

EDITION 4 2021



Nucleus SOCIAL

PICK ME UP
I'M FREE!

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

Plus find out
about how to
become a
video games
maker!

LILIA ORLOVA-HOLMES

ARTIST

<https://www.artfinder.com/artist/lilia-orlova-holmes/#/>

Instagram: @liliaorlovaholmes

Facebook: /orlovaholmesgallery



Lilia Orlova-Holmes is a bestselling artist. Her paintings feature in various collections around the world.

London Art critic and curator Andrea Emelife recently wrote about Lilia's paintings:

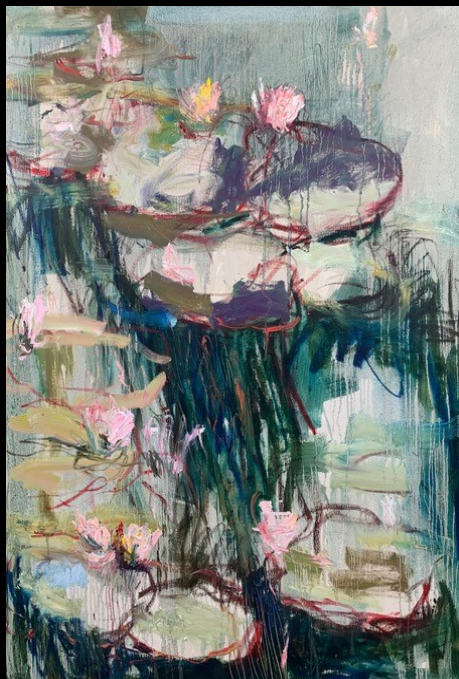
"The ethereal beauty of Lillia's fantastical gardenscapes is mixed with a loose Impressionist technique, as brush marks seem to fall off the canvas. Allow earthly splendour to fill the room with dreamy romance and a distinct Japanese calligraphic influence."

Lilia's recent work reflects on the artist's progression to freer brushwork, expressing her own emotive intuition.

While these pieces are anchored in figurations they are not representational or observational, but are explorations of feeling awoken by artist's search for inner meaning. Lilia finds her inspiration in the way nature creates endless variety without judgment on what should or should not be.



Little Lemon Tree



Reflections and Flow



Summer Rose

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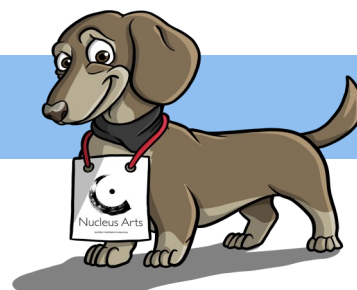
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ਕਿ ਤੁਸੀਂ ਇਕੱਲਾਪਨ ਚੁੱਕ ਰਹੇ ਹੋ

Sahara
ਸੁਹਾਰਾ

Are you feeling isolated?

ਸੁਹਾਰਾ ਦਾ ਮਕਸਦ ਹੈ ਪੰਜਾਬੀ ਬਜ਼ੁਰਗਾਂ ਦੀ ਮਦਦ ਮੁਫਤ ਵਿਚ ਕਰਨੀ ਤਾਂ ਕੇ ਉਹ ਇਕੱਲੇ ਨਾ ਮੇਹਸੂਸ ਕਰਨ.

You aren't alone

Sahara aims to support older South Asians in Medway through offering free services that help them feel connected.



ਕੋਈ ਗਲ ਬਾਤ
ਕਰਨ ਵਾਸਤੇ

1:1

Companionship



ਹੋਰ ਆਪਣੇ
ਵਰਗੇਆਂ ਨਾਲ
ਮਿਲਣਾ

Social
Meets



ਯੋਗਾ
ਕਲਾਸਾਂ

Yoga
Classes



ਕੋਈ ਵੀ
ਜਾਣਕਾਰੀ ਅਤੇ
ਸਲਾਹ

Information
& Advice

ਇਸ ਤਰਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ ਜੀ

Tel 0794 323 5088

Get in touch to find out how we can help you

Tel 0794 323 5088 Email sahara.medway@gmail.com





How to break into games!

By David Stokes

Want to find out how to get in to the games industry without even leaving Medway?

We spoke to Dovetail Games' Chief Development Officer,

Rob O'Farell, to find out how you can do just that.

dovetail
GAMES

Let's face it, can anyone honestly think of a cooler job than making video games? Creating new or established characters or equipment, building worlds, mapping out impossible adventures, or even turning the world's most hi-tech equipment into digital replicas so that anyone can be or do anything. Creating video games ranks up there with making movies, but it's something only a few people get to do, right? You probably need to be a programming genius with neo-level skills and more qualifications than you can waggle a joy-stick at, don't you? Probably out of reach, you might think? Oh, but how wrong you'd be.

The gaming industry is huge and is worth nearly £130bn a year (movies make around £72bn). To make all of that money must require an awful lot of people in pretty much every role imaginable, with over 27,000 people working in the industry in the UK alone. And you don't even need to leave Medway to get involved – did you know that the simulation experts, Dovetail Games, the geniuses behind TrainSim, Microsoft Flight Simulator and Fishing Sim World are based right here in Medway? Well, now you do.

I caught up with Dovetail Games' Chief Development Officer, Rob O'Farell, to find out more, and to engage in just a little bit of fanboying at all the classic games...

TRAIN SIM WORLD 2

Hi Rob, so how did you get involved in the gaming industry?

Well, it all started 25–30 years ago when I started work as a scaffolder. It probably wasn't the best career as I'm not a big fan of heights. There was this one job where I was on a scaffold above the law courts in London, when I fell about 15 feet. Luckily, I managed to fall inwards and catch myself before I got into some real serious problems, but I had to take some time off work. My flatmate at the time was working on Lemmings [a classic 90s puzzle game] and needed someone to test it.



