

NUCLEUS ARTS NEWS

SPRING 2023



Nucleus
ARTS®

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Website:
nucleusarts.com

 @NucleusArts

 @nucleusarts

 @nucleusarts

OVERVIEW

Welcome to the Nucleus Arts Spring Newsletter, covering March, April and May 2023!

Read on to discover upcoming exhibitions, creative workshops, puzzles and more.



BANK HOLIDAY CLOSURE DATES

The Nucleus Arts office will be closed over Easter from 7th - 10th April. We will be back on 11th April.

The office will also be closed on 1st, 8th and 29th May.



THE FLORA PROJECT

HOW YOU CAN GET INVOLVED IN OUR UPCOMING AUTUMN EXHIBITION

Flora is an immersive exhibition coming to the Halpern Gallery, Chatham in October 2023, as part of Medway Fun Palace celebrations. The show is inspired by the life and works of Anne Pratt, and will feature installations and displays of flowers and plants made from recyclable material by members of the Medway/Kent community. Plant life has been depicted by artists for centuries, and Flora will explore how nature continues to influence us today, in both creativity and wellbeing.

Visit nucleusarts.com/floraproject for more details on how you can take part!

NUCLEUS ARTS NEWS



SUPPORT NUCLEUS ARTS WHEN YOU SHOP ONLINE!

When you shop online with easyfundraising, charities can get a percentage of spend back as a donation. To support us, all you need to do is go to their website and select your chosen charity. We are listed as The Halpern Charitable Foundation.

Find out more at [easyfundraising.org.uk](https://www.easyfundraising.org.uk)

THANK YOU!

KENT CREATIVE

KENT CREATIVE MEET UPS

A simple get together for like-minded creatives and artists to chat, learn, discuss ideas and get support. Free event.

DATE: Tuesday 7th March - 10:30 - 12:30

GUEST SPEAKERS: Nathalie Banaigs

Nathalie Banaigs of Kent Creative will present the directory Culture in Kent. You will find out how it helps creatives promote their work.

DATE: Tuesday 4th April - 10:30 - 12:30

GUEST SPEAKERS: TBC

DATE: Tuesday 2nd May - 10:30 - 12:30

GUEST SPEAKERS: Edwina Jaques

Edwina will be giving a lecture about the wealth of Ukrainian culture and how the arts and artists have not only survived but flourished in a situation where life and death sits on a knife's edge.

Join us in the Meeting Point at our main centre - booking is essential due to limited spaces!

www.cultureinkent.org



PHOTOS FROM MEDWAY LIGHT NIGHTS



OUR GALLERIES

HALPERN
GALLERY



NUCLEUS ARTS STUDIO ARTISTS

3rd - 29th March 2023

An exhibition featuring work from Nucleus Arts studio artists based in Chatham.



FIBRE AND FORM - "NICE BIT OF STUFF!"

13th - 26th April

A vintage red vanity case, full of unfinished patch-worked pieces in recycled fabrics and fashions from decades past, became the basis for twelve artists using textiles to create exciting new work, taking their inspiration in many different forms and directions.



THE SPIRIT OF UKRAINE

27th April - 3rd May

Medway artist Edwina Jaques and Ukrainian artist, Gennady Pugachevsky have joined forces to bring together an exhibition that defies the pain and devastation wrought by the Russian invasion.



UNTITLED

11th - 24th May

An untitled exhibition of untitled 2 dimensional and 3 dimensional paintings by Colin Pratt.

OUR GALLERIES

HALPERN GALLERY
POP



LILIA ORLOVA-HOLMES

1st - 14th March

An exhibition of paintings by Lilia Orlova-Holmes.



EXPRESSIONS

22nd March - 4th April

Through his interpretation of the beautiful Kent landscape, Roger Mortimer's paintings express the dramatic effects of weather and light. Meet the artist on Saturday 25th March and Saturday 1st April between 11am-3pm at the Halpern Pop.



BELLA PRIMAVERA

5th - 18th April

A collection of Abstract Artworks in Resin celebrating the beauty of Spring, from artist Tanya Outen.



WHITTLE AND DAUB

26th April - 2nd May

An exhibition of printmaking and folklore by Kent printmaker, Paul Jerome. You'll meet a range of folky characters from the British Isles including the Green Man, the May Queen and the reclusive Woodwose.

