

Reach Supporter News

Autumn / Winter 2019

reach



Welcome



Most of us yearn to belong to a community, to have a good place to live, surrounded by friends and to feel valued for the contribution we make to that community. Sadly, such simple things are too often out of reach for people with learning disabilities.

In this newsletter we've tried to give a flavour of how, with the help of our supporters, we enable people to make vital social connections, to feel a sense of belonging and self-worth, and to explore new horizons. At the same time we work to promote greater understanding of what people with learning disabilities can achieve when barriers to participation are removed.

As I write we are busy planning our Anniversary Service at Southwell Minster in December. All supporters should receive an invitation shortly. If you don't hear from us please contact the **Fundraising team on 01636 819066**.

Excitingly, in our 20th year, we are now close to making the 'good place to live' a reality by building quality accommodation in Southwell – one of our founders' original aims. As we look to the next 20 years, we know that with supporters like you we can continue to create opportunities for people with learning disabilities to take up their place in the community and to help build a better future.

Steve Shatwell, Chief Executive



Reach Holiday

This June, 64 people went on the Reach holiday to Gunton Hall in Suffolk. A fun time was had by everyone who took part. We enjoyed trips to the beach, dancing in the evenings as well as lots of onsite activities at the Warner Village, ranging from archery and shooting to bowling and lots more fun in the sun.

Reach holidays offer the chance to feel more independent, have fun and develop new friendships, leading to an enhanced sense of wellbeing and many happy memories. For some, our holidays are the only opportunity to be away from family and may be their only break of the year.

Val, Katie's mum said

"Katie gets very excited and can't wait for her weekend to go away, gain some independence and join in all the activities. For us it's an opportunity to have a welcome break to get away knowing we don't have to worry about Katie as the care is excellent"



Friends of Reach

The Friends Of Reach Newark are a small group of hard-working family carers and supporters who volunteer throughout the year raising vital money for Reach.

Each year the group host Christmas and Easter Fairs as well as attending events in the local area to sell hand-made items in cafes and shops in Newark and surrounding areas.

This summer the group hosted their second craft workshop with over 15 clients attending. They made bird feeders and other crafts.

As well as their work as a group, they also help out at other organised events such as this year's Newark Half Marathon.

This is a very special and very much appreciated group of hard working, caring and supportive people. Without such wonderful volunteers our work would not be possible.

We would love to set up a similar group in Southwell and Mansfield. If you feel you and your friends would like to get involved contact Sarah at sarah.cobb@reachuk.org



On Track for the Future



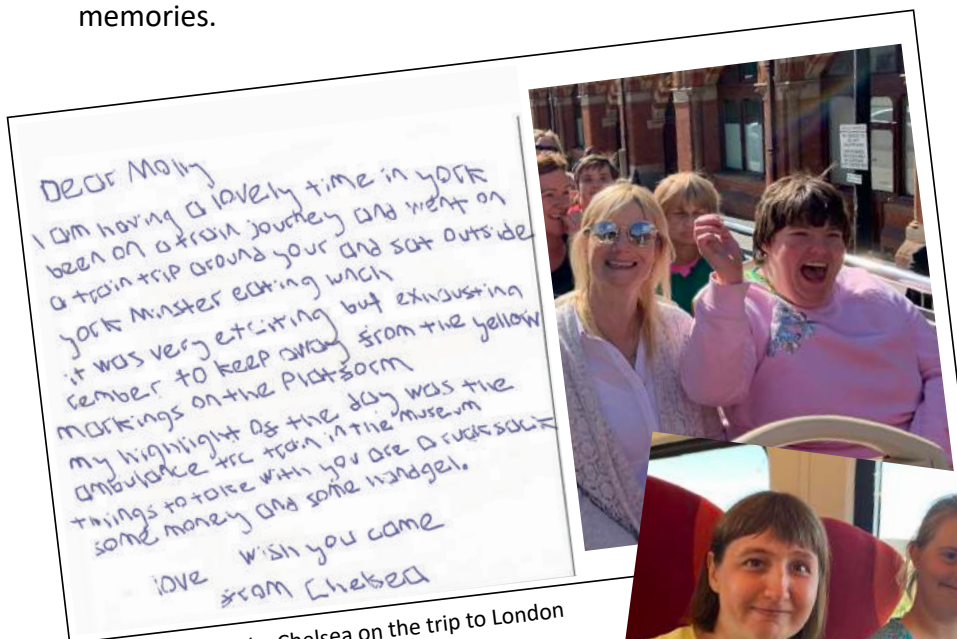
Train travel is something that many of us take for granted. But buying tickets online, loud noises and being misunderstood or ignored are real fears which prevent many people with learning disabilities from using public transport. Recently, groups from Reach Newark and Reach Southwell went on day trips by train to York and London. For one of our members of our Southwell Women's Group, this was the first time she had ever been on a train.

