



Reach beyond...

Hello everyone. We hope you are all well and enjoyed the lovely sunny weather last week and enjoyed the Bank holiday!

Hopefully, this is just the start of all the glorious weather yet to come ready for summer!

A polite reminder...

As some of you may have noticed, our centres are beginning to fill up again and become busier. With the current guidelines with Covid and keeping you all safe can we kindly remind you to turn up to your sessions on time. Our morning classes begin at 10am and our afternoon sessions begin at 1pm. As well as keeping you all safe it is also important for Reach to maintain an excellent standard of work and allow our centres to run smoothly and efficiently.

Can we also ask you all to bring refreshments with you to your sessions, as we cannot provide this service at the moment.

If you are attending Flower Pod, we urge you to wear sunscreen and bring a hat, as the weather is getting warmer.

Thank you for your ongoing support.

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

Let's Play a Game!

Follow the link and get your brain working with a 'car park puzzle'.
Can you get the car out of the car park?

How many levels will you get to!

<https://tinyurl.com/2nj7wbfv>

Follow the second link to play a game called 'Off Road Climber' a little bit of fun for you to break up the day!

<https://tinyurl.com/zr383a48>



Let's get moving together!

Join Joe Wicks on The Body Coach for a low impact exercise clip! 15 moves! 15 minutes! 30 second's work! And 30 second's rest!

<https://tinyurl.com/2zrm2z7r>



Mental Health awareness.

Enjoy this small clip-on finding peace above chaos.

<https://tinyurl.com/yt4jh4nb>

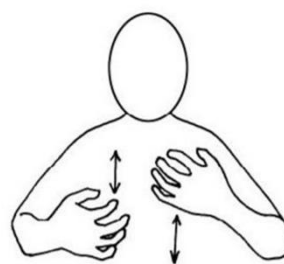


Last week Newark's cooking classes made a creamy mango chicken Korma and home-made naan bread. Here we have Laura chopping up her mango for the Korma and Anne-Marie smiling with her homemade naan bread. Did you try the Mango and chicken Korma?



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

Sign of the week



Exciting

Update from... Southwell

Clients at Flower Pod Southwell have been making their own summer hanging baskets using lots of lovely plants such as petunias, lobelia, begonias, and geraniums. These will give a beautiful display of colour throughout the summer until the first frosts – as long as they are watered and fed! We have lots of flowers in the garden now and some of these we use for making natural petal confetti – Jenny has been picking cornflowers and making them into confetti. The garden is keeping us all busy – we have been planting both annuals and perennial plants to give us lots of colour throughout the year. We've also been practicing our 'Chelsea chop' cutting back some of our perennials to give us flowers later in the year. Throughout June we have signed up for The Wildlife Trusts 30 Days Wild challenge which involves taking part in a simple random act of wildness each day for 30 days. We're a wild bunch here at Flower Pod so we thought this was perfect for us! We kicked this off by holding a 'Wild breakfast' on 1st June for clients and volunteers and have lots of other nature-based activities planned throughout June. If you want to take part at home, you can go to wildlifetrusts.org/30dayswild and get ideas about what you can do to help care for the natural world around us and have some fun at the same time!



Here we have Laura with her home-grown Honesty flowers. Laura purchased some small Honesty flowers last year from Flower pod. Look how fabulous they look after being well nurtured by herself.





Update from... Newark

At Flower pod Newark the groups have been up-cycling old wellington boots for a wonderful wellington wall. Clients have been busy and working hard getting the boots looking beautiful and stylish!

The boots have been painted vibrantly and beautifully by the groups and filled with soil and delicate flowers. Once they are completed the boots will attach to one of the walls at Flower Pod Newark. Stay tuned to our newsletter to see the finished result!



Update from... Reach Mansfield



Mansfield have been so busy in crafts making beautiful quirky birds from upcycled materials. What a beautiful pop of colour to any room ready for summer!

Their cooking class have also been making delicious jam tarts! Look how tasty they look!



Please continue to stay in touch at info@reachuk.org. Take care, bye!
We will see you again soon!