OUR GALLERIES

HALPERN GALLERY
POP



BEAUTY IN THE CHAOS

10th - 23rd May

Deborah Pugh is an expressive abstract artist, whose work celebrates the chaos found in coastal landscapes, rock formations and skylscapes. The motifs and colours in her work are taken from her en plein air studies.



BLOOMING FABULOUS

24th May - 6th June

Ewa Page is a Polish/British artist based in Kent, whose work is inspired and influenced by aspects of nature and her imagination. Her work is a celebration of flowers, happiness and nature.

MORE EXHIBITIONS TO
COME THROUGHOUT
SPRING

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

www.nucleusarts.com

OUR GALLERIES

MedwayArtBox

THE MEDWAY ART BOX SEED SWAP IS BACK!

15th March - 18th April

As Spring approaches we will once again be hosting a seed swap, beginning on Wednesday 15th 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?

- Drop off artwork, seeds or seed packets in an envelope labelled 'SEED SWAP MEDWAYARTBOX' at Nucleus Arts Main Centre, Chatham or the Halpern Conservancy Building, Rochester.
- Send artwork, seeds or seed packets to: iPrintedThat, Studio 7 - The Halpern Conservancy Building, 15a High Street, Rochester.
- Or wait until Wednesday 15th March to visit MedwayArtBox with your gifted artwork and seeds!

[If you have any questions please contact vanessa.crew@nucleusarts.co.uk](mailto:vanessa.crew@nucleusarts.co.uk)



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



SPRING FARMYARD FELTING

Young at Art over 55s workshop

Have you ever wanted to learn the creative art of Needle Felting? Well, this April you can! Join Resident Artist Sofia Mac Mullen who will teach you the special technique of how to design and make your own farmyard animals using needles and coloured felts.



Book your space at www.nucleusarts.com/whats-on



JUMPSTART - EXTREME STITCHING, 'FLOWERS IN THE LANDSCAPE' WITH CAS HOLMES

19th April - 1.30 until 4pm. £25.00

We are joined by artist Cas Holmes who will explore the character and qualities of cloth, found materials for hand stitching and creating 'kneaded paper'.

This very unique workshop which will include a cup of tea or coffee from Cafe Nucleus and will definitely be one not to be missed!

nucleusarts.com/jumpstart-booking

COMMUNITY ENGAGEMENT CONTINUED ...

MPF'23
MedwayPrintFestival

COMING THIS SUMMER

This years Medway Print Festival is taking place between 3rd - 18th June and we will have printing workshops for you!

You'll get the opportunity to design and produce your own artwork to print and take home with you.

Keep an eye on our website for workshop listings. For adult workshops go to Young at Art, JumpstART and Social Art. For under 18s workshops go to Teen Art, Mini Nucleus and Lego and Art Club.



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.

YOUNG AT ART

SOCIAL ART

JUMP stART

CHAT! CONNECT! CREATE!

**ADULT
GROUPS**

**KIDS &
TEENS
GROUPS**

LEGO CLUB

MINI NUCLEUS

TEEN ART

DIGITAL TEEN ART

RESIDENT ARTIST NEWS



EXPLORE AND DRAW EXHIBITION

Explore and Draw at the Royal Engineers Museum, Brompton, Gillingham.

4th April to 25th June 2023.

Opening celebration: 5th April 2023, 6.30pm - 8.30pm (All welcome)

Resident artist Luna Zsigo has created and directed this exhibition following an event that involved a Medway and Kent based artists' visit via Explore and Draw to the Royal Engineers Museum in 2021.

The artists have been working on their pieces for eight months and this show is likely to be stimulating as well as complimentary to the museum's own exhibitions. For some of the artists it has been a very personal journey, as they delved into the subjects and artefacts on display in the museum.

There will also be a large and impressive installation which all the artists collaborated on.

 re-museum.co.uk/whats-on  lunazsigo.com/explore-and-draw



RESIDENT ARTIST NEWS



Funny Women

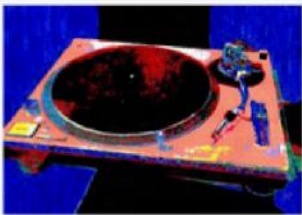


The ladies at the STAND UP TO STAND OUT workshop on the 22nd February.