Want to know how to make video games?



So then you might say you fell into the industry?

[Rob smiles politely at my lame dad-joke.] Yes, I suppose I did! At first I took a massive pay-cut. Testing Lemmings was only part time to begin with, but I worked myself up from tester to associate producer, just as we were bringing Mortal Kombat over from the arcades to the consoles. After that, I worked in a range of roles, developing my career. My first producer role was for Mortal Kombat 2. My first original game was a racer, called Re-Volt. Many games later, I joined EA games working on Football Manager, and eventually looking after the Harry Potter franchise.

So you literally worked your way up?

Yes, and I had great fun doing that too. I feel it's like being the manager of a big football club – I don't really play and it's all down to managing a skilled team. I don't code and, whilst I've learned a bit about design, I'm not an artist; however, I'm creative in how I want things to be seen from a customer's perspective, and I think that's what's worked for me.



Is this still a route into the industry?

It's a little less likely now that the industry is more established. The typical route is via a degree, which I think simply lets the employers benchmark your skills, but it doesn't have to be that way. If you don't want to take that route, you need to do something that shows what you can do, like make a demo or create something interesting through Minecraft – really show your creative skills. You need something to get you noticed compared to everyone else.

But I guess it's a recognised career now?

Yes, when I started my parents had no understanding of what I did until they started seeing the Mortal Kombat adverts on the billboards and TV adverts. Only then did they say 'Oh, that's what you actually do.' Nowadays, there are lots of really good university courses where you can study the games industry [including UCA in Rochester]. Having a degree in something like audio design, programming or design will give you a good standing for getting into the industry. At Dovetail, we do employ people with degrees, but you can still get in there if you think 'You know what? I'm great at playing games,' and you are very articulate about understanding what the problems are in games, because finding those can be the most boring job.



(GASP) No! Playing games... boring, never?

Sometimes. When looking for bugs, testers play the same game over and over and over again, the same level sometimes, all looking for the same problems, and it can be the most frustrating thing. However, by the end of it, you've delivered a great product, so the reward is really good. Actually, it's far more than just playing games. You have to write down what the issues are, what the problem is, and then someone has to read what you're writing and understand the problem you've found.

What about games engines, do they help? [An engine is a pre-existing piece of code that allows a games developer to do things without coding it themselves.]

I'd say that they give you a great base to work from. But you still have to plug your world into the engine and build it from that. So actually, what sometimes happens is a base engine like UE4 [Unreal Engine 4 – games like Fortnite are based on this] doesn't like talking to a train sim simulator, and then you've got to go back and fix the problem. This can actually create interesting little bugs and sometimes we debate whether we keep them in. It used to be that these little bugs were how cheats got into games.

Rob's interview continued



What about Easter Eggs [a hidden feature in a game], you must have created some good ones?

We used to have some great ones in Need For Speed where you could change the colours of your cars to Mario-style. There was also one pipe you could go down and the names of the teams' kids were written up on the wall – that was cool.



So, having worked on games like Mortal Kombat that have subsequently been turned into movies, that be a really strange experience?

It is, seeing how things develop and how people take the idea is really cool. Sure, sometimes games are turned into a film and you might not like what they do, but it's still good to see it happen. We had the opposite when we worked on the first few Harry Potter films. At first we based the characters and world on what Jo [J. K. Rowling] had written, but over time it evolved to match the films. After all, can anyone imagine anyone else but Daniel Radcliffe as Harry Potter?



Did you have to consult closely with JK on those?

Yes, we did, and I think we got to really understand the wizarding world. When we made the Quidditch World Cup game, we had to write a lot of the biographies for the teams as they hadn't yet existed. Our writer understood things so well that when she read them, Jo approved all that we did.

It's quite a jump from Mortal Kombat and Quidditch to Trains isn't it?

I used to work on these fast-paced games and I never dreamt I was going to go on to make a train game. In fact, my eldest was worried at first, but then, wow, you're just understanding the brilliance of these machines and recreating them in a way in which people just appreciate everything, it's amazing. The fanbase are stars, when we added livery editor, where people can go in and basically create the livery for their train, some of the work we saw must have taken people hours, if not days, to craft these amazing designs. Even an artist at Dovetail would have struggled to design to that level. It makes it so worthwhile.

So what is your favourite thing about games?

I think it's the social aspects, whether that's playing at home or online, which is the future. Games bring people together. It's like when I watch someone streaming a game I worked on, I can actually see people playing a game and listen to them talk about how it looks and plays, it's really satisfying.

Of course, the downside for my kids was that I know what games are suitable for their ages and which ones really aren't!

Do you have any final thoughts for anyone wanting to get involved in the industry?

Think about what they would bring to it. They might be brilliant artists, storytellers or players – find what motivates you. I always believe that if you love what you're doing, you're going to do it anyway. Keep an eye on Dovetail too. We often recruit locally, especially in the quality assurance side of things, so there are opportunities. There must be 20+ roles in our company, so there will be something for everyone. It's all about your personality really, be the person you are and show us that.

Thank you, Rob.

To find out more about Dovetail go to <https://dovetailgames.com/>

? DID YOU KNOW ?



6 FACTS ABOUT GHOSTS



1. Legend has it that the ghost of a chicken, which died for Sir Francis Bacon's frozen food experiment, haunts Pond Square to this very day.



2. Since the 1930s there have been reports of a phantom bus on Cambridge Gardens, even more bizarrely, witnesses said the lights were on, but there were no passengers and no driver to be seen.



