

Reach beyond...

Hi everyone, we hope that you are enjoying Spring, the sunny days and possibly the slow and careful easing out of lockdown. As we start on the path back towards 'normality' it can be very exciting and maybe a little nerve wracking. But just like in all journeys which may have an unknown destination, it is important to take it one step at a time, with friends close by. Remember we will always be there with you, cheering you on!

Learning new skills

During lockdown, lots of people have had a go at trying new things and have even learnt impressive skills. Lucy quite rightly, is proud of herself as she has been learning to play the keyboard at home with help from Staff at Reach Care. She bought this keyboard during lockdown and using her excellent sense of rhythm, she can now play Frere Jacques!



Are you interested in learning a new skill at home? Choose from hundreds of free short online courses from top universities and specialist organisations, with 'Future Learn'.

www.futurelearn.com/courses

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

Quiz time

It's the guess the logo quiz, a logo game challenge in which you will be shown 50 more brands and company logos one by one. Play on your own or send to a friend and compare how many you got right?

<https://tinyurl.com/u7a5pu3m>



1 minute mindfulness exercises

Mindfulness is a mental practise which focuses your attention on the present moment for the benefit of improving your mental health. It does not take a lot of time, just practise, even if it's just 1 minute per day.

MINDFULNESS

Inset Day – 6th May 2021

Just to remind you all that we are closed for staff training on Thursday 6th May 2021.



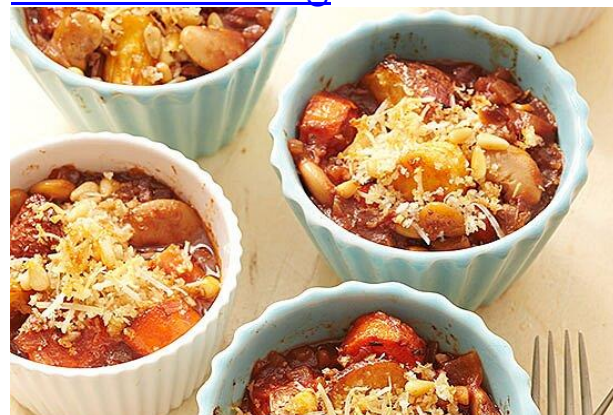
This week's recipe will be '**Root Vegetable-Butter Bean Gratin**'.

Try these single-serving vegetable recipes as a light meal on its own or a hearty root vegetable side dish with your favourite entree. This gratin recipe is sprinkled with panko and cheese for a crunchy, delicious topping.

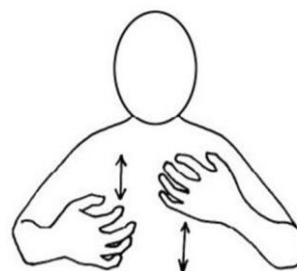
Take a look at the recipe in the pack.

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

info@reachuk.org



Sign of the week – Exciting



Exciting

Update from...Southwell

We've been working hard in the new wildlife garden at Southwell Flower Pod and have sown wildflower seeds this week in our newly prepared beds. As well as looking beautiful, wildflowers help to encourage insects, birds, butterflies, bees and other pollinators to visit the garden. This all contributes to the over all health of the garden and helps the environment. To see some beautiful wildflowers growing, check out this link - <https://youtu.be/A7lfGPUtsxk>

Our Spring flowers are out in the garden now, so we have been practicing our flower arranging skills and creating some beautiful arrangements to take home. Alasdair has been sharing his skills with our new staff member, Amy, and together they have produced some very pretty tins of flowers.'

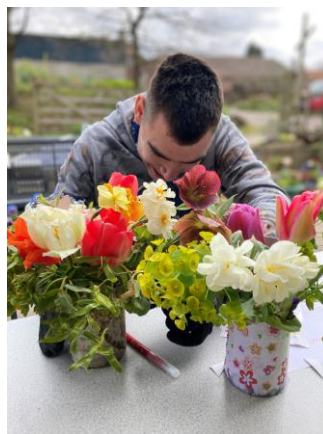


Update from....Newark

Here we have Tom and Isaac planting seeds in the main veg bed and on the Moving Forward garden. We hoed the ground and carefully sprinkled the different seeds into prepared little lines. Then we covered them over with soil and watered them in..... we'll be keeping an eye out to see the little plants appear. The Tuesday gents have been busy planting and sowing vegetables. We have three different types of potatoes, a row of beetroot and some lettuce all set and ready to grow!



What about you...



Connor has worked hard at Flower pod recently; he cut and conditioned some flowers and then arranged flowers for his mum and auntie. His flower arranging skills are getting better and better!



Our Newark Sports group, which meets every Tuesday, visited Sconce Park last week to enjoy socialising, the sunshine and having a go a variety of different Sports.



Here is Anne-Marie's delicious dish she made in the new cooking class at Newark. Joe made Tina's tasty treats recipe at home, he did not have any orzo or taleggio, so he used dinosaur pasta and vegan cheese. Even so it was delicious with lots of garlic and fresh chives and olive oil in it.

Please continue to stay in touch at info@reachuk.org. Take care, bye!