FUNNY WOMEN WORKING WITH THE MEDWAY COMMUNITY

On the 22nd February, Funny Women, ran a STAND UP TO STAND OUT workshop in partnership with Medway Champions and Midkent College at McLeoad's Restaurant at the college. Everyone had a good laugh and all the participants did a short comedy routine at the end. Well done everyone.

On the 22nd March, Lynne Parker, Funny Women's CEO, who is the North Kent Area Lead for the FSB is collaborating with the FSB celebrating International Women's Day 2023 by discovering 'HOW TO HAVE FUN AT WORK' which includes a workshop, panel discussion and live comedy. This will be followed by a panel discussion, chaired by FSB's national lead for women Deborah Turner, about how we can have a voice and take a lead in the workplace with guests from business and politics. Panellists include Kelly Tolhurst MP, Cllr. Lauren Edwards, Lynne Parker and Zoe Cairns. The evening will conclude with headline comedy from Zahra Barri. The venue for this event is the wonderful Chatham Dockyard and tickets can be purchased [here](#).



Jonathan Ash

decks

Feb & March 2023



and



Rainham Library

ducks

and other prints

A very mini display of prints of original paintings by colourblind Rainham artist Jonathan Ash.

Mon, Thur & Fri: 9am to 6pm . Tues: 9am to 7pm . Sat: 10am to 4pm . Wed & Sun closed
All prints and cards are for sale: payment at library desk.

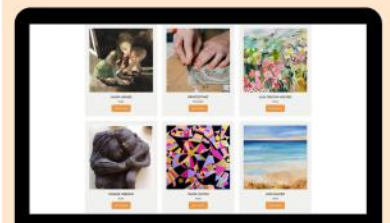
JonathanAshArt.com

JonathanAshArt@gmail.com

07784 307107



Discover more of our studio artists and creative businesses at www.nucleusarts.com/artists

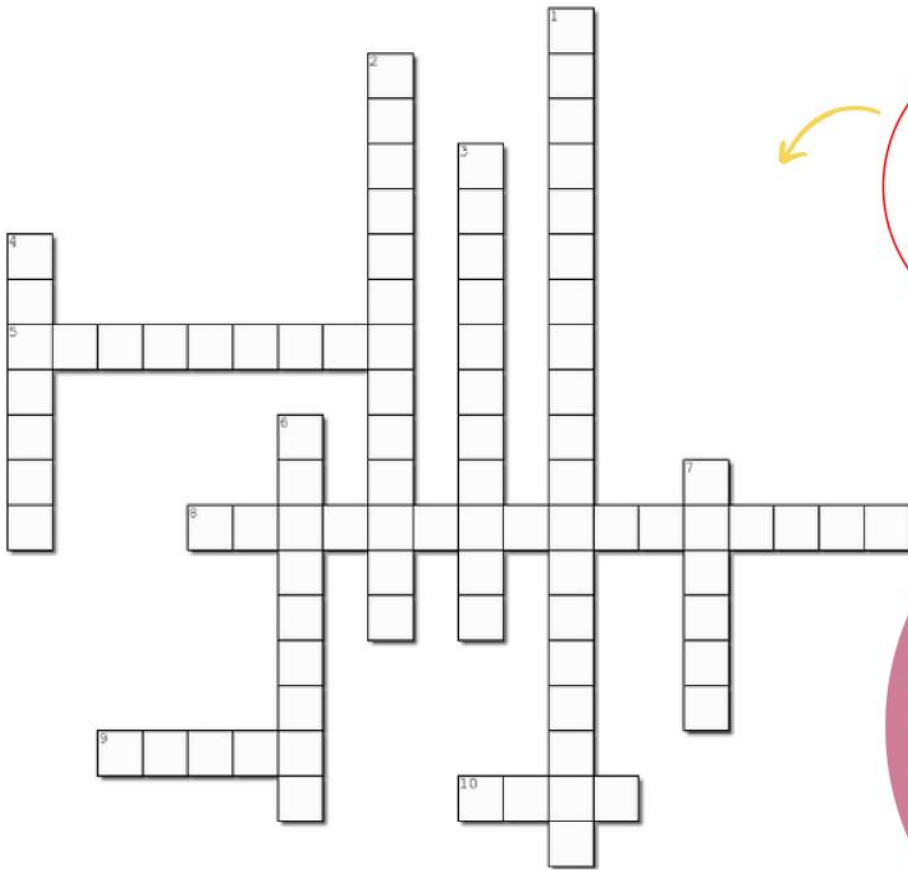


SPRING COLOURING





PUZZLES



Riddle me this...