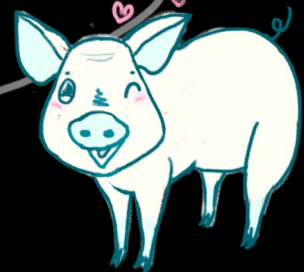
3. A ghost lives in the loos at The Bow Bells Pub in East London. The prankster enjoys flushing the ladies' toilets in the pub - whilst punters are actually sitting on them.



4. The Busby's stoop chair, or the Dead Man's Chair, is allegedly cursed to kill anyone that sits in it by the murderer Thomas Busby before his execution in North Yorkshire. Just in case, the landlord donated it to the Thirsk Museum so no one would be harmed.



5. One beneficial spirit is the 'Pig of Plenty' from the Isle of Man, known in the Manx language as Arc-Vuc-Sonney. If this white piggie crosses your path on a moonlit night then keep sight of it, it might bring you luck!



6. If you're feeling nervous, or hungry for more, there's a shop in London that's got everything for your supernatural needs. Hoxton Street Monster Supplies was established in 1818, and sells everything from Fang Floss to Dragon Treats!



Medway Rapture Games & Creative Festival



3 & 4 JULY 2021

**MEDWAY
RAPTURE**

GAMING & CREATIVE
FESTIVAL

Medway
COUNCIL
Serving You

www.rapturegamingfestival.com/medway



Spring

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | A | R | K | C | I | H | C | T | U | L | I | P | B |
| O | D | I | E | S | P | R | I | N | G | O | E | S | E |
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| L | F | B | I | L | C | D | C | R | E | F | P | I | P |
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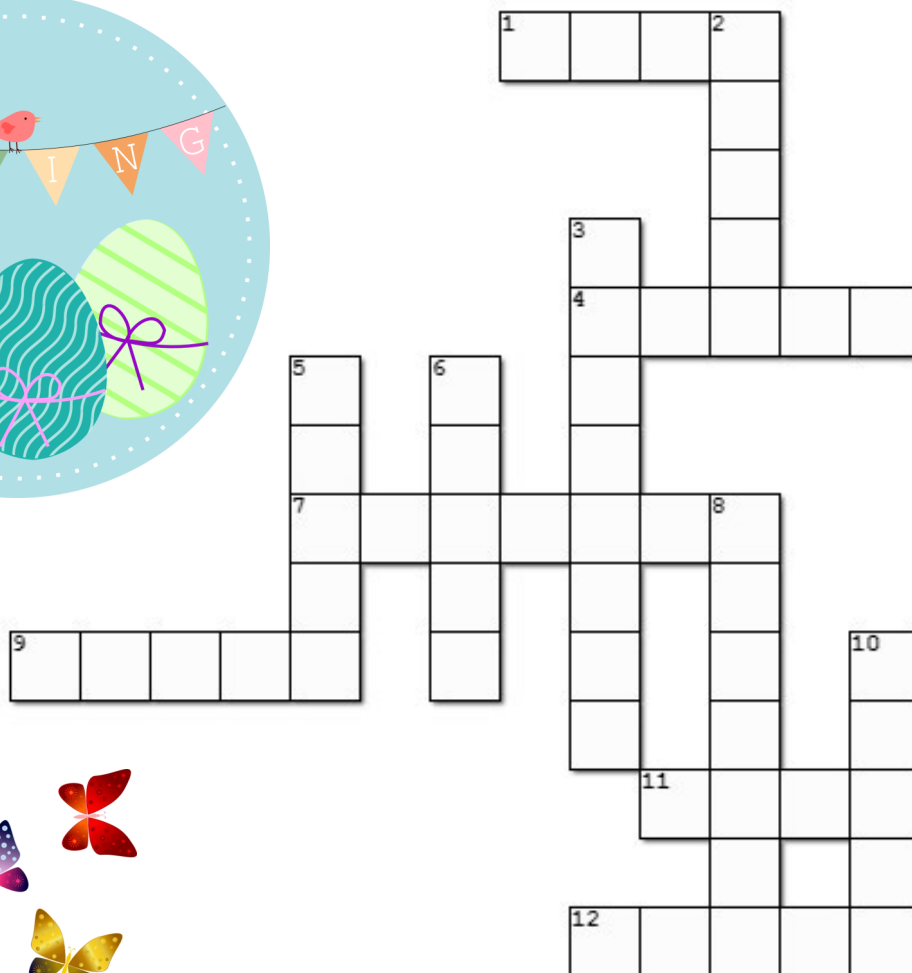


- | | | |
|----------|----------|-----------|
| BLOOM | CHICK | TADPOLE |
| BEE | SHOWERS | LAMB |
| DAFFODIL | SPRING | REBIRTH |
| TULIP | SUNSHINE | RABBIT |
| FOAL | BLOSSOM | BUTTERFLY |



Spring

Complete the crossword puzzle below



Across

1. Plants begin to _____ in spring
4. _____ showers bring May flowers
7. What you sometimes see after the rain stops
9. What do eggs eventually do?
11. Something you can fly on a windy day
12. Birds build these to lay their eggs in

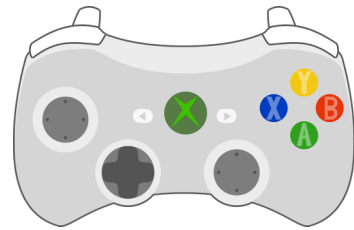
Down

2. In spring, farmers _____ crops
3. Small round beetles that are often red with black spots
5. The first month of spring
6. A flower that you can make into chains
8. Shoes you wear in the rain
10. We plant these to grow fruit and vegetables





