

Reach Supporter News

Spring 2020

reach



Despite having to temporarily close our centres we want to bring you positive news about all we are doing to support people with learning disabilities to feel safe and supported through this difficult time.

Our expert staff are working hard in new ways to support people with learning disabilities and their family carers to stay safe, well and connected to Reach and the outside world. This week alone we have reached out to our most vulnerable families, delivering 'wellbeing packages' to meet practical needs. Staff are making vital telephone calls to clients and family carers, providing advice and guidance, supporting learning in the home and spending time talking and listening. In addition, our staff with the right skills, training and experience are helping Reach Care to provide essential care support.

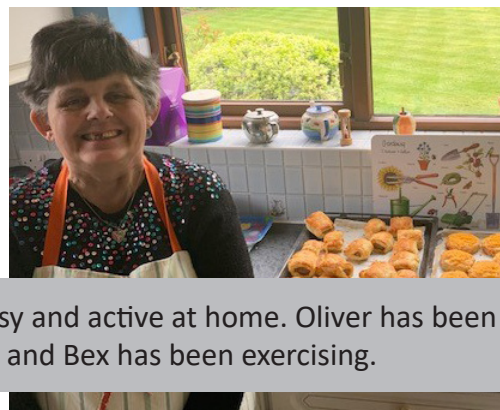
We will continue to refine our plans to help those most in need but things are moving quickly so please

see our website for more updates www.reachuk.org.

As many of you will be aware, we have seen much of our planned income for 2020 dry up before our eyes and we urgently need funds. On page 5 you can find out more ways to support us through our Crisis Appeal 'We can't do this alone' and just how important regular donations can be in helping us to be prepared for unexpected financial shocks like the Coronavirus Crisis.

On a personal note I would like to thank our wonderful staff, trustees, volunteers and you - our community. We couldn't have achieved what we have to date without you and your continued support gives us hope for the future.

Steve Shatwell, Chief Executive



Here are some of the ways our clients have been keeping busy and active at home. Oliver has been gardening, Sarah has been baking, Chelsea has been crafting and Bex has been exercising.

Reach Holiday

Long before we had heard of terms like “social distancing” and “self-isolation”, we enjoyed our twenty fifth supported holiday in January. Everyone had a fantastic time and the damp weather certainly did not dampen our spirits. We enjoyed a day trip to Lowestoft, rifle shooting, swimming, archery and long walks on the beach. By evening we danced the night away with our friends. 33 clients, 12 support staff and 6 staff volunteers all enjoyed the trip.

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 and we look forward to planning for future holidays. In the meantime, we have these fantastic memories to look back on and help us to stay positive.



This was Jamie’s first holiday and he kindly wrote us a review, saying:

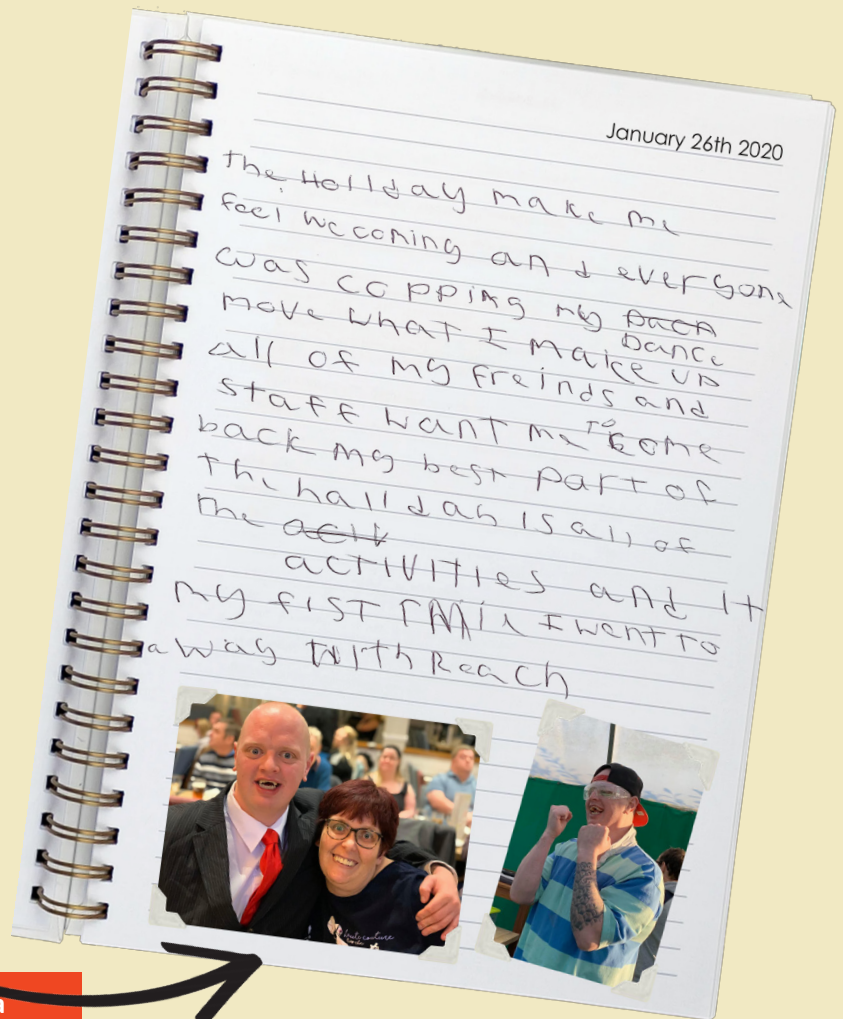
“at first I was a little scared but when we got there I was fine” and “all of my friends and staff want me to come back my best part of the holiday was all of the activities”.