In preparation for the trips, our groups have been learning about types of public transport, researched places to visit and thought about risks associated with public transport and how to stay safe. We were given a warm welcome when we visited Newark Northgate station where LNER staff helped us to learn about buying tickets, reading timetables and where to go for help.

In York, our groups spent time at the Railway Museum; Sandy said "I had a lovely time in York. Weather was dry with a bit of rain, visited museum. Love being with my friends. Looking forward to our next trip. Enjoyed the carousel and York wall". In London, our groups enjoyed an open top tour of some of the sights of London and visited the British Museum and Buckingham Palace.

"I did feel a bit nervous but I did like having a very nice time"
Sarah

The trips were made possible by a grant awarded by the LNER's Customer and Community Improvement Fund and our groups were well supported by Reach Care and our wonderful volunteers. Thank you LNER for helping us to enjoy new experiences and make wonderful memories.



Postcard written by Chelsea on the trip to London



Jenny and Amelia on the train to London

If you think your organisation could help to broaden the horizons of people in Nottinghamshire with learning disabilities, please contact Laura laura.carr@reachuk.org.

Ways to keep up to date

Follow us on Social Media:



@ReachLearningDisability
@ReachLDCare
@flowerpodsouthwell
@reachcafebalderton



@reach_ld
@FlowerPodReach



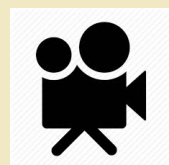
reach_learning_disability
flowerpod_official



To keep up to date with our work head over to:
<https://www.reachuk.org/opt-in/>
where you can select what you would like to hear about and how.

We offer tours and talks to local groups in the beautiful setting of Flower Pod. Call Jane on **01636 918271** to book.

View and share our short film series showing the work we do
www.reachuk.org



Did you know we can offer presentations to local groups about the vital work we do. Call **01636 819066** to arrange.

Sing Together



Thanks to funding from the J N Derbyshire Trust which supports community and voluntary groups in Nottingham and Nottinghamshire working to improve their communities, we have been able to

to run 'Sing Together' classes for clients at Reach Newark and Reach Southwell.

Amelia has been taking part in 'Sing Together' for around 18 months now and says she enjoys it because it makes her happy as she gets to dance with her friend Sarah to her favourite song 'Super Trouper' by Abba.

Susanna, Project Coordinator said, "Amelia is so relaxed and confident now; singing is so inclusive"

Singing as a group helps to improve communication skills and enables clients to voice their preferences over which songs they sing each week. Singing also provides physical benefits; improving breathing, posture and circulation.

Our singers are working together on a joint performance for our 20th Anniversary service. Catch them if you can!

Flower Pod Open Day

We were pleased to welcome over 250 visitors to our first Flower Pod Open Day in July.

Thank you to everyone who visited the site and took part in Tours & Talks, you helped raise over £500 through a raffle and refreshments.

Flower Pod clients showed visitors around and demonstrated skills.

Thanks to everyone who baked so that our visitors could enjoy a cuppa and a slice of cake, soaking up the relaxing atmosphere of the garden.

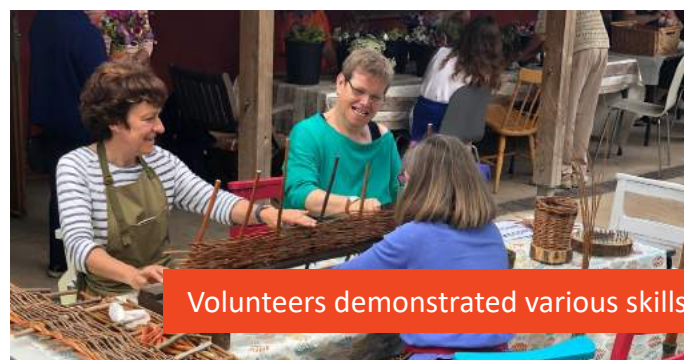
One Flower Pod Volunteer, Theresa said "The Open Day was truly wonderful, I know myself and many others enjoyed being part of this great day. Flower Pod is a truly special place and visitors got the chance to see it at its best".