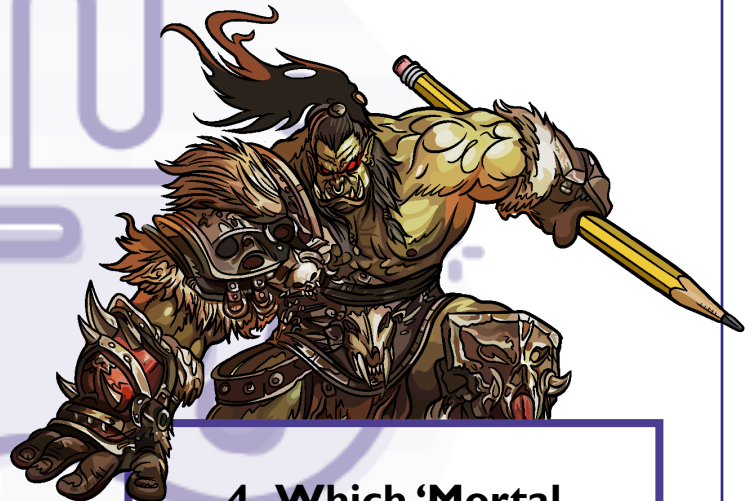
1. Mario first appeared in what video game?



2. Which famous video game franchise is the game 'V-Bucks' from?

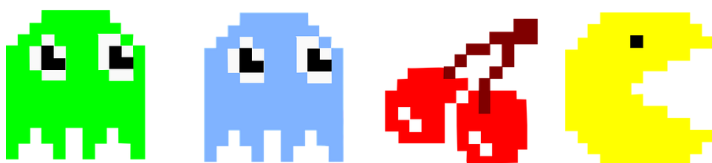


3. What year was Nintendo founded?



4. Which 'Mortal Kombat' character has the ability to transform into a dragon?

5. What is the highest level a player can reach in 'Pac-Man'?



6. What type of animal is Sonic's companion 'Knuckles'?







Seed to Sunflower Competition

Open to all ages

It's the perfect time of the year to grow sunflowers, but can you grow the biggest, boldest sunflower of them all? Join our Seed to Sunflower competition to find out.

Step one

Sign up and we'll deliver sunflower seeds and other materials you may need, such as pots and soil. You don't need a garden - they'll grow perfectly on a sunny windowsill. If you don't want to grow your own sunflower, you can also enter your best model or picture.



Step two

Once your sunflower is fully grown, take a photo and measure it, then send the measurements and pictures to your Moat Foundation Officer. You can also send photo updates along the way so we can show off your great work on our social media.

The competition closes on Thursday 30 September 2021



WIN! Prizes up for grabs

Prizes will include a day out to a local attraction, shopping vouchers, a well-being hamper, or a gardening hamper.

Prize categories are:

- Tallest sunflower
- Best flower head
- Best sunflower picture
- Best sunflower model

Prizes to be given on 12 November 2021.

Sign up and enter

To sign up or to find out more information, contact your Moat Foundation Officer, Lauren Connor.

✉ lauren.connor@moat.co.uk



Strengthening Minds
Helping people grow

Moat foundation

Moat Homes Limited is a charitable housing association. April 2021 Ref 040



Veg Fajita



Ingredients

- 4 Tortilla wraps
- ½ Onion
- 200g Mushrooms, sliced
- ½ Red pepper, sliced into strips
- ¼ Lettuce, shredded
- ½ Sachet of fajita spice
- 1 tbsp Sour cream

Method

Heat a little oil on a medium heat. Add the onion, pepper and mushrooms - cook until softened. Add the spice and cook for another minute.

Heat the wraps according to the instructions.

Spread a little sour cream over the wrap.

Add the vegetable filling and some shredded lettuce, roll up and serve.

You can vary what vegetables you include and add cooked chicken, beef or prawns if you eat meat.



Mushroom Omelette

Ingredients

- 100g Mushroom, finely chopped.
- ½ Onion, finely chopped
- 2 Eggs
- 50g Feta Cheese



Method

In small non-stick frying pan melt a little butter or oil and add the mushrooms. Cook for three minutes until soft.

In a bowl, beat both of the eggs and season. Add them to the pan and cook on a low heat for 4-5 minutes until the eggs are cooked.

Sprinkle the feta on top.

Turn out onto a plate upside down and serve.

Omelettes are very versatile, and you can add lots of different proteins and vegetables in!

Eggy Cheese Crumpets

Ingredients

- 2 Eggs
- 50g Feta Cheese
- 4 Crumpets
- 100g Cherry tomatoes



Method

Beat the eggs. Heat a little oil or butter in a pan on a medium heat.

Dip the crumpets in the eggy mixture, turning to coat them. Fry the crumpets for 2-3 minutes on each side, until golden.

Top with the chopped tomatoes and feta. Serve.

You can top these with anything you choose!
You could use slices of bread instead of crumpets if you want.



Ham and Vegetable Bread Cups

Ingredients

- 4 Slices of bread
- 2-4 Slices of ham
- 3 Eggs
- 100ml Milk
- 1 Spring onions, sliced
- 150g Sweetcorn

Method

Preheat the oven to 180°C.

Roll the bread to thin it slightly. Cut circles out using a cup or cutter.

Grease 8 holes on a muffin baking tray. Layer the bread circles at the bottom of each hole.

Cover the bread with the ham, spring onion and sweetcorn.

Beat the eggs and milk together and pour over the bread.

Bake in the oven until golden brown for about 20 minutes.

Serve with salad or vegetables on the side.



Fish Finger Sandwich

Ingredients

- 3 Fish fingers
- ¼ Lettuce, shredded
- 2 Tomatoes, sliced
- 2 Slices of bread
- 2 tsp Low fat mayo

Method

Cook the fish fingers according to the instructions. Spread the mayonnaise on the bread and add the cooked fish fingers, tomatoes and lettuce. Serve.

