

# Reach beyond....

Hello to you all. This week many of us have been thinking about the first thing we will do when we are out of lockdown, and over and over we have heard the phrase "give my friends a big hug!". Isn't it funny how in these strange times, we are able to really think about what is truly important to us....and that is people, you people! Take some time to enjoy looking at the links in this newsletter and the activities in the pack, knowing that your friends are doing the same and thinking of you....

## Armchair travels....

If you're bored of lockdown strolls in the local park, try 10 of the best virtual tours of the world's natural wonders! From The Grand Canyon in USA, to The Giants Causeway in Northern Island, and even Everest. Click on the link below and let your travels begin....

<https://www.theguardian.com/travel/2020/apr/06/10-best-virtual-tours-of-worlds-natural-wonders-everest-patagonia-grand-canyon-yosemite>

Then, complete the activity in this pack and tell us about your favourite holiday destination, or where you visit first when you get chance!



## What are you watching, listening to and reading...?

With us all spending more time at home, we want to know what TV programmes you are enjoying, what books you just can't put down, which favourite albums have you rediscovered or classic films you are cosying up on the sofa with? So, to kick things off, here are some of your first recommendations for the week:

### Films:

'How to train a Dragon' - *Maddie*

"Sixteen Candles" – *Wendy*

"Frozen 2" - *Yvette*

"Star Wars, The Rise of Skywalker" - *Ben W*

"Yesterday" – *Romany*

### TV:

"The Yorkshire Vet" Channel 5 - *Rose*

"Carry on Crafting" Channel 4

"The Great British Sewing bee" BB2 – *Helen G*

### Books:

"Molly and the Cat Café" by *Melissa Daley* – *Laura*

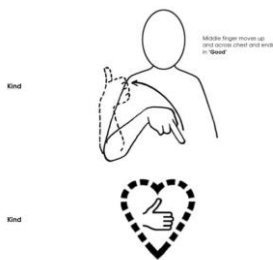
## Let's get cooking with Tina...

This week in Tina's cooking video, she is making Cheesy ham & broccoli pasta. Satisfy your comfort food cravings with this cheap and simple creamy pasta dish with chunks of ham and crunchy veg.

You will find a copy of the recipe in your pack and visit the Reach YouTube channel to cook along with Tina and her video tutorial.



## Sign of the week – kind



## Reach online classes

We are delighted to hear how much you are enjoying our online classes. If you have not joined a session yet, please come along, all are welcome! It's fabulous to catch up with friends, relax and learn something new!

If you'd like to join in with the fun, email [info@reachuk.org](mailto:info@reachuk.org) or call Reach Newark on 01636 671939.

The timetable of sessions is below:

### Newark sessions:

**Monday:** Singing with Romany

**Tuesday:** Relaxation with Tina

**Wednesday:** Sit and be fit with Romany

**Thursday:** Craft with Gemma

*All sessions above are from 10:30am to 11:30 am*

**Friday:** 10.30am Chat group and 2pm bingo (a bingo book will be sent to you)

**Flower pod:** chat and catch up Monday and Wednesday @ 2pm.

### Southwell Sessions:

Monday, Chat Group @ 2.30pm

Tuesday, Media Fun @ 11.30am

Thursday, Chat Group @ 2.30pm

### Mansfield sessions:

Monday, Singing at 1pm

Friday, Catch/quiz at 1pm

**We look forward to seeing you then!**

## Makaton – Free printable resources

During this time, The Makaton Charity website is providing lots of free printable resources, games, stories and recipes for you to enjoy. Visit their website and search for free resources in their online shop.

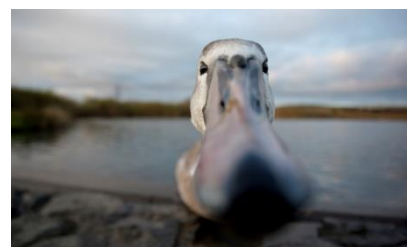
[www.makaton.org](http://www.makaton.org)

## Nature on our doorstep

Visit the Wildlife Trust website to find some simple things you can do to help wildlife in your garden, from making bird feeders to creating a garden pond. Click on the link: <https://www.wildlifetrusts.org/wildlife>

Then sit and look at the wildlife that surrounds you.

Perhaps take the chance to snap some photographs of what you see and send them to 'The Collection Museum' in Lincoln, who are holding a Wildlife Photography Competition for all amateur photographers! Click on the link for more details: [www.thecollectionmuseum.com/exhibitions-and-events](http://www.thecollectionmuseum.com/exhibitions-and-events)



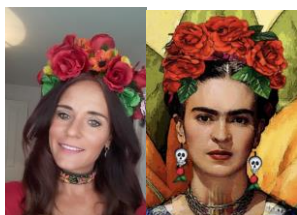
## Art at home...

Grayson Perry, a British artist, brings the nation together through art, making new works and hosting masterclasses set to unleash our collective creativity during lockdown. Catch up online or watch Mondays at 8pm on C4....

<https://www.channel4.com/programmes/graysons-art-club>

In the first episode he focuses on portraits, so we are asking you guys to use the activity in this pack and have a go **creating a portrait** of someone, or perhaps yourself.

Then, have some fun and try the latest craze of recreating famous portraits, just like Vickie here alongside the fabulous self portrait of Frida Kahlo....



**Don't forget to share your photos and portraits with us!**

## flower pod

Hello, in this pack, we have given you some great activities to have a go at including:

**Make a bug home** from a tin can.

**A Phenology wheel** which is a great way for us to take note of the events in nature taking place around us.

Whether it is the bird's singing, the insects in our garden, animals, new flowers emerging or the changing weather. It enables us to connect with nature and our surroundings.

**Lock down leaf project** - We are inviting you to make art and tell us what lockdown means to you. We will have an exhibition of work when you come back.

Then head over to our YouTube page and watch the videos, giving you instructions on how to plant potatoes with Sam and planting colourful containers with Tracey.

<https://www.youtube.com/watch?v=WUR4-u0FZlo>

We hope you are well, and we miss you! From all the Flower pod team.

## What about you...



Here is Oliver with his fruit kebab bird feeder, Carol and her fire engine colouring picture, Bex completing her PE lesson with Joe Wicks and Wendy enjoying her cake in the garden.



Here is Joe enjoying the sunshine, taking care of his veg plot and making planters for tomatoes, Laura with her bunting she made during the craft zoom class, Kirsty with her paper craft flowers and Andrew with crumble, made from Eton Avenue Allotments rhubarb! Well done everyone! We love to hear from you! Keep sharing your photos or well wishes and we will add them to our next edition. Email us at [info@reachuk.org](mailto:info@reachuk.org)

## “Don’t Stop Our Dreaming”

Members of the Media Fun group were invited by Ed Crowther to professionally record their incredible song “Don’t Stop Our Dreaming” at YMCA in Lincoln. The group wrote the song themselves using inspiration from a theme of ‘dreams’ for our world, our community and ourselves. Equality was a word that kept coming up! The group then went on to create this fabulous and moving music video. Take a moment to enjoy....

<https://www.youtube.com/channel/UCerRmF9YPdRCvwDEQ722ojw>

Finally, the Reach staff team have created a video for you all, signing along to “Shine”. Visit Reach YouTube channel to watch!

**And so, bye for now. We miss you, and are thankful and lucky that we have you in our lives to miss! Take care and stay safe....**