

Reach beyond...

Hello everyone! Welcome back to your monthly newsletter. So much has happened since we wrote the last edition.

England came 2nd in the 2020 Euro games, lock down rules have eased once again and most of you are now back to your classes after a long wait. It is wonderful to see all of you!



A polite reminder...

Just to remind you all that our **last** day of term is the **29th July**. The

centre's will be closed for a week and will be due to **re-open** for your sessions, **week commencing 9th August**.



New Staff Member Alert!

Everyone, meet Molly! Molly has joined the team over at Southwell! Molly will be going to Flower Pod and she loves dogs and flowers. Remember to say 'Hi' with a big smile if you see her!



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

GrOOvey GrEEks

Enjoy this short clip from Horrible Histories, where you will go back in time to the Greeks. Type this short link into your search bar or Click on the link.

<https://tinyurl.com/38ak72ez>

FaBULoU; Fa\$HioN

Also, lets learn about beauty standards and treatments over the years! I'm glad we escaped these!!!

<