

Reach Update

Autumn 2020

Supporting people with learning disabilities across Nottinghamshire



Update

As we have all found since March, life can change overnight and Reach's staff have had to respond swiftly to meet our clients' and families' emerging needs during the pandemic.

Our wonderful supporters and funders have made this swift response possible.

We launched our public appeal in March to help address loss of income from fundraising and trading activities in 2020. I am delighted to report that our £15,000 target has now been exceeded, helping us to keep reaching people with learning disabilities in new ways. Everyone at Reach would like to say a big 'Thank You' to all those who have donated – your help has made a big difference to people with learning disabilities and their families in Nottinghamshire.

Our new ways of offering support, of course include harnessing the power of the internet, as described by my colleague Matt below. Online and outdoor activities are both very important parts of our response to Covid-19. Our Christmas appeal - The Big Give Christmas Challenge 2020 will focus on raising funds for our 'My Place Online' project to fund vital online activities. We've also launched a new outdoor space in Hawtonville reachuk.org/services/flower-pod-newark.

We're keeping our autumn fundraising online too. Our popular Quirky Quiz led by quizmaster Jane is taking place via Zoom on 23rd October. We know that our supporters have given above and beyond this year. But if you are able to support us by joining our Quirky Quiz or donating to our Christmas appeal, you can rest assured that you will be helping some of the most vulnerable people in the county at this difficult time.

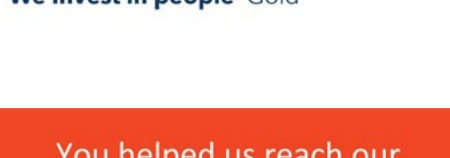
Stay safe and best wishes
Julia



Cause for Celebration!

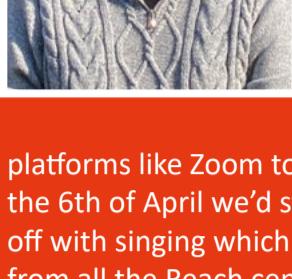
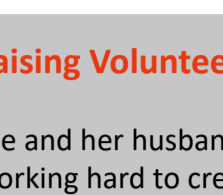
We are proud to announce that Reach Learning Disability has been accredited with the Gold Investors in People Award. It's great to get that recognition for the fantastic team of people across our bases in Newark, Southwell, Mansfield, Flower Pod and our Head Office. Thank you to Investors in People for the lovely comments and the sound advice!

We have been awarded
GOLD!



INVESTORS IN PEOPLE
We invest in people Gold

You helped us reach our
£15,000 target for our crisis
appeal!



Hi, I'm Reach's IT Manager and a qualified tutor with 13 years' experience of delivering courses at Reach.

Building on our experience of creating new online support in response to Covid-19, our 'My Place Online' project is about creating a safe online community for people with learning disabilities and their family carers.

As lockdown approached we saw ways for platforms like Zoom to be a real lifeline whilst our centres were closed. By the 6th of April we'd started delivering interactive Zoom sessions, starting off with singing which has grown to over 40 people joining in every week from all the Reach centres! We now offer 15 live courses a week, a wide selection of informal one to one or small group sessions plus filmed tutorials on cookery, gardening and more.

Of course, having to switch so quickly to online services was not without challenges. The pandemic showed how, as life has become more and more 'digitalised', some of our clients and their families have been left behind. Many people lacked up to date equipment, had internet issues or didn't know how to use platforms like Zoom. We quickly organised technical support, advice and loans of laptops.

I'll never forget standing in a client's garden, talking through the window from a social distance to help her and her mum get online on their Reach laptop – thankfully it was a sunny day!

Having good relationships with clients and their families from my time as a Tutor has really helped in these situations.

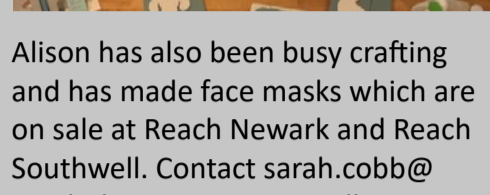
We offer training, support and relaxed 'digital socials' to help people overcome their anxieties, gain ICT skills and make interacting online feel more natural. Our socials include weekly events like Bingo, quiz nights and special events for family carers such as our 'virtual afternoon teas'.