What goes up when the rain comes down?



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 5. The Boat Race is an annual event between which Oxford and which other university?
- 8. Which sport do the New York Giants play?
- 9. In karate, what colour belt comes right before black?
- 10. In which sport would you commonly use the terms; chukka, neckshot and millionaire's shot?

Down

- 1. Follower and rover are positions in which sport?
- 2. What is the national sport of Japan?
- 3. What country is Roger Federer from?
- 4. Which sport takes place in a velodrome?
- 6. Who performed at the Super Bowl LV half time show in 2021?
- 7. In which city did the first modern Summer Olympic games take place in 1896?



ROALD DAHL CHARACTERS



W _ L _ Y _ O _ K _
 _ A _ I _ D _ W _ R _ W _ O _
 G _ O _ G _ K _ A _ K _
 _ O _ H _ E
 G _ A _ D _ A _ O _

M _ F _ X
 _ I _ S _ S _ I _ E _
 T _ E _ W _ T _
 _ R _ N _ H _ G _ W _ T _ H
 V _ R _ C _ S _ L _





WORD SEARCH



DOGS ON SCREEN

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

- HOOCH
- BRUISER
- ZERO
- TOTO
- BEETHOVEN
- LADY
- MARLEY
- BENJI
- PLUTO
- DUG
- SHADOW
- EINSTEIN
- GEORGETTE
- PONGO
- LASSIE
- PADFOOT
- SNOOPY
- SANDY

Play this puzzle online at : <https://thewordsearch.com/puzzle/5032086/>



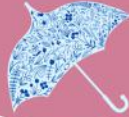


PUZZLE ANSWERS



Riddle me this...

An Umbrella

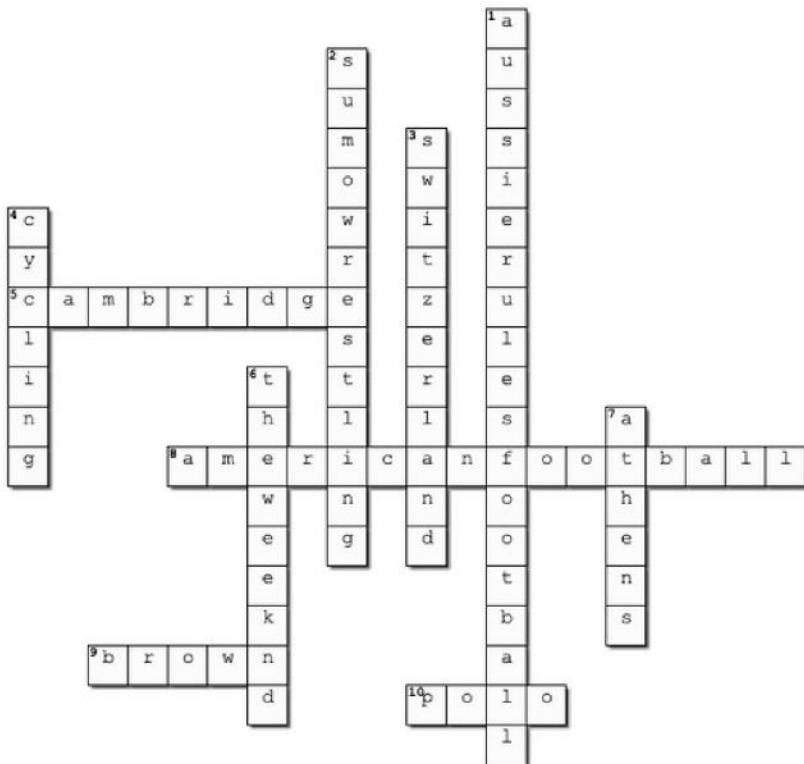


ROALD DAHL CHARACTERS



WILLY WONKA
 MATILDA WORMWOOD
 GEORGE KRANKY
 SOPHIE
 GRANDPA JOE

MR FOX
 MISS SPIDER
 THE TWITS
 GRAND HIGH WITCH
 VERUCA SALT



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

@nakedproductscos • 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 look after your mental health. Scan the QR code to go to the website:

Better Health every mind matters

nhs.uk/every-mind-matters

mind
for better mental health

mind.org.uk

kooth

kooth.com

YOUNG MINDS

youngminds.org.uk

Medway
COUNCIL
Serving You

medway.gov.uk/info/200231/mental_wellbeing/569/healthy_mind

Porchlight
Changing attitudes • Changing lives

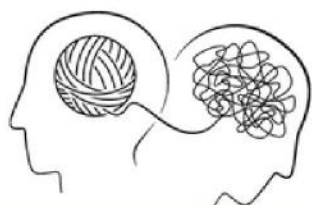
porchlight.org.uk

Gillingham
Street
Angels

thestreet-angels.org

MEGAN CIC
Your Voice In Mental Health

megancic.org.uk



Your mental health is a priority





SUPPORT



LOCAL ORGANISATIONS PROVIDING MONEY MANAGEMENT & OTHER PRACTICAL HELP



All Saints Community Project Trust

The Magpie Centre,
Chatham
Open: Mondays-Fridays
10am-1pm

Support and advice with:
·Applying for benefits
·Completing forms
·Foodbank vouchers
·Practical crisis relief including emergency help with gas and electricity
Call 01634 845419 to book an appointment.

Volunteer Run Café:
Mondays-Fridays 10am-1.30pm

allsaintscommunityproject.org.uk

Second Chance Medway (Food Aid)

105 High Street, Chatham
Open: Mondays-Wednesdays 9.30am-3.30pm, Tuesdays, Thursdays and Fridays 11am-3.30pm

Fair share food, toiletries and cleaning products at affordable prices.
Additional help with financial challenges available by appointment.
T: 01634 408840

Email:
office@2ndchancemedway.org

Citizens Advice Medway

Kingsley House,
Gillingham
Open: Mondays-Thursdays
9am-8pm.

Information and guidance on:
·Money Advice & Debt Management
·Medway Foodbank Advice
·Benefits Calculator
·Budgeting support
·Outgoings tips
·Energy Advice
·Pro Bono Solicitors
·Form Filling
·Veterans' Housing Advice
·Online self help
Call 01634 838760

medwayadvice.org.uk

Medway Council (Housing)

Kingsley House,
Gillingham
Open: Mondays-Thursdays 8.30am-5.15pm and Fridays 8.30am-4.45pm

A service providing information about housing options in Medway. This service is by appointment only.
Call 01634 333600 to make an appointment.

medway.gov.uk/housing

Christians Against Poverty (CAP)

A freephone helpline Tel:
0800 328 0006
Open Mondays-Fridays
9am-5pm.

Advice and support with:
·Debt
·Budgeting skills
·Jobs
·Lifeskills

These services are also offered by CAP at various churches throughout the nation

capuk.org

Green Doctors

Tel: 0800 233 5255
Open Mondays-Fridays
9am-5pm

Help for anyone concerned about gas and electricity bills who is on low income, has long term health condition, is disabled, over 65 or has a child under 5. It includes:
·Accessing Warm Home Discounts
·Applications for grants with energy or water debts
·Prepayment meter support
·Reducing energy bills
·Switch energy providers
·Warm Home Discounts

south.greendoctors.org.uk

The Salvation Army

Church Street, Chatham
Tel: 01634 843689

A One Stop Hub on Wednesdays 10am-2pm providing support with:

- Benefits
 - CV writing
 - Employment
 - Cooking on a budget
 - Money management
- There is also access to:
- Bags of Hope (help with groceries – application forms available from the above address)
 - Clothing Bank
 - Medway Task Force (Fire, Police, Job Centre and Social Services)
 - Support with drug and alcohol issues
 - Sexual healthcare

The One Stop Hub also provides hot drinks and lunch

chathamsa.org.uk/