Keep in touch with the work we do by filling in our 'Keeping in Touch form' at <https://www.reachuk.org/opt-in/>

We always have various volunteering roles available at Flower Pod. **Call Jane on 01636 918271** for an informal chat about how you can get involved.



Bex welcomed visitors at the open day



Volunteers demonstrated various skills



Tours & Talks hosted by staff, clients and volunteers

Deerstock Music Festival

Over £3000 was generously donated to Reach from organisers of the Deerstock Music Festival at Newton. Reach and Flower Pod hosted their free Floral Headband stall at the festival, attracting people of all ages. Dried and fresh flowers were woven into fabric plaits.

The family friendly music festival has run for many years, and for the past few years the festival organisers have donated to Reach. We are very grateful for their continued support. We would also like to thank all the clients, staff and volunteers who helped out over the weekend.

Thank you also to The National Grid team who helped to set up lots of marquees for Reach as part of the festival.

Call Jane at Flower Pod on **01636 819066** to talk through our diverse Corporate Responsibility Volunteering opportunities at Flower Pod.



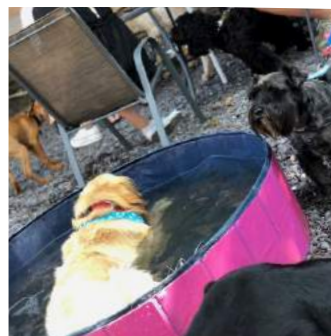
The Lord Nelson, Winthorpe

The Lord Nelson Pub in Winthorpe have been busy raising money for Reach as their chosen charity for 2019. They kicked off the year with a duck race attended by lots of villagers who cheered their ducks on as they moseyed down the stream.

Next on their events calendar was their annual Winfest, with local artists performing across the weekend. Reach Newark's Friday night social joined them for an evening of singing and dancing. Also on offer were free facials and makeovers.

Their most recent fundraising event was their first ever Dog Show. The garden was filled with families and their four legged friends, with doggy water poured out of a barrel, doggy pick and mix for sale and also a very well used doggy paddling pool. Categories ranged from waggiest tale to dog that looked most like its owner.

If you would like to support Reach as your charity of the year we can help promote your good work. For help and advice on raising money for Reach call Sarah on **01636 819066**.



Big Give - Donate online to our appeal and see your donation doubled! 3rd - 10th December

This year, we are again taking part in the Big Give Christmas Challenge. When you donate to us through the Christmas Challenge 2019, your donation is matched making it worth twice as much. So **£10** becomes worth **£20**...making a huge difference to the lives of people with learning disabilities in our community.

We are raising funds for our My Place Appeal to enable more people with learning disabilities to feel a part of their community, to be confident of being listened to and valued as an equal citizen. **The right to a community life is a recognised human right for everyone.**

Grace's story

"Grace came to us in 2019. She has a severe learning disability, Down's Syndrome and communication difficulties; she communicates using assistive technology via an iPad. When Grace first came to us, we had to find a way for her to get the best out of coming to Flower Pod, tap into her potential and find her tasks that were appropriate but meaningful. Because we were able to provide personalised support for Grace, she has literally blossomed at Flower Pod. We have purchased specific gardening equipment which has enabled Grace to take a more active part in gardening such as a new pram-handled, two-wheeled barrow which is easier for her to manoeuvre than a traditional wheelbarrow. We have discovered she has an incredible talent for flower arranging – she takes great care in selecting the flowers she uses in her floral creations. She has progressed from arranging a small jar of flowers to using the skills she learnt at Flower Pod to do the flowers for her village hall during their Open Garden weekend. Grace's story shows how gaining skills and confidence opens up new opportunities to take part in community life." Tracey, Flower Pod Client Services Lead

Our target is £30,000 – by donating during Christmas Challenge week you will be enabling more people like Grace to gain skills and build confidence to take up their place in the community. So please 'save the date' for 3rd and 10th December to make sure you don't miss out on the chance to get your donation doubled.

