

Reach beyond...

21/6/21 – Edition 32



Hello everyone! We hope you are well and have been enjoying the sunshine!

As most of you are back attending sessions, we have made the decision to continue our newsletters to keep you up to date with what's been happening in our centres, however, these will now be given out monthly starting July, instead of fortnightly.

Out and about with Sports group...

Newark's sports group have been taking advantage of the sunny weather and learning some new basketball skills outdoors in the court! Here is Hugh and Tim showing off some skills!



The sports group have also been busy down the park doing parachute work! Here we have Alex and Joanna enjoying the sun after some great fun!



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

Friday: Catch up/quiz at 1pm

Have some fun!

Copy this link to access BBC Bitesize, where you will find a website full of games, education and much more! Enjoy maths? English? Gaming? Then BBC Bitesize is perfect for you!

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

Learn something new...

Let's start the week off learning something new! Copy the link to access 'Horrible Histories Historical Healthcare' to find out how medical treatments have changed over the years! We have had a lucky escape!

<https://tinyurl.com/24b2bw69>

Let's get moving together!

Get Active this week with Up To the Beat Fit, with this Disney inspired dance work out! Do you recognise any songs?

The word "FITNESS" is written in a bold, multi-colored font where each letter is filled with a different color (red, orange, yellow, green, blue, purple).

Copy the link to access
<https://tinyurl.com/3ydv7u7r>

Sleepless nights... No more

Enjoy this short, animated clip on how to calm your worries and sleep better at night!

<https://tinyurl.com/yd7dd7d8>



Last week Newark's cooking classes were busy making Chicken Fajitas and Rhubarb Crumble... yummy!

Fajitas are first traced back to have been eaten by Mexican ranch workers along the Rio Grande in late 1930's early 1940's!

Rhubarb crumble was first introduced to the Europeans by a gentleman called Marco Polo from Asia in the thirteenth century!



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

Sign of the week



Happy

flower pod

Update from Newark...

Newark Flower Pod have been taking full advantage of the sun these past few weeks! But when the sun comes out, so do weeds! The groups have all been working hard to keep the Flower Pod tidy, as well as keeping all the flowers, fruits and, vegetables hydrated in the hot weather. Well done everyone, great teamwork!



D'oily Carte

D'oily Carte is new to Flower Pod Newark's classes this term and is run by one of the tutors, Sam. The group have been really busy this term getting creative making their 'willow hurdles', these will go nicely round flower beds or even ponds! They look amazing! Well done D'oily Carte Group!



flower pod

Update from Southwell...

June has been a busy month for us – in the garden, our classes and the projects that we have been taking part in. In our Friday class we have been continuing with our theme of mindfulness and nature and we took part in some outdoor yoga and a nature count in a local cemetery as part of the Churches Count on Nature project. We've also been doing lots of mosaic work to make our new 'Potty Garden' look beautiful. Tom and John worked together and used bottle tops to create a very attractive tabletop for a cable reel which we have upcycled into a table. We took part in a (very hot) litter pick around our local area which everyone had fun doing, especially Connor! We've also welcomed back some of our clients who haven't been with us for a while – great to see familiar, happy faces back at Flower Pod.



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

We will see you again soon!