

# Reach beyond...



Hello all, we hope that this newsletter finds its way on a sunny, peaceful and colourful Autumnal day!

Take a comfortable seat, a nice warm brew, relax and read about some of the exciting things going on in the newsletter this week, then have a go at the activity pack!

## Lockdown life tips...

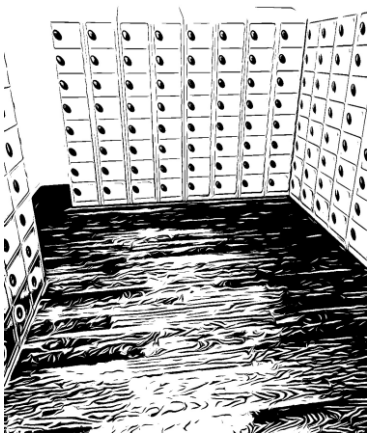
This week, Dawn Moore, Administration Manager for Reach Care is sharing some of her lockdown life tips with us.

“I am a keen hobby photographer and have just upgraded my camera so having to learn new skills. I combine my love of photography and the great outdoors with walking my Collie cross Bella and my Lurcher Barney. I can spend hours behind the lens and am at my happiest when I have a bird, butterfly, moth, fungi, tree, flower, plant or animal to practice my skills on.”



## Creative Challenge Corner!

Last time, we set you a challenge to create a 'pumpkin' inspired piece of artwork and we can't wait to see all your fabulous work! Meanwhile, Chris has been capturing some very ordinary sights and using technology to transform them into extraordinary pieces of amazing art!



The first image is the locker room in Asda, where Chris works. He used a photo app that turns the photo into cartoon. The second is Asda car park on his way home from work. The last was taken in his home using the camera on his phone. What stunning work Chris! Why don't you all try snapping away on your phone cameras and see what magic you can create!

## Handmade items for sale...

Two of our wonderful parents have been hard at work making handmade items to raise money for Reach Learning Disability.....



Ipad mini 'beanies' (£9.99)

A5 covered notebooks (£9.99)



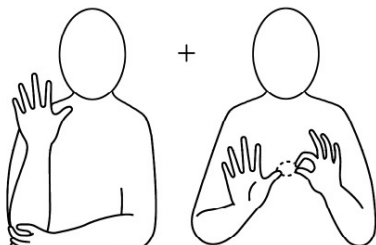
Face masks (£4.00)

All available from Reach Newark  
Tel: 01636 671939 or email [angela.mallory@reachuk.org](mailto:angela.mallory@reachuk.org)

## Sign of the week



Leaf



**GET INTO THE HALLOWEEN SPIRIT AND LEARN HOW TO CARVE A PUMPKIN LIKE A PRO. THIS TUTORIAL IS GREAT AS IT'S REALLY EASY TO DO WITH HARDLY ANY TOOLS.**

<https://tinyurl.com/y4ejxwhz>



## Reach Online Classes

The timetable for our zoom sessions is below. *Please note - some classes have changed times/days:*

### Newark sessions:

**Monday:** Singing at 10.00am and Relaxation/Mindfulness at 1.00pm

**Tuesday:** Fun and Fitness/Dance at 1pm

**Wednesday:** Sit and Be Fit at 10.00am

**Thursday:** Craft at 10.00am (Existing Craft/Sewing class only) and Cooking (fortnightly) at 1pm

**Friday:** 10.00am Chat group and 1pm Bingo (A bingo book will be sent to you)

### Flower Pod Southwell sessions:

Chat and catch up **Monday and Wed** at 2pm

### Southwell Sessions:

**Monday:** Chat Group at 2.00pm

**Tuesday:** Media Fun at 11.00am

**Thursday:** Chat Group at 2.00pm and Chat/Quiz at 6pm

### Mansfield sessions:

**Monday:** Singing at 1pm

**Friday:** Catch up/quiz at 1pm

We look forward to seeing you on our zoom sessions!

## Update from Flower Pod Southwell....

flower pod

We are pleased to be having more clients back at Flower Pod and are keeping very busy. We are running a new course, led by Samantha Dakin, called 'Learning through Leisure' as well, which we are very excited about and we are delighted to welcome Sam to our team! We are continuing with our beautiful flower arranging, as well as busily collecting seeds and packaging them ready to sell. Now is the time to plant bulbs ready for the spring season. It's a good idea to put your bulbs in pots so that you remember where they are! We haven't forgotten about keeping our bug friends cosy over the winter, so we have made some more bug houses. Getting the whole of Flower pod ready for the colder weather means regular jobs like weeding, dividing perennials and maintaining our paths.



## Flower Pod Newark....

Here you can see Jamal planting bulbs and winter pansies in pots to give us some cheery colour when the weather gets cold and grey as we wait for the return of the spring sunshine. We have now started our new "Mindfulness in the Garden with Nature" class, which takes place every Tuesday and Friday. Here are Tom and Will showing off their smart red folders where they will keep all their hard work. Ann-Marie, James and Lewis created beautiful willow hearts, which are a nice hanging decoration reminding us of all the different types of love that are around us that keep us happy.



## What about you...



Robin has been following the Flower pod's lead and planting Crocus Bulbs and Miniature Daffodils 'Tête-à-tête' Flowers ready for Spring. He has also made a delicious homemade chicken curry. Next are a few shots of our restarted 'Sit and be fit' class.



Last weekend Romany and Wayne helped on a stall on the marketplace raising awareness of Hate Crime this week.



Dear Louise  
Just to say a huge thank you  
for all your support during  
the last 6 months  
It's been a joy seeing you  
each week,  
during this difficult time,  
I can't thank you enough.  
lets hope we both can see  
you again.  
all our  
love  
Mandy & Tom  
XXX

This is a thank you card from Tom and his mum, Mandy, thanking Louise for all her fabulous work and support over the last few months.

Well done everyone! Please keep sending in your photos and/or suggestions on what to include in the newsletter. We love to hear from you! Email us at [info@reachuk.org](mailto:info@reachuk.org)

**Until our next newsletter, stay connected with friends and family, and look after yourselves!**