Even as we open our centres to clients, there's still a huge demand for online support. There's more work to do than ever before to help people use ICT safely and confidently. Through the Big Give Christmas Challenge we will be raising funds for our 'My Place Online' project so that people with learning disabilities and their carers can become part of the digital age and not face further social exclusion.

Matt

Fundraising Volunteers

Christine and her husband have been working hard to create some beautiful quality hand made items to raise money for Reach. Items include cards, boot stands, bird feeders, felted bookmarks and so much more. See our Facebook page for a gallery of all items for sale and email crafty.mum83@hotmail.com to place your order.



Alison has also been busy crafting and has made face masks which are on sale at Reach Newark and Reach Southwell. Contact sarah.cobb@reachuk.org to arrange collection.

Quirky Quiz (Via Zoom)

The Virtual Quirky Quiz is back just as Quirky as ever. Join in as individuals or as a family team via Zoom.

23rd October, 7 pm
Location – your own home

Entry cost - £10 per household

[Click here to sign up now](#)

This December we are once again aiming to take part in the Big Give Christmas Challenge from 1st to 8th December.

We will be raising funds towards our 'My Place Online' project to provide online learning and social activities to people with learning disabilities and their family carers in Nottinghamshire. To make sure you don't miss out on the chance to help us raise £40,000 in just one week, email laura.carr@reachuk.org to receive a reminder.

Visit our website www.reachuk.org for more information.

theBigGive
CHRISTMAS CHALLENGE
1-8 DECEMBER 2020

Your doubled donation could fund:

£10 = £20	£25 = £50	£100 = £200

Please note only donations made on the Big Give website will be doubled

Centre Update

We were pleased to welcome clients back to **Reach Southwell** last week. During lockdown Steve (Reach LD Chief Executive) has been hosting weekly evening Zoom social sessions and quizzes for clients who used to enjoy a social cookery group before lockdown.



Flower Pod loves having clients and volunteers back. Not to forget about those who are still at home, we have been busy preparing another Spring Bulb Gardening Pack. All packaged together in a lovely Flower Pod paper bag by Connor!



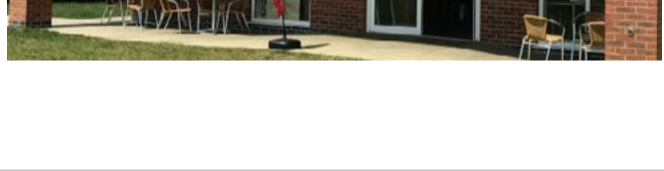
Reach Newark is as busy as ever. 122 clients have attended at least one Zoom session since lockdown began. We are now running face-to-face and online sessions simultaneously. Popular weekly classes include Sit and be Fit and Singing with more than 40 clients attending each. All our activities are delivered in a safe, socially distanced way.



At **Reach Mansfield** we're running courses every day now with a mixture of online and face-to-face socially distanced sessions including our popular Friday Fitness class. We are also running tailored one-to-one sessions at the centre.



We have sadly decided to close our **Reach Cafe** due to the need to channel our resources into alternative services at this difficult time. Everyone is disappointed but we remain determined to adapt and survive in the face of the unprecedented challenges that Covid-19 brings.



We would like to thank everyone who has supported the café in the past year. We loved meeting the people of Balderton who used the café and we will miss them.

Carers Matter Project Update

Hi I'm Liz and I'm working with Catherine, our 'Carers Matter' Project Manager supporting family carers of people with learning disabilities. The project is aimed at carers to help them plan for the future, have time for themselves, and meet others facing similar challenges. Right now, we're providing urgent support to more than 120 family carers with activities like socially distant walks and coffee mornings and virtual afternoon teas.



Over the coming weeks and months we will be focusing on supporting carers to get back into the community with our socially distanced outdoor 'Carers Catch Ups', meeting carers a on one-to-one basis outside the home, more virtual afternoon teas (including a festive fuddle – watch this space!) and reaching out to carers who may be in urgent need of support.

We can help people to find out more about sources of support, discuss care needs and generally offer a listening ear. If you or anyone you know is caring for somebody with a learning disability and could benefit from a little extra support, please get in touch with me or Catherine any time. Because our carers really do matter.

