



Reach beyond...

Welcome back everyone!

Times are certainly looking up! We hope you are enjoying some well-earned dining out! And most importantly, finally being able to hug one another! What a crazy year it has been, but brighter, sunnier, healthier times are coming...

Let's get Cooking...

In the last newsletter you received Newark's cooking class were making Fruit Kebabs. The class got stuck in and made some beautifully coloured Kebabs! And even better, there was plenty left over! Here we have Tim's and Tara's kebabs, they look yummy. Well done everyone!



Fun Facts!

Did you know a strawberry is not actually a berry? Strangely, a banana is! That seems totally bananas!!!

In the U.S apples can be up to a year old before they sell them!

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

There are logo's all around us, wherever we are. But do we pay attention to them?

Put your knowledge to the test with guess the logo quiz!

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

Get your thinking caps on with this brain teaser! How many levels can you complete?

<https://tinyurl.com/tbwedjfx>



Let's get moving together!

Enjoy exercise with Joe!

'Don't think about fitness as a future goal, think about fitness as today. What can my body and my mind do today, to get fitter'

<https://tinyurl.com/dhxhv2et>



Mental Health awareness.

Enjoy this small clip on managing your thoughts and feelings and approaching them with curiosity.

<https://tinyurl.com/4ph88ybz>



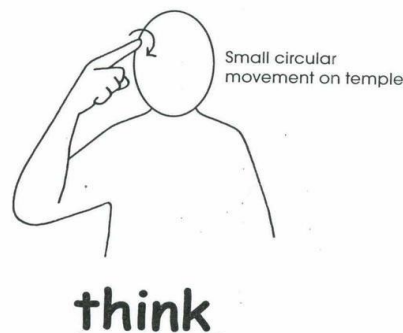
This week our cooking classes are making Chocolate orange, Bread and butter pudding.

Chocolate orange... delicious, and what better way to eat it, in a Bread and Butter pudding. In the UK, the first chocolate orange was made in 1823, by one of the most popular stocking fillers to date. 'Terry's' (Terry's Chocolate Orange)



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

Sign of the week



Update from... Southwell

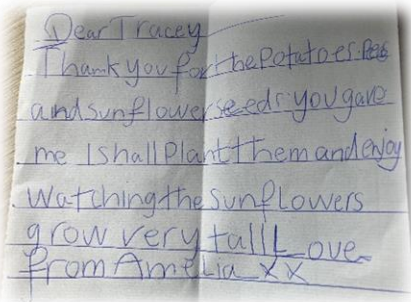
Flower Pod Southwell have been practicing mindfulness in the garden. Clients have been enjoying the peace of the garden, taking time to appreciate the beauty around us, also they have been doing some mindful artwork in the style of Monet. The class have been learning about trees and took the opportunity to do some tree hugging. Flower Pod's first Sweet Peas have blossomed, and Jade enjoyed picking the first of many bunches of the year! They smell amazing! The group have been sent home with some different seeds including, potatoes and Sweet Peas to put the skills they learn at Flower Pod, into their own home growing. Great work everyone!



Update from... Newark

Flower Pod have been getting stuck into their work this week. We have James doing some beautiful flower pressing, what a lovely colour scheme! They have been learning about the meaning of flowers and how people gift them, Charlotte has made a beautiful posy with a mixture of different flowers and colours. Friday's inspire group have been prepping the veg bed for some cauliflower and seeds. Thursday's group have been doing some more weeding to help the flowers stay put during the summer, hard work but great fun!





Here we have a lovely letter from Amelia. To say thank you for her planting pack from Flower Pod Southwell.

We would love for you to keep us up-to-date on the growing process! Please send some pictures in to us.

Here we have Sam Ward getting involved in an unusual planting process. Sam put on his waders, got in the pond and planted some soon to be, water lilies. Everyone happily watched Sam get in the cold pond!

We hope you didn't get too wet!!!



Here we have Guy (1st place) and Sofie (2nd Place) smiling with their 'Design Your Own Zoo' competition entries (and quite rightly so). At Newark we put on a competition to get our clients' creative juices flowing and they certainly took on the challenge and produced some amazing work.

Guy and Sofie left us speechless when they gave in their creations. So much thought, effort and consideration went into these designs. The clients had designed their Zoo's with consideration to litter, parking, eating, and even a nightlife enclosure!!!! Well done to everyone who entered!

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

We will see you again soon!