Donate online to our appeal between **3rd – 10th December** and get your donation doubled!

To find out more, see www.reachuk.org/fundraising/big-give-christmas-challenge/.



Grace at Flower Pod

One donation, twice the impact

How it works:



Donate online
between
3rd -10th Dec



Your donation
will be doubled



One donation,
twice the impact

Getting Involved

Volunteers needed, can you help?



Reach Mansfield, located in the St John's centre in Mansfield, supports people with learning disabilities to make a good life for themselves in the community.

We are looking for volunteers to support tutors in classes on either Tuesdays, Thursdays, Fridays or on all 3 days. You will be supporting clients in a variety of activities at Reach and within the local community.

We are a friendly, welcoming team who genuinely value what our volunteers bring, and you will have the support of our centre manager and staff team.

For more information contact Zelma via phone **01623 232748** or e-mail Zelma.hutchinson@reachuk.org.

Reach Cafe, Balderton

A warm welcome awaits you at our new community cafe. Reach Cafe, based on Balderton Playing Field opened its doors in May and welcomes dog walkers and families as well as regular activities, such as weekly Caterpillar singing sessions and buddy mornings supported by Balderton Sainsbury's. We have recently started serving hot food and a broadened menu. We also offer catering for local businesses and special occasions.

We were delighted when Reach Cafe received a generous donation from Holy Trinity Football Club who hosted a charity memorial football match against The Newark Post Office Team, in memory of former player Jason Ginnelly. A cheque for £1231 was presented to Megan, Cafe supervisor, and Reach clients Oliver and Kirsty.

**Pop in and see us - the Cafe is open Monday to Friday
8am - 4.30pm, Saturday and Sunday 9am - 4pm.
01636 819066**



Follow the Cafe on Facebook to keep up to date with our events



@reachcafebalderton

Events Diary

Workshops September/October

Ready for the future workshops
Supported by Actons Solicitors.

For family carers:

(Free) Setting up a Trust

8th October, 6.30pm - 7.30pm.

**For more info and to book call
Laura on 01636 819066.**

Quirky Quiz 12th October

Southwell Golf Club.

£10 per person.

Includes yummy food, raffle
and games, start time 7pm.

**Call Flower Pod 01636
918271 to book tickets.**



Quirky Quiz

Saturday 12th October, Southwell Golf Club, 7pm

Sale for Flower Pod 6th November

Two's Company closing down
sale, 9.30am - 3pm, Mulhouse,
Loughbon, Orston. Choose
Flower Pod at the till and
50% of your purchase will be
donated to us.

Southwell Late Night Shopping 28th November

Flower Pod will be at the late
night shopping event, selling
beautiful hand made crafts.
5pm - 8pm

Santa Run 1st December

Santa Run, at Sconce and
Devon Park in Newark. Enter
online at www.reachuk.org
from end October. Family
friendly event, dogs welcome,
fancy dress competition
prizes.



Flower Pod Workshops

Our popular Flower Pod
Christmas wreath and garland
workshops are taking place
on: 3rd, 5th, 10th, 12th and
17th December

All workshops will run from
6pm - 8pm.
£35 to make a wreath, £40 to
make a garland.

**To book call Tina on
01636 918271.**



Big Give 3rd-10th December

From 3rd - 10th December
money donated to our Big
Give Christmas appeal will be
doubled. We are raising vital
funds to support people with
learning disabilities to enjoy
community life.



Christmas Fair 7th December

Newark Christmas Fair will
feature its usual craft stalls,
cake stall, tombola and raffle.
Barnbygate Methodist Church
Hall. 10am - 12pm.



Contact Details

Reach Southwell and Head Office Prebend Passage, Southwell, Nottinghamshire, NG25 0JH, 01636 819066

Reach Newark Hawtonville Community Centre, St Marys Gardens, Newark NG24 4JQ, 01636 671939

Reach Mansfield St John's Centre, St John Street, Mansfield, NG18 1QH, 01623 232748

Flower Pod Brackenhurst Lane, Southwell, NG25 0QL, 01636 918271

Reach Learning Disability Care CIC Hawtonville Community Centre, St Marys Gardens, Newark NG24 4JQ, 01636 919946

Reach Cafe Coronation Street, New Balderton, NG24 3BD, 01636 702624



Visit our website for more information, www.reachuk.org.
Charity Number 1076318.