All of the recipes and activities featured in this edition have kindly been provided by *A Better Medway* in partnership with *Medway Council* and *Medway Food Partnership*.

For more recipes please visit:

https://www.medway.gov.uk/info/200229/child_health/1006/family_cooking/3



Medway Food Partnership

A BETTER MEDWAY
Easier ways to be healthy



CREATE



HOW TO USE A GIF

By

Vanessa Cube

Based in Medway, Vanessa Cube is an artist that specialises in handmade illustrated plastic jewellery. Vanessa has kindly put together a video tutorial for us on how to make your own GIFs. Additionally, she has created some beautiful Nucleus themed GIFs that can now be used and shared over different social media platforms. Find out below on how to access them and start using your own Nucleus GIFs now!!



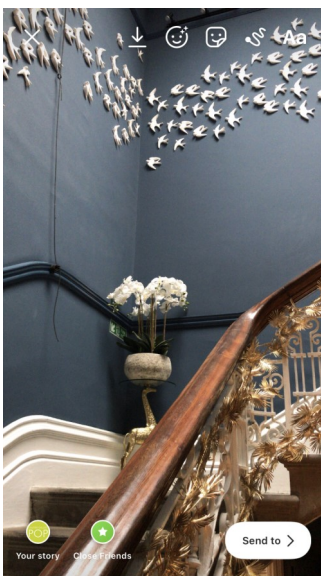
@vanessacube_

/vanessacubeuk



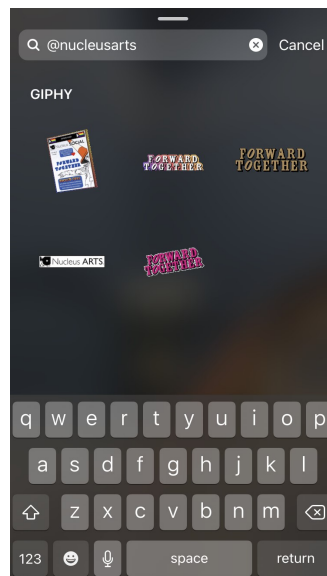
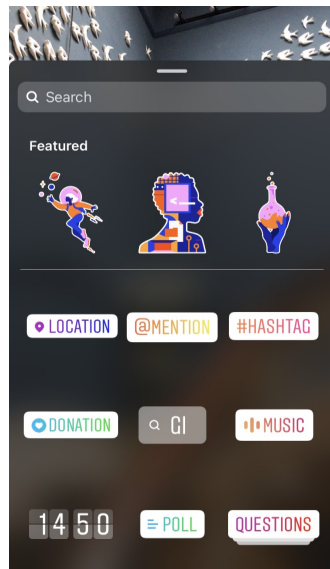
@VanessaGCrew

Vanessacube.etsy.com



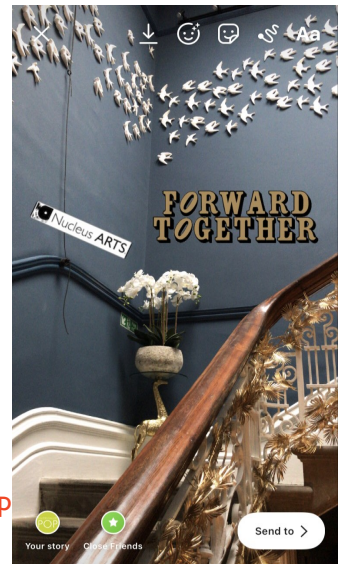
Step 1: Open Instagram and take a photo using Instagram stories.

Step 2: Swipe up and select the grey tab titled GIF.



Step 3: Search nucleus arts in the search bar at the top and you will find Vanessa's lovely Nucleus GIFs.

Step 4: Choose a GIF, place it onto your photo and post away!



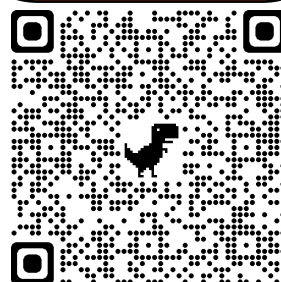
FORWARD TOGETHER

Want to make your own GIFs?

Vanessa has kindly put together a video tutorial for you to follow at home! Follow the link below to find out more:

<https://www.youtube.com/watch?v=LVbzXwc-J2s&t=174s>

Scan the QR code below to browse through all of Nucleus's GIFs available for you to use and share today!





Arts Award was created by Trinity College London and inspires young people to grow their arts and leadership talents. Arts Award can be achieved at five levels. Discover; an introductory level for 5-25 year olds. Explore; an Entry Level 3 qualification for ages 7-25. Bronze; a Level 1 Award in the Arts for 11-25 year olds. Silver; a Level 2 Award in the Arts designed for those aged 14-25 and Gold; a Level 3 Certificate in the Arts, aimed at 16-25 year olds. Nucleus Arts works with young people across Medway and Kent to support them in achieving Arts Awards, through expanding their knowledge and experience of working with inspiring, local artists.

Achieve your own 'Discover' Arts Award at home!

Discover Arts Award is a fantastic way young people can have fun learning about art, artists and share the discoveries they have made. **Please make sure to fill out both pages to complete the award!**

DISCOVER ARTS AWARD

PART A: Discover

Take part in a creative activity, then write and draw or attach labelled photos of you taking part here: (See our fun video tutorials for ideas: <https://www.nucleusarts.com/kids-activities>)

Name:

D.O.B:

Complete by:

CUT HERE

What did
you enjoy?

What skills
did you
learn?



PART B: Find Out

Research an artist and design and poster with your top 10 facts about their career!

PART C: Share

Tell people about your Arts Award. What did you enjoy the most? Did you learn any skills? Who did you share it with?

