

Reach beyond...

5/4/21 – Edition 27



Hello all, we hope you had a very happy Easter!

Whatever you got up to, we hope you had a peaceful and safe time.

We look forward to seeing what 'new beginnings' are just around the corner for us all after the Easter break!

Show and tell

During the show and tell section of our Moving Forward class, Guy has kindly shared some gems from his collection.

The hematite: There are deposits in Italy, Great Britain, and Mexico. In the past this gem has been used for body paint, painting of the cave walls. It is known as a healing stone and is helpful with relieving problems with cramps and blood disorders. In 2001 the Hematite was found on Mars.

The Citrine Quartz: Citrine is the Latin word for lemon and samples have been found in Brazil. This stone helps with detox and boosts self-esteem. It is the November birth stone.



Do you have something you would like to 'Show and tell' us about? If so, please get in touch at info@reachuk.org as we would love to share it in our forthcoming newsletters.

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

Easter crafts

Look at some of the fabulous Easter pompom bunnies our Craft class have been making. We are always keen on reusing and recycling in our class, and these simple characters were made using donated scrap ends of wool.



There are lots of very simple Easter crafts you could try at home with odds and ends you may have. Not to mention, decorating your own egg in a variety of beautiful ways. Click on this link below and try some of these brilliant tricks and tips.... <https://tinyurl.com/2fhvrbah>



Reach – Inset day

Please note – Future inset days for your diary: 6th May, 14th July and 22nd September.
Thank you for your support.



This week's recipe will be **Courgette and taleggio orzo risotto**, which we are doing after Easter as our in-house cooking on the 12th April.

Cook along with the tutorial on our YouTube channel or take a look at the recipe in the pack.

Don't forget to share your delicious dishes with us on info@reachuk.org



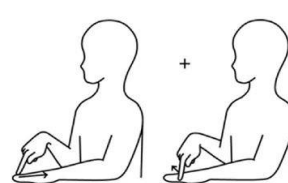
Sign of the week –



Happy



Easter



flower pod

Update from...Southwell

The weather is still unpredictable but whatever comes our way we get out there to give the garden our care. We are 'caped crusaders'! But Spring **is** on the way and the garden is starting to look beautiful and the flowers smell great. Talking of smelling good... our compost toilet build is finished and the name the loo competition results are in.

The Flower Potty (groan)! It will be open to those in need soon, and our clients will be working on funk-up the interior next. Flower Pod Southwell wish everyone a happy Easter with lots of chocolate (or your preferred healthy alternative) on top!



Update from....Newark

Here we have the Monday clients working hard raking in the fertiliser on the main veg bed and on the Moving Forward garden. Meanwhile Tony has been busy moving the Brussels Sprouts seedlings to their new larger pots before they are transferred to the vegetable bed a little over a year. The Tuesday gentlemen have been working hard, well some of them. 😊

Today we are planting peas and onions in their own veg bed. Spring has fully arrived at Flower Pod, look at our beautiful flowers, pots of Daffodils and lovely Blackthorn blossom.



Quiz time

This Easter Quiz is a fun 'True or False' quiz about Easter. There are ten quiz questions about Easter and each question gives you ten seconds to choose either 'True or False'. This Easter quiz is great for teaching about Easter and learning fun Easter facts.

<https://tinyurl.com/9m7kdckv>



Take a seat

If you are looking for some gentle exercise after eating all your eggs....or 'Eggsersize', then visit Joe Wicks, The Body Coach and give his simple 10 minute chair based workout a try!

<https://tinyurl.com/w49uewvz>



What about you...



Joe is adding his tomatoes with a chef flourish, it smelt very good! The veg stew was a great success and Bex will cook it again soon. They all love eating their veg...

Well done Joe and Bex, you along with many others are becoming super professional chefs! Thanks again for your photos! Please continue to stay in touch at info@reachuk.org.

We will see you soon!