



# Reach beyond...

Hello to you all, this week has brought us some dramatic and beautiful weather in the form of bright sunshine, grey rain, white crisp snow and sparkling frost. At these tricky times, we can always rely on nature to entertain and heal us, providing a change of scenery and glimmers of the next season to come. Get yourself a comfortable chair and have a read of this week's newsletter and activities.

## Quiz Corner

'The Quiz Channel' on YouTube provides you with hundreds of free quizzes, ranging from logos, to music, sounds and movies. Why not test yourself with this week's 'Disney Songs' quiz, and send to your friends to see how many correct answers they get?

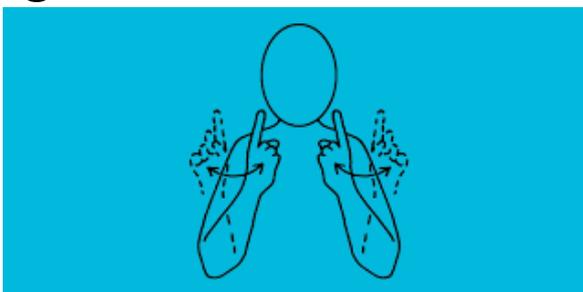
<https://tinyurl.com/y2zk44e6>

We are also setting **you a challenge to send in your quiz questions for us to include in the next newsletter.**

Your quiz could be on any topic and as short or as long as you want. Email your quiz questions to us on [info@reachuk.org](mailto:info@reachuk.org)

# QUIZ TIME

## Sign of the week - Music



## Reach Online Classes

The timetable of our zoom sessions is below.

### 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 10am

**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:

**Wednesday:** Chat and catch up 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

**Tuesday:** Performing arts at 1pm (invitation only)

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

## Mindfulness with nature

There is so much we can still do and enjoy, including taking yourself for a **nature walk**. They are a great way to become more mindful and connect ourselves with the world around us. Read the activity sheet in this pack to give you some pointers, helping to prepare your senses and relax. Or watch this short, guided video.

<https://tinyurl.com/y4at7lq3>

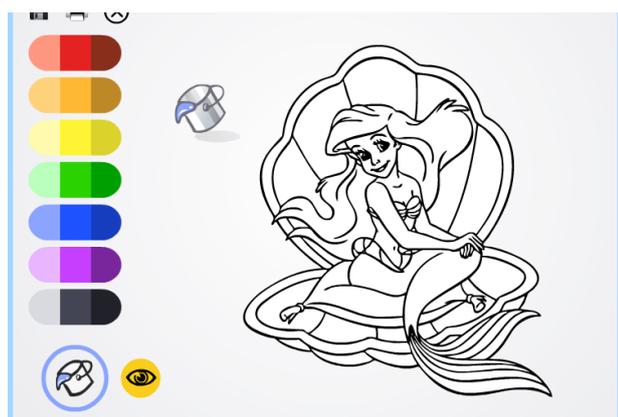


## Online Colouring websites

Online colouring works well on tablets and touchscreen devices, where it's easy to tap and fill the white spaces.

'The Color' website offers a wonderful choice of colourings, from animals and flowers to vehicles, circus and trains.

<https://tinyurl.com/y39poj6e>



This week, Tina is cooking cottage pie, another perfect comfort food!

Tina will be cooking this in her live zoom cooking session this week (Thur 28<sup>th</sup> Jan 1pm - 3pm).

Don't forget to share photos of your delicious dishes with us.



**BBC Music Memories** is designed to use music to help people reconnect with their most powerful memories. Evidence shows that music can help people - including those living with dementia - to feel and live better. Create a playlist and take part in their survey to help them discover the nation's favourite music memories.

<https://tinyurl.com/y3ndkzm6>



## Update from...Southwell



This week at Flower Pod Southwell we have been learning about house plants. Sam and her class set up the Flower Pod Plant Hospital and rescued some of the poorly patients on our windowsills. Plants that we can grow in our warm houses actually come from all over the world.

- Cacti live in deserts and dry mountains. You'll find lots of them in Mexico. They store water in their leaves so they don't get thirsty when it's really hot and dry.
- Peace Lillies have beautiful white flowers. They are really easy to look after in your house. But they're more at home with snakes and jaguars and sloths in the rainforests of South America! Because they live in the shade of the forest, they don't like lots of sunlight.
- Aloe Vera grows in the countryside in Egypt and Saudi Arabia. It is used to make face cream, because it's sticky sap is really healthy for your skin.

Do you have any house plants? Send us some pictures if you do. See if you can find out what country your plants come from.



## Update from....Newark

We were tidying the main wildlife pond and repairing the pond banks with large stone and gravel..... it was hard work, but it kept us warm. The Inspire session are learning about seeds and how to plant them. We planted some apple pips, runner bean seeds, sunflowers and marigolds, which when they grow can be planted out in the Moving Forward garden at Flower Pod Newark. We have also planted some sweet peas and really enjoyed filling our pots and choosing the colour of the sweet pea. Will chose a lovely white variety with purple edges, Felicity chose a bright scarlet colour and Andrea chose a very pretty pink.... we will keep you informed as they grow!



## The Big Garden Birdwatch

Running from the 29 - 31 January 2021, the **RSPB's Big Garden Birdwatch** is the ideal opportunity to get to know who you're sharing your garden with. Maybe it's a robin on the compost bin, a blackbird in the bushes or terrific tits on your feeders; now is the perfect opportunity to start counting. Get involved by clicking on the link... <https://tinyurl.com/yd8ph4kg>



### What about you...



It seems diamond painting has become a craze at Lime Grove! This is a rose that Laura has just finished and is super proud of. I think she's done a mega job! Look at these fabulous colourful cupcakes Melissa has made, they look delicious, well done! Here is picture Ben painted of an orange train steaming along, it's got wonderful motion! Oliver has been busy today making bird feeders out of cheerios by threading them on to wire. He learnt how to do this at Flower Pod yesterday. What a great way of attracting and feeding the wildlife. Excellent work Oliver!

Thanks for all your photos, please send us some of any beautiful wildlife you spot in your garden, or lovely scenes from your wintery nature walks! And don't forget to share your quiz questions with us to type up and share in the next newsletter. Also, any other messages or photos you would like to share! Please get in touch on email at [info@reachuk.org](mailto:info@reachuk.org).

**Take care and stay safe all!**