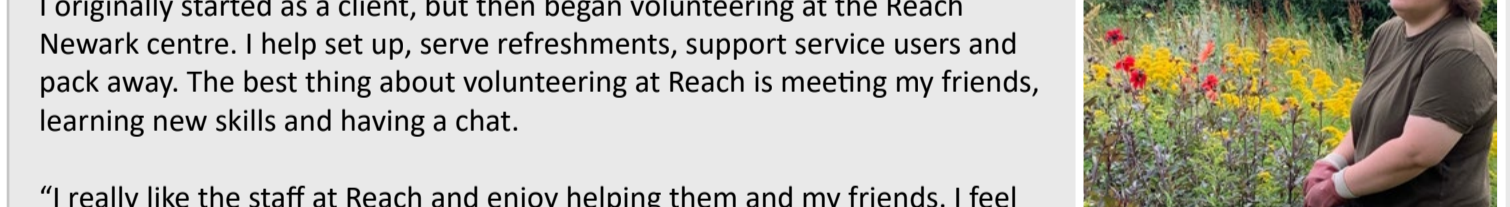
Liz Bonett

To get in touch with me or Catherine please call 01636 810966.

Accommodation project update

As you may recall from previous newsletters, Reach now owns the freehold title of a piece of land in Southwell, and we seek to offer 12 tenants the chance to live in a community where they are safe, supported and able to live the most independent life possible. A place to call home is a basic human need.

We have made considerable progress recently with planning permission secured and expert teams of architects, engineers, staff, trustees and trusted partners taking forward plans for funding, design and sustainability. Our next step is to raise the £1.5 million that we need to make our dream a reality. We will launch our fundraising campaign in January 2021, please email julia.sandhu@reachuk.org.

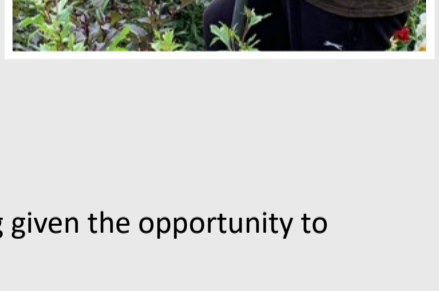


To find out more about 'My Place to Call Home' please see: <https://reachuk.org/projects/accommodation-project/>

Stories from across Reach

Lindsay, Reach Newark Volunteer

"I have been coming to Reach for about two years. I originally started as a client, but then began volunteering at the Reach Newark centre. I help set up, serve refreshments, support service users and pack away. The best thing about volunteering at Reach is meeting my friends, learning new skills and having a chat.



"I really like the staff at Reach and enjoy helping them and my friends. I feel useful helping the staff and like being part of a team helping everyone.

"My favourite sessions are music, bingo, Zumba, gardening and the adventure group."

Lindsay

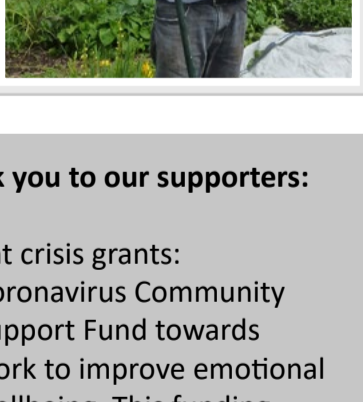
"Lindsay really enjoys volunteering at Reach. She loves helping others and being given the opportunity to volunteer has increased her confidence and encouraged her to try new things.

"Volunteering has been really positive for Lindsay and she is always very keen to come to Reach and meet the staff and her friends."

Alaric, Lindsay's Dad

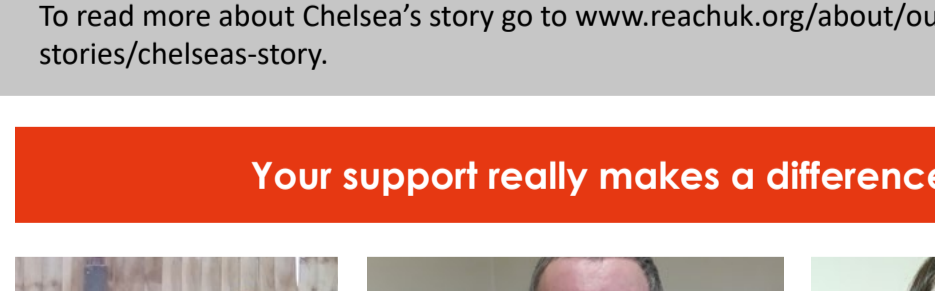
Ian, Flower Pod Volunteer

After retiring from a lifetime career in the energy industry, Ian has been volunteering at Flower Pod for 5 years. He says "the friendship, fun and warmth gives such an uplifting boost to our lives." To read Ian's story in full visit www.reachuk.org/about/fp-volunteer-ian.



