	Walking trail
	Pedestrians only
	Main Road
	Minor Road
	Buses Only
	Green Space
	River
	TIME/DISTANCE: 30 mins/1.5 miles

GALLERY INFORMATION

1. THE HALPERN POP

at THE HALPERN CONSERVANCY BOARD BUILDING

15a High St, Rochester ME1 1PY

OPEN: Mon-Sun 10am-4pm

01634 812108 original@nucleusarts.co.uk

www.nucleusarts.com/halpern-pop

@thehalpernpop accessible • FREE entry

2. ROCHESTER ART GALLERY

at MEDWAY VISITOR INFORMATION CENTRE

95 High St, Rochester ME1 1LX

OPEN: Tues-Sat 10am-5pm

@rochesterartgallery accessible • FREE entry

3. STORE 104

104 High St, Rochester ME1 1JT

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

01634 843881 hello@store104.co.uk

www.store104.co.uk

@store.104 • FREE entry

4. FRANCIS ILES GALLERIES

103 High St, Rochester ME1 1LX

OPEN: Mon-Sat 10am-5pm

01634 843222 gallery@francis-iles.com

www.francis-iles.com

@francis.iles.gallery • FREE entry

5. MEDWAY ADULT EDUCATION GALLERY

at JASPER'S COMMUNITY CAFÉ

Rochester Community Hub (above Rochester Library),

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

@medwayadulted accessible • FREE entry

6. INTRA

337-341 High St, Rochester ME1 1DA

OPEN: Windows gallery viewable 24 hours 7 days a week

Occasional exhibitions inside by appointment.

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

@intraarts @intra_arts accessible • FREE entry

7. THE GALLERY at NAKED PRODUCTS Co.

388 High St, Rochester ME1 1DJ

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

01634 786061 www.naked-products.co.uk

@nakedproductscsco • FREE entry

8. THE RIVERSIDE GALLERY at SUN PIER HOUSE

Medway St, Chatham ME4 4HF

Closed for refurbishment - reopening in 2022

01634 401 549 info@sunpierhouse.co.uk

www.sunpierhouse.co.uk

@SunPierHouse • FREE entry

9. THE HALPERN GALLERY at NUCLEUS ARTS CENTRE

272 High St, Chatham, ME4 4BP

OPEN: Mon-Sat 10am-4pm

01634 812108 original@nucleusarts.co.uk

www.nucleusarts.com/halpern-chatham

@thehalperngallery accessible • FREE entry



SUPPORT



MENTAL HEALTH SUPPORT

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

- <https://www.bbc.co.uk/news/health-51873799>
- https://www.newscientist.com/article/mg24632790-900-7-mental-health-expert-tips-on-how-to-cope-with-the-covid-19-pandemic/?fbclid=IwAR1mggtVgmZ2-binxmWcy-hr-oOU4k12K7SpUY2CeG7jmKkj_LVsYJO6DVs
- <https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/>
- <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- <https://www.time-to-change.org.uk/coronavirus>



take care
of your mind



GENERAL SUPPORT THROUGH COVID-19

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

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