

Reach beyond...



Hello wonderful people, recently lockdown rules meant that we were not allowed to go to the places we like to visit, or see the people we love. This has got many of us thinking about how easy it is to take things for granted. We hope that some good things might come out of these strange times and appreciating our freedom and our beloved family and friends might well be one of them. We certainly appreciate you all and look forward to when we are finally reunited....

Lockdown life tips...

This week Matt and Angela are sharing their lockdown life tips with us! There are some links below to some great things for you to give a go.

Angela *"I love to escape to my crafting room and get lost in being creative. Take a look at 'We Are Knitters', a fabulous site, which runs free knitting tutorials for you to watch anytime."*

www.weareknitters.co.uk



Matt *"I enjoy gaming with friends, it's a great way to connect and have fun, especially if you cannot get together."* Want to play a board game, but don't have enough players?

'Tabletopia' has a collection of over 800 board games that you can play online for free.

<https://tabletopia.com>

Reach's Growers Allotment



We are really missing you at the allotment, and not just because the weeds are growing thick and fast! We certainly are not short of visitors though! Insects we are seeing plenty of at the moment are caterpillars. They just love munching on our growing veg! If you look closely enough you can even spot the tiny eggs. We don't mind their company though, because soon they will transform into beautiful butterflies. The life cycle of a butterfly truly is a wonderful and miraculous thing. I wonder what we will transform into when we emerge from our lockdown chrysalis. Learn more about caterpillars with the activity in this pack...



Welcome to the newly named "**Tina's Tasty Treats**". Going forward Tina's amazing videos will be shorter and contain tasty treats, which are quick and easy to make. So, under the new name check out this week's recipe. Expect requests for second helpings of this decadent dessert! **Bake raspberry doughnuts with fresh custard, lemon curd and raspberries.** Click on our YouTube page to cook along and share photos of your dish with us! https://youtu.be/l4M_jLuJX8



Sign of the week



Reach online classes

The timetable of sessions is below. All are welcome, so if you would like to join in with the fun, email info@reachuk.org or call Reach Newark on 01636 671939.

Newark sessions:

Monday: Singing (10.30-11.30am)

Tuesday: Relaxation (10.30-11.30am) and Fun and Fitness (1.30-2.30pm)

Wednesday: Sit and be fit (10.30-11.30am)

Thursday: Craft (10.30-11.30am) Existing craft/sewing class only

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

Flower pod sessions: 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 up/quiz at 1pm



YOUR RECOMMENDATIONS

What films, games and TV shows do you think are worth a watch this week...

Dale loves the new version of "The Lion King", which retells the classic story with stunning and gripping live action.

Maddie watches her favourite series, a spin off from the popular film "How to train a dragon". The series is available on Amazon prime or Netflix.

If you fancy a chuckle, **Wendy** thinks the TV show "Benidorm" on ITV is worth a watch.

Maria's favourite board game is "Monopoly". She even has a special edition that was made for her, which includes street names and places personal to her!

The home of 'home workouts'

Joe Wicks offers free home workouts to everyone, no matter what their fitness levels. It's taken a long time to grow it but it now has over 250+ free workouts and reaches millions of people all over the world 😊 Have you tried any workouts yet?

<https://tinyurl.com/qt5kh8l>



Buckingham Palace

Ever fancied having a nosey inside the homes of the Royal family? Well now you can! Why not pretend you're the Queen and take a virtual tour of her official residence. What portraits can you spot on the walls? If you lived there, how would you decorate your rooms?

<https://tinyurl.com/y7zfffsp>



Hi everyone.....

flower pod



We all love hedgehogs, don't we? They are so cute and at this time of year, especially, we can help them prepare for the winter. By building a feeding station, we can provide them with a safe place to feed, protected from predators such as cats and foxes. This will help them to fatten up in preparation for hibernation during the winter months.

Hedgehogs usually eat beetles, caterpillars and worms, but we can help them by leaving some extra food out. You can buy special hedgehog food from places such as garden centres or pet shops, but hedgehogs also love chicken flavoured cat and dog food!

Why not have a go and make a hedgehog feeding station? **Follow the link below to give you an idea of how to make one.**

<https://tinyurl.com/y4lay462>

This is the super Flower Pod hedgehog house that our very own Stuart made with volunteer Ian! Do you think we've had any hedgehog visitors yet?



From all your friends at the Flower Pod!

The British Library's Harry Potter: A History Of Magic exhibition – Harry Potter fans will be pleased to know that you can see this iconic Harry Potter exhibition for free from the comfort of your home.

<https://tinyurl.com/y5gu5brr>



The Crooner Sessions with Gary Barlow

Sing along with Gary Barlow every day at 5 pm on YouTube as he performs virtual duets with some of the biggest names in Pop.

<https://tinyurl.com/y5el68us>



What about you...



It's great knowing you are enjoying these activity packs. Joe is busy completing his beautiful colouring of a fox. James was happy to catch up with staff and friends in the Let's Chat group - he's been missing everyone! James also went out and about in the locality identifying leaves and ticking them off on the worksheet. How much comfort have our loving pets given us in lockdown! Jenny gave her dog Bruce a hug to show him her love. Finally, Jenny is enjoying the sunshine and riding her bike.

Keep sending in your photos and/or any messages of support for us to share with you all. Email us at info@reachuk.org

So long for now! Enjoy looking at these links and have a go at the activities...until next time, take care.