My Ride London Virtual Event

Thank you to the Reach Relay Team, Southwell Rugby Club, Steve Scall and Alastair Murray for taking part in My Ride London and raising money for Reach! Together they raised £1875.



Chelsea (pictured above) was one of the Reach Relay team members taking part in 'My Ride London' where she rode part of the Southwell leg. Chelsea has been out on her trike a lot during lockdown, she says "I love that trike – it suits me, I would struggle with a two wheeled bike." To read more about Chelsea's story go to www.reachuk.org/about/our-stories/chelseas-story.

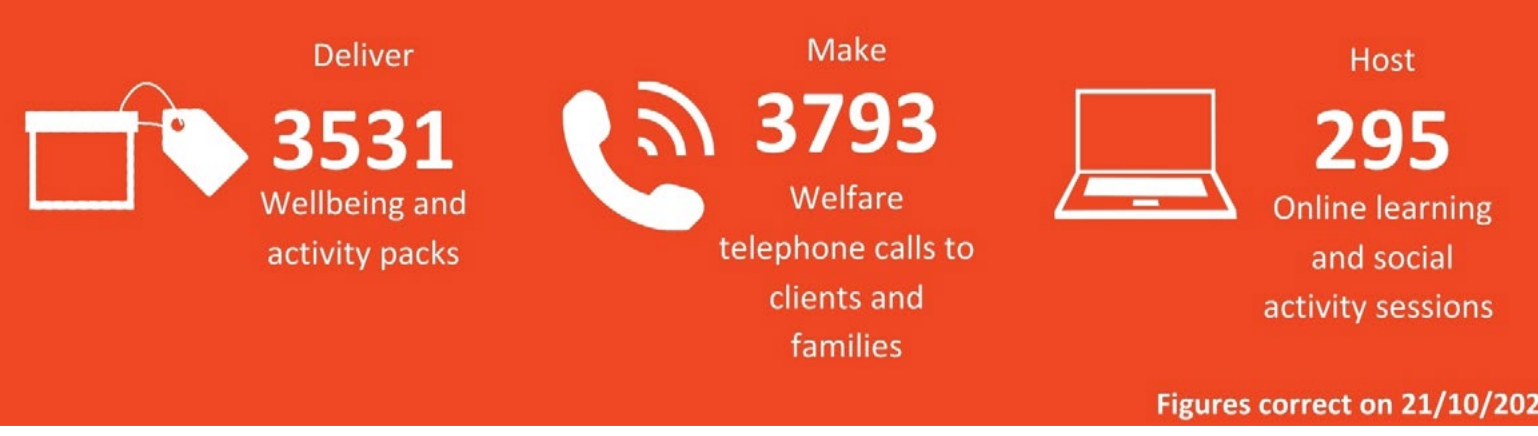
Thank you to our supporters:

Recent crisis grants:

- Coronavirus Community Support Fund towards work to improve emotional wellbeing. This funding comes from the government and is distributed by The National Lottery Community Fund.

- The Julia and Hans Rausing Trust Charity Survival Fund - we were proud to be one of the 300 charities to be selected for funding out of over 2,500 applicants.

Your support really makes a difference - Thank You!



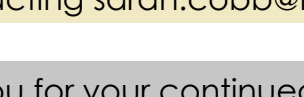
Thanks to our supporters we have been able to:

- Deliver **3531** Wellbeing and activity packs
- Make **3793** Welfare telephone calls to clients and families
- Host **295** Online learning and social activity sessions

Figures correct on 21/10/2020

Follow us on Social Media:

- @ReachLearningDisability @ReachLDCare @flowerpodsouthwell
- @reach_ld @FlowerPodReach
- reach_learning_disability flowerpod_official



Head over to our website to fill in a Keeping In Touch form to find out about our work. You can also change your preference at any time on our website at <https://reachuk.org/opt-in/> or by contacting sarah.cobb@reachuk.org

Thank you for your continued support
Registered charity number 1076318