Kirsty also went on the holiday and had a great time!

“Kirsty really looks forward to her two holidays a year with Reach. She is buzzing when she arrives home. She has become much more confident and outgoing since she started going on the holidays. It gives us a break and helps Kirsty to gain more confidence in her step towards independence”

Marlene, Kirsty’s Mum



“I miss my family when I am away but it is nice to come home to them. Everyone on the holidays always has a great time and we all get on really well together”

Kirsty

Funded Projects

Carers Matter

Hello, I'm Catherine

I'm running a new project for family carers of people with learning disabilities. The project is aimed at carers who are aged 50 years+ to help people plan for the future, have time for themselves, and meet others facing similar challenges. Right now, I'm focusing on supporting carers who are in urgent need due to the coronavirus crisis including helping people stay connected by telephone and online. We'll put details on our website soon, but please do e-mail me at Catherine.shatwell@reachuk.org if you'd like further information. We are grateful to the Nottinghamshire Freemasons for funding this project over three years.



Catherine at our Anniversary Service

ROSE project

Reach are pleased to be running the Reach Out Stop Exploitation project (ROSE). It is funded by the Samworth Foundation as part of their Young Voices initiative, which aims to develop ways of working with young people to keep them safe from sexual exploitation. There are six projects nationwide and the ROSE project is the only one concerned with the needs of people with disabilities.

Reach clients from across all our centres have volunteered to become peer mentors, undergoing comprehensive training in awareness of sexual exploitation and how to deliver the message. The mentors have prepared a range of training materials, which they deliver to school groups, colleges and day service provision, on what good relationships are, how to stop bad ones, how to stay safe and online risks. They have also developed a workbook to support the sessions they deliver. They visit organisations in teams of three and are supported by a staff member.

They are also developing training to deliver to workers and a session for family carers.

At the moment the ROSE mentors are staying in touch using a closed Facebook Group and the project team is working on various communications.

To find out more visit

<https://reachuk.org/projects/rose/>



Ways to keep up to date

To keep up to date with Reach's response to coronavirus please visit www.reachuk.org where you will find useful links, updates and links to our 'Reach Coronavirus Crisis Appeal'. For more information please email **Laura Carr** at Carr@reachuk.org

We have set up a Useful Coronavirus Resource page on our website designed to help you to easily find information that we have gathered from around the web. <https://reachuk.org/about/coronavirus/>

Follow us on Social Media:



@[ReachLearningDisability](https://www.facebook.com/ReachLearningDisability)

@[ReachLDCare](https://www.facebook.com/ReachLDCare)

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@[reachcafealderton](https://www.facebook.com/reachcafealderton)



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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.

View and share our short film series showing the work we do

www.reachuk.org



Reaching Beyond Expectation

We were delighted to attend Mansfield Rotary Club's annual Courage Awards earlier in March where Marwa who attends Reach Mansfield received her award presented by John Bilzon, Mansfield Rotary Club President. Marwa was nominated for exemplifying moral and spiritual courage in the face of personal adversity and difficulty. Marwa joined Reach Mansfield in May 2018 after coming from Syria in 2016 with her mother, Hafsah, and her sister, leaving friends and family behind. She has cerebral palsy and also finds it difficult to communicate using words. However, she has not let her disability hold her back and has made lots of friends at Reach. Maria, Centre Manager at Reach Mansfield says "we hardly ever see Marwa without a smile." Marwa enjoys dancing in the performing arts session, cooking and making some terrific crafts. In the future, she hopes that she will continue to attend Reach. Our thanks go to Mansfield Rotary Club for inviting Reach to take part in the event.



