



Reach beyond...

Hi everyone, we hope you have been well and enjoying the ease of lockdown rules! Have you been to the shops yet?

Us at Reach are so happy to be seeing some old faces after so long! It is great to have you back!

Restore Our Earth...

It was Earth Day on the 22nd April and here we have Southwell's, Out and About group doing their bit for the environment.

Earth day is the world's largest environmental movement and 2021 marks its 51st anniversary! This year's theme was 'Restore Our Earth'.

The Out and About group spent their session litter picking around Southwell, the group really enjoyed contributing towards the day and were encouraged by the locals to keep up their good work.

Did you do anything for Earth day? Being environmentally friendly does not need to be boring! Head down to your local park and litter pick. Then enjoy a cold ice cream after!



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

Friday: 1pm Bingo (A bingo book will be sent to you) and Social 6pm-7:30pm

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 time to get your thinking caps on!

As it was World Environment Day, this quiz will be themed on the wonderful baby animals we see on earth.

Because the more we do for our environment the better off our animals will be!

Can you guess them, right?

<https://tinyurl.com/6x4f5z4>



Let's get moving together!

Get active in this short 10-minute chair-based exercise filmed by the NHS!

<https://tinyurl.com/u63nxcua>



Mindfulness

Enjoy this short clip with Rachael Kable about appreciating nature whilst practicing mindfulness.

<https://tinyurl.com/3b9243s9>



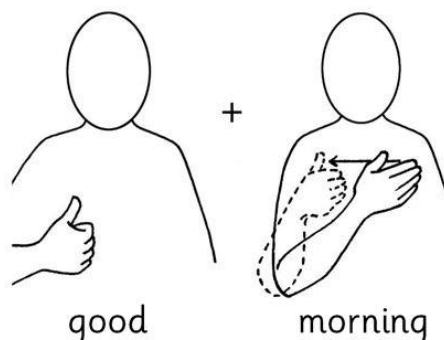
This week our cooking classes are making fruit Kebabs!

We are using ingredients straight from nature! It is important to get your 5 a day of fruit and veg, and fruit kebabs are a tasty way to start! What would you add to your fruit kebab?



Do not forget to share your delicious dishes with us on info@reachuk.org

Sign of the week – Good Morning



flower pod

Update from...Southwell

Flower Pod have been very busy recently, they have been getting stuck into all the gardening! Including getting rid of nasty weeds!!! The group have been learning about pests and how they affect the plants and flowers! Sam has started a new health and safety course and using his new skills to teach us how to work safely at Flower Pod! They have also taken part in the Captain Tom Moore challenge and their goal was to make 100 flower arrangements. They have raised over £300!!! Wow, well done guys!



Update from... Newark

Flower Pod Newark have been hard at work this week. Wednesday's D'Oyly Carte group have spent their day painting the sheds! Hopefully in the next newsletter we can show you the finished result! The group also have been clearing their own area at Flower Pod and have begun planting! Friday's Inspire group have been busy weeding away just like Southwell! This is in preparation for some new exciting things to be planted.



What about you...

Connor has worked hard at Flower pod. As well as bedding plants he has been on an insect hunt! Connor has learned that Lily Beetles are not good for the Lilies growing at Flower Pod! The team at Flower pod have been learning how to kindly get rid of pests!



How lovely are these tadpoles that Tina has taken pictures of?

Did you know that Tadpoles can grow up to the size of a banana!!! And they don't just have the name 'tadpole' either, they are also known as polliwogs!

These tadpoles will take around 14 weeks until they turn into tiny frogs!



Here we have, Nicola, James and Danielle making last weeks recipe, carrot cake. Both Monday and Tuesday's cooking groups all did a wonderful job at making and decorating their cakes! Carrot cake originated in the middle ages, this was because it was sweet, and sugar was so costly.

Did you know there is a national carrot cake day? We just missed this year but the next one is February 3rd, 2022!

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

We will see you again soon!