



Reach beyond...

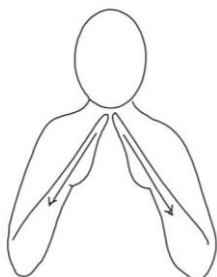
Hiya, I hope this 25th newsletter finds you healthy and well. As Spring is now on the horizon, there is a real sense of change, warmth and hope in the air. Take a moment each day to focus on something new, which you hadn't spotted, heard, felt or smelt the day before. It will surprise and hopefully comfort you to know how life is still rolling on, offering small treats for us to enjoy!

A shed load of fun...

In the 'Moving Forward' class at Newark, they have been discussing the importance of looking after our homes inside and out. They talked about how our garden sheds have evolved over the years....'pub' sheds, 'she' sheds, 'office' sheds. Sara has designed a wonderful picture of how she would want her garden shed 'bar', with lots of books to read and some lovely chairs to relax in. Have a go at designing your own dream shed on the template in this pack and **send it in to us at info@reachuk.org**



Sign of the week – house



Reach Online Classes

The timetable for 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:

Chat and catch up **Wednesday** 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

Spring crafts

Now the gardens are starting to come alive with more colour, this gives us a chance to create some beautiful nature inspired artwork. Use the template in the pack and decorate with wonderful natural items you find in your garden or on a walk.



For more spring inspired paper craft ideas visit...

<https://tinyurl.com/bc5tdc5z>

8 Adapted Exercise Videos

The lockdown means that a lot of us are getting less exercise. But there are so many online exercise sessions and videos popping up, that it's harder to find an excuse not to stay fit! Here, writer and fitness instructor Mish, who has autism, rounds up 8 online exercise videos for disabled people of all ages and abilities.

<https://tinyurl.com/mzutfyas>



This week Tina is cooking delicious Turkey Mince Pasties. Perfect to eat warm on their own or to add to mash, vegetables, and gravy. Take a look at the recipe in the pack.

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



Online actor training

From Dark Horse Theatre, a leader in providing vocational actor training for adults with learning disabilities.

Their YouTube Channel has easy to follow exercise and actor training videos, including tutorials in movement, voice, and character work.

<https://tinyurl.com/y77k3p5p>



Update from...Southwell

Clients on our 'Gardening through the Seasons' classes have been learning about the artwork of Georgia O'Keeffe and reproducing their own amazing flower art. Clients used their photography skills to take photos of the garden, taking landscape shots and then close-up photos of flowers in our garden such as Hellebores, Pansies and Daffodils. They then created their own paintings inspired by the work of Georgia O'Keeffe. Creating artwork can be a way of experiencing mindfulness, which can have many benefits on our wellbeing such as reducing stress and anxiety and improving our mood. Why not try this at home? You can take some photos of your garden or flowers, which you spot on a walk or in the park and then create your own masterpiece using art materials of your choice.



Update from.... Newark

Spring is coming to Newark Flower Pod and look; we have spotted the first frog spawn of the year! We have been busy making cone fat peckers for the hungry birds. The Walk and Grow Thursday team has set seeds to grow in the poly tunnel to give them a warm start. Among the seeds set were four varieties of tomatoes, sweet corn, sweet peas, cosmos and even some purple dwarf beans. We all can't wait to see what they taste like!! There must be nearly 200 baby plants, so we hope you all like sprouts for dinner!



Encourage wildlife into your garden!

Turning your garden into a perfect home for wildlife doesn't have to be hard work. Here are some simple tips that make a big impact:

Feed the birds – provide food and water all year round

Add a water feature – it doesn't have to be fancy, even a shallow tray

Be a bit messy – small piles of leaves and sticks make the perfect home

For more tips visit: <https://tinyurl.com/3vuzthzc>

What about you...



Look at the fabulous art gallery Bex has created with all her beautiful creations. Her sunny daffodil is blooming gorgeous. Bex decided her scotch eggs looked and smelt delicious, and I think we certainly agree!



This is the result of Sara and Charlie's Thursday cooking session with Tina, it was hard work, but totally worth it. What an amazing looking dish! Joe's Dad ate one of the scotch eggs he made and said it was the best he had ever tasted, better than restaurant quality.... well done Joe! Laura also enjoyed her warming, tasty cottage pie a few weeks ago. It looks scrumptious, fabulous work Laura! Thanks for all your photos, please continue to stay in touch at info@reachuk.org.