Flower Pod in the community



The Community Involvement team sent us this picture saying the daffodils are helping the hardworking staff to keep smiling at this difficult time

Last year two of our volunteers asked Flower Pod for ideas to help bring the courtyard at King's Mill Hospital to life. The idea quickly gained momentum and so in autumn we launched a partnership project with Sherwood Forest Hospitals' Community Involvement team to help design a calm and tranquil environment at the heart of the building for patients,

family and staff to enjoy. They also wanted to explore ways in which they could use the space in rehabilitation work with stroke patients. Although the project is on hold for now, spring has definitely sprung at King's Mill and the daffodils planted by our clients and volunteers in October are looking beautiful. In the meantime we're getting busy designing the planting around five themes of touch, sound, smell, wellbeing and wildlife. We're looking forward to showing our ideas to the King's Mill team and eventually getting planting. Our hopes and plans for the future help us to stay positive during this crisis.

We send all our best wishes to our friends at King's Mill.

We are grateful to the Nottinghamshire County Council Local Improvement Scheme for their support in strengthening our community involvement and volunteering work.

Sam - Horticultural Lead, Flower Pod

supported by



Reach Crisis Appeal - We can't do this alone

Coronavirus has affected every aspect of our work; forcing us to close our centres, cancel our popular socials, and watch much of our planned income for 2020 dry up before our eyes. Enormous challenges lie ahead. But with your help we are determined to continue meeting the needs of some of the most vulnerable people in Nottinghamshire today.

Many of the people we support live at home with older family carers, others live alone and so are potentially very isolated. We know people who feel traumatised by the loss of their social contacts and routine, who urgently need basic supplies, and who face risk of poor emotional and physical health.

Our expert team have quickly responded to the crisis and are developing new ways to provide practical support. Here is a taster of how we have been helping clients and family carers adjust and stay safe and well:

- Delivering 'wellbeing packages' full of learning activities, resources and practical advice
- Weekly welfare telephone calls with clients and families to identify concerns and find solutions
- Rolling out online learning and social activities using digital technology and helping people get online safely.

"A big thank you to all the team involved with the online sessions. James becomes very animated at seeing his Reach friends and staff."

Claire, Family Carer



Thanks to everyone who has donated so far you have helped us make progress towards our £10,000 target. Your gift will help people with learning disabilities to cope, stay safe and stay connected in the weeks and months to come. You really will make a difference.

Please visit www.reachuk.org to donate today.

£10

could fund two in depth welfare calls with our expert staff team



£25

could pay for one day's running costs to keep our Reach van on the road to respond to urgent need



£100

could fund 10 'wellbeing packages' tailored to individual needs



How regular gifts help

Making a regular gift to Reach helps us to plan with confidence and be ready to quickly respond to people's changing needs in uncertain times.

To make a regular gift please either go to our website www.reachuk.org or download a standing order form [here](#). If you would rather receive a form by email or post please contact sarah.cobb@reachuk.org.

You can be assured that your gift will help us be here for people with learning disabilities and their families in the years to come.

Gemma's Story - Reach Newark Tutor



Like many of us at Reach, I joined as a volunteer seven years ago supporting a social group to create a carnival float in Newark. I realised how creative, fulfilling and inspiring Reach is and I knew right away I wanted to be a part of it. I currently teach creative communication, sewing and craft and I'm looking forward to teaching pottery and music as well when things get back to normal.

Since we had to temporarily close our centres, I've been very busy. Most of my time has been spent developing keep in touch materials like a newsletter and learning activities for clients to use at home. I recently helped run a craft class via video conference – it was lovely to see the smiles on clients

faces at seeing their Reach friends again. I'm also making regular welfare telephone calls to a group of clients and their family carers and look forward to chatting with them each time. For some clients, talking on the phone can be difficult but knowing them well I can help put them at ease and chat about things that interest them.

'I really enjoyed talking to Gemma on the phone'

Oliver

Last week I talked to Emma and her Mum, Joy. Emma normally attends my sewing class at Reach Newark and when we had to close, we were part way through a project to make a puff patchwork

blanket. When I talked to Joy she told me how much Emma was missing this so I called our Centre Manager for advice – I knew this was important for Emma's wellbeing and wanted to see if there was anything we could do. Within a matter of hours, one of my colleagues had collected Emma's project and some supplies from Reach Newark and delivered them safely to Emma's house.