CONGRATULATIONS

**You just completed your
Discover Arts Award!**

Full name:

D.O.B:

Address:

Email:

Complete the pages to achieve your Discover Arts Award. If you are aged between 5 and 25 years of age and would like to receive your official Arts Award Certificate please either post the completed pages to the address below or send photos of your work to: charlotte.ralph@nucleusarts.co.uk along with your full name, date of birth and address. Certificates cost £5 and can be paid for by going to www.nucleusarts.com

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

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

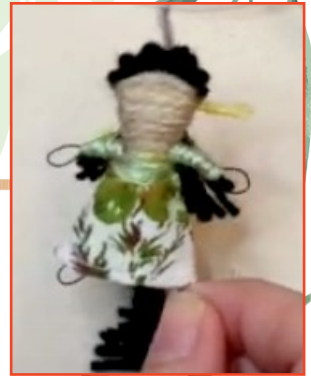


Sofia's Guatemalan Worry Dolls

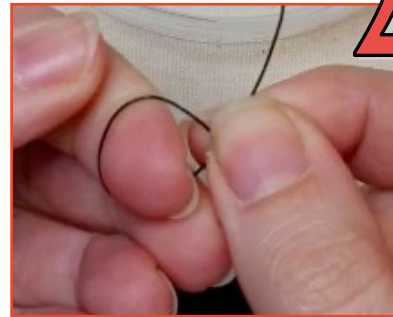
You will need:

- Wire
- Different coloured yarn
- PVA glue or hot glue gun
- Needle
- Scissors
- Sewing cotton

1. Take a length of any wire you have that is easy to twist and handle by hand. The size of the doll will depend on how much wire you use.



2. Using your finger bend the wire in half and give a couple of twists to shape the head.



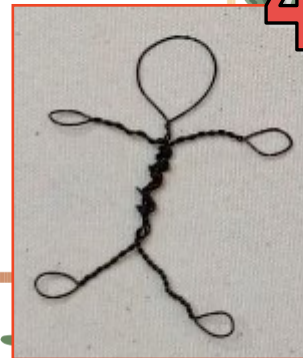
2

3. With one of the sides, bend and twist to make an arm and repeat with the other half.



3

4. You should now have both lengths joined in the middle. Twist them together to form the body and repeat the same process you did with the arms to shape the legs.



4



5

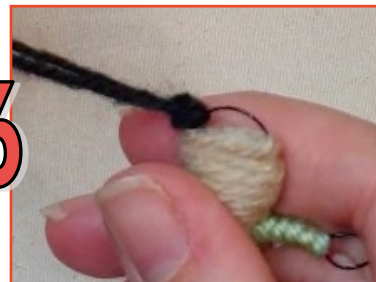


5. Using glue or a hot glue gun (please be VERY careful), glue the end of the yarn to the neck and start wrapping it around the head but leave a gap at the top. Secure the yarn with more glue.

6. To make the hair cut some lengths of yarn (not too short, you can always give her a haircut). Fold them in half, put both ends through the gap on the head and pass them through the loop formed by the folded yarn. Use as many strands of hair as you like. Tie the hair in a ponytail and trim.



6



7. To make the skirt take a bit of fabric long enough to wrap around your doll twice. Fold the top of the fabric and do a running stitch and gather until it is the same size as your doll's waist. Wrap around the doll and stitch both ends together.

7



To watch Sofia complete this tutorial please visit our youtube channel (Nucleus Arts) or follow the link below:

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



Outdoor activities



Walks

Listening Walk:

Make a list of things you might be able to hear when you are outside on a walk. This could include birds singing, frogs croaking, crickets chirping, water flowing, children shouting, trees waving and even traffic and emergency vehicles! Take your list and see what you can cross off. You can also add to it for next time as well.

Animal Walk: Make your walk more interesting by walking like different animals for 30 seconds each. You could start by walking slowly like a tortoise, walk faster like a hare, walk sideways like a crab then run like a cheetah and repeat! What other animals can you think of?

Scat Or Poo Walk: Now this is fun! Scat is another word for animal droppings and they can tell us all about who is visiting our garden or who is living in Medway's green spaces and countryside. Next time you go for a walk in the woods, have a look at the floor and take photos of any droppings you see. When you stop for a drink of water or a healthy snack, have a search online and see if you can identify the animals!



Save the Planet! Take a walk around your neighbourhood but take a big sack, some gloves and a litter picker if you have one. Every year, 8 million tonnes of litter enters the world oceans where the plastic breaks down into smaller pieces and enters the food chain. It can take hundreds of years to break down and as it does, it releases greenhouse gases into our environment contributing to climate change. Why not separate the litter you've collected so it can be recycled? Find out more about Plastic Free Medway: Plastic free living [Plastic free living | Plastic free Medway | Medway Council](#)

A 'sense'able walk: We have five senses: smell, touch, hearing, sight and taste. You might have used them when exploring a new food on our 'Tri the Seasons' feature on our Tri For You Facebook page. Next time you go on a walk, why not try to use all your senses. Write down something interesting you can see, a noise that you hear, something that you smell, something that you felt and even something you could taste. You might find some wild strawberries or blackberries growing in the late spring through to early summer, but if in doubt don't eat it. Instead, you may want to enjoy a piece of fruit or some vegetables to get your 5 a day!

Other activities

Food waste: Did you know every day, nearly 20 million slices of bread are thrown away in the UK? That's a lot of breakfasts. An average family could save £840 a year if they stopped throwing food away in their bins; what could your family use that money for? Why not take a food waste challenge over the holidays? You could write down all the food that was thrown away in the first week, recording why and when it was thrown away and for the second week, work out how you could reduce your food waste. Maybe you could all do a family meal plan so you only buy what you know you would use or think of ways to use up your leftovers? Perhaps you could think of other ways to waste less to reduce the impact this has on our environment. To find out more, go to [Love Food Hate Waste](#) website.

Wild challenge: If you enjoy exploring nature and helping wildlife, why not join the RSPB's Wild Challenge? You can take part in activities using their resources and earn awards as you complete activities all year round. Maybe you could achieve your bronze award over the summer holidays? [What is Wild Challenge? \(rspb.org.uk\)](#)

Scavenger walk: This is a great way to explore Medway and you can change your scavenger list depending on where you are visiting. You could include items such as a brown leaf, a green leaf, a yellow flower, a spider's web, a smooth pebble, a squirrel, a woodlouse, a ladybird or if you are near the beach at All Hallows, you could look for a seagull, a feather, a piece of driftwood, some seaweed, a piece of sea glass.

Outdoor Gyms: Medway has 8 outdoor gyms which are free to use and have now reopened for use. They are a brilliant way to tone up and get fit without the price of a gym membership and with the benefit of being outside in the fresh air - topping up your Vitamin D in the sunshine. If you can't get to an outdoor gym, why not check out Lexi from the *Tri for You* team and have a go at her playground workout instead: <https://www.facebook.com/triforyoumedway/videos/1086641631666920/>. Don't forget to take your water bottle to refill with water when you're out and about. Download the Refill app to find your nearest station where you can refill for free.

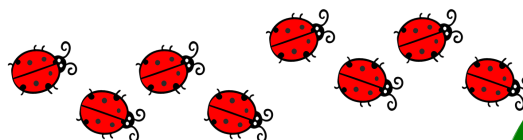


Sustrans Outside In:

Sustrans are the custodians of the National Cycle Network and their work contributes to creating healthier places and healthier people. Subscribe to Sustrans Outside In and they will send you (by email), four weeks of fun educational resources and activity ideas for the family full of cycling, walking and scooting fun.

[Sign up to Sustrans Outside In](#)
[- Sustrans.org.uk](#)

Find your nature name: A lovely activity, try making your name from items you find on your walk? You could use twigs or stones or take some leaves home and make a collage of your name.





How to make your own bath and body oil



Over the past few decades aromatherapy oils have become common place in many homes and easy to access in health food stores, supermarkets and chemists. Whilst most oils are sold individually, others are blended to create a harmonious aroma using oils from 3 different note groups. You may already have aromatherapy oils at home and/or fancied a dabble in creating your own unique fragrance. If so, here's how, but before we get started it's worth knowing a little about the 3 note groups top, middle and base used by perfumers worldwide to compose pleasing notes for your nose.

Top Notes:

Top notes are the ones you first notice when a fragranced product is sprayed or used. They are usually fresh with citrus oils like lemon and mandarin falling into this group as does bergamot, lavender and coriander.

Middle notes:

Considered to be the heart of the fragrance, these notes linger longer than top notes and can be smelled for several hours. Most floral aromas such as geranium, jasmine, rose and ylang ylang are part of this group.

Base notes:

These notes come from heavier balsams, resins and woods like benzoin, sandalwood and vanilla, which help fix the fragrance to your skin and remain when the other tones have evaporated.

Perfumers compose complex blends using several aromas in each note group. These blends are called an accord. If you have a range of aromatherapy oils you may wish to create an accord using 2 or 3 oils for one or more of the note groups.

To create your signature scent you will need:

- A well ventilated odourless, room to prevent headaches or becoming overwhelmed by the fragrances and so you can smell the aroma you are creating.
- 3 or more aromatherapy oils
- Fragrance sticks (these can be made from thin card cut into 1cm strips)
- 100ml of bland base oil such as almond, grape seed or rice bran oil
- A container with a tight or screw top lid for your finished bath and body oil

The most economical way to start your blend is with the slowly evaporating base note. Simply choose your preferred oil, write the name of the oil on a fragrance stick then place **1 or 2 drops** on the end of the stick and waft it about **15cm** (6ins) away from your nose to get it's full aroma. **Do not** take the top off an aromatherapy oil bottle and place it under your nose, this is not how the oil will smell in a fragrance and the high concentration will 'spoil your nose'. If you wish to add a 2nd and 3rd base note, repeat the labelling and smelling process with the individual aromas and then with a combination of 2 or 3 fragranced sticks to see which accord you prefer.

The next accord to determine is the middle one. Again, repeat the fragrance stick labelling, wafting and smelling. Once you are satisfied move on to the top note, creating an accord in the same manner as the base and middle note accords. Finally, waft and smell your 3 accords together to see how they complement each other and adjust as necessary.

You are now ready to fragrance your bath and body oil by adding your blend to the base oil.



As a rule of thumb, the number of drops of aromatherapy oil to add to 100ml of base oil is 30.

They can be made up in the final blend as follows:

| BLEND ACCENT | TOP | MIDDLE | BASE | TOTAL |
|-----------------|-----|--------|------|-------|
| Even blend | 10 | 10 | 10 | 30 |
| Fresh and light | 15 | 10 | 5 | 30 |
| Floral and warm | 7 | 15 | 8 | 30 |
| Rich and deep | 5 | 10 | 15 | 30 |

The number of drops from each of the 3 accords, top, middle and base, will depend on how many oils you used in each accord and the accent on your aroma. Here is a breakdown:



| NO. DROPS | 1 AROMA | 2 AROMAS | 3 AROMAS |
|-----------|---------|----------|----------|
| 5 | 5 | 2+3 | 2+2+1 |
| 7 | 7 | 3+4 | 2+2+3 |
| 8 | 8 | 4+4 | 3+3+2 |
| 10 | 10 | 5+5 | 3+3+4 |
| 15 | 15 | 6+7 | 5+5+5 |

Blends you might like to experiment with:

| No. 1 - Sooth | No. 2 - Calm | No. 3 - Refresh | No. 4 - Deep |
|---------------------|---------------------------|-----------------------|-----------------------|
| Lavender: 10 drops | Lavender: 15 drops | Lemon: 10 drops | Mandarin: 8 drops |
| Chamomile: 10 drops | Palma Rosa/Rose: 10 drops | Ylang ylang: 15 drops | Ylang ylang: 15 drops |
| Eucalyptus: 5 drops | Frankincense: 5 drops | Cypress: 5 drops | Sandalwood: 12 drops |

Top tips:

- Expand your range of aromas by hosting a perfume party with members of your 'bubble' or swapping and sharing aromatherapy oils with them.
- Take regular breaks outside of your blending room to clear your head, rest your nose and get a fresh perspective on the fragrance you are creating.



Perfumer's say...

A fragrance evokes a memory,
 A memory evokes an emotion,
 An emotion causes reaction

Enjoy creating positive reactions!



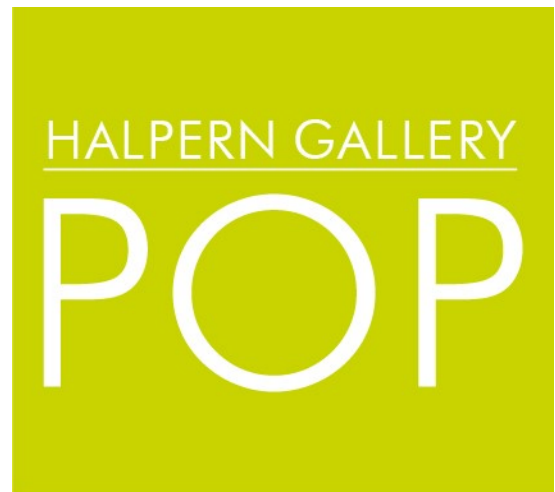
Did you know about our galleries?

If you are a fan of art then please pop on down to see the latest exhibitions in either The Halpern Gallery in Chatham or The Halpern POP Gallery in Rochester.



thelalperngallery

Follow our instagram pages to keep up to date with the latest Halpern Gallery and Halpern Pop news.



thelalpernpop

For more information on our galleries please visit our website at:

<https://www.nucleusarts.com/galleries>



WINNERS 2021



Café Nucleus are proud to announce that we have won both hospitality business of the year and food and drink business of the year at the Taste of Kent Awards 2021!

Thank you all for your support over the last year.



Large dashed-line area for a message or photo, with a small rectangular box in the top right and three horizontal lines for text.

<https://www.nucleusarts.com>

The Halpern Charitable Foundation Registered Charity no. 1096478



Have you seen our previous editions of the Nucleus Social? There are now three editions in circulation that can be picked up from local 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.



Quiz answers

1. Donkey Kong
2. Fortnite
3. 1889
4. Liu Kang
5. Echidna





Spot the difference answers



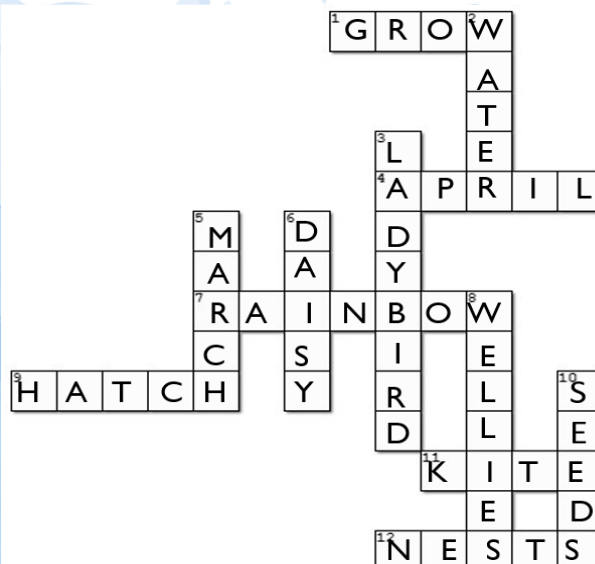
Crossword answers

ACROSS

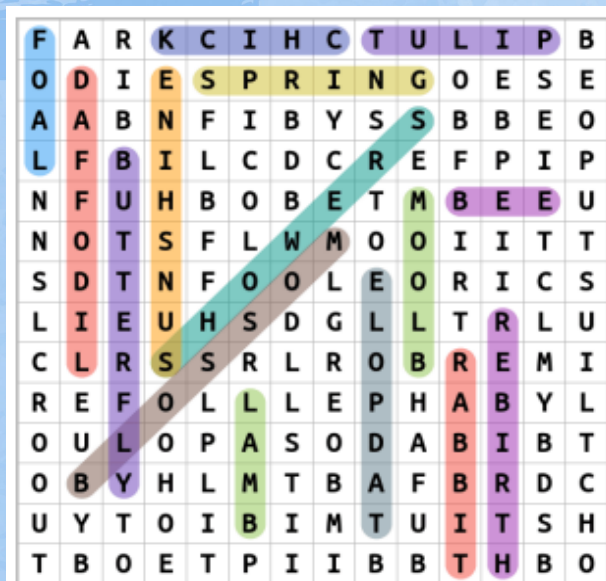
- 1 - Grow
- 4 - April
- 7 - Rainbow
- 9 - Hatch
- 11 - Kite
- 12 - Nests

DOWN

- 2 - Water
- 3 - Ladybird
- 5 - March
- 6 - Daisy
- 8 - Wellies
- 10 - Seeds



Wordsearch answers





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