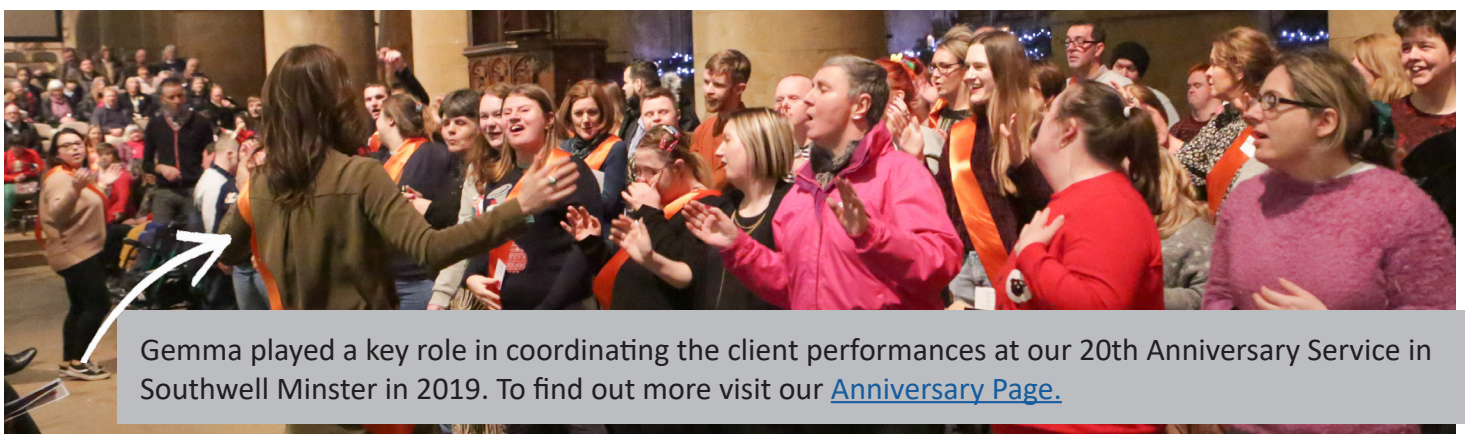
"I was amazed at the speed in which we received Emma's sewing. You are all doing a great job, thank you, I don't know what we would do without Reach"

Joy

These are the sorts of activities we've been offering clients to provide some continuity so they know that Reach is still here for them. I'm looking forward to seeing Emma's finished project. We're all doing as much we can to help our clients continue with their learning and feel connected.

Gemma

To help our expert staff like Gemma continue to support people with learning disabilities and their family carers through this crisis please go to www.reachuk.org and donate now.



Gemma played a key role in coordinating the client performances at our 20th Anniversary Service in Southwell Minster in 2019. To find out more visit our [Anniversary Page](#).

Fundraising and keeping in touch



My name is Sarah and I am a Fundraising Officer at Reach. I run our fundraising events as well as helping our wonderful supporters to host their own events.

Please note that all planned fundraising events up to the end of June have been cancelled or postponed due to the Coronavirus. For more information please see individual events listed on our events page.

In light of the current Crisis situation I will be focusing more on supporting our Crisis appeal and sharing wonderful stories on social media of all the creative ways Reach are staying connected.

See below for contactless ways you can help support Reach without leaving the house.

I'm just a phone call or email away if you want help with ideas, support or have an idea to share. Feel free to call me on **07729 102266** or email sarah.cobb@reachuk.org

*Thank you!
Sarah*

Contactless ways to support Reach

You can support us while you shop (at no extra cost to you) through the following schemes:

Amazon Smile - www.smile.amazon.co.uk
Easy Fundraising - www.easyfundraising.org.uk
Give as you Live - www.giveasyoulive.com
See their websites for details or contact us.



amazonsmile
You shop. Amazon gives.



Robin Hood Lottery is an exciting weekly lottery that raises money for good causes in Mansfield district. All good causes supported by the lottery will benefit Mansfield district and its residents.

Support the Reach Mansfield centre by entering the Robin Hood Lottery, and you could win up to £25,000! See our website for more details. <https://reachuk.org/fundraising/ways-you-can-help/>

Contact Details

Unfortunately all of our centres have had to close during the Coronavirus Crisis. Please see our social media pages (details on page 3) or visit our website www.reachuk.org for updates. For urgent enquiries you can contact us via our website contact page or call 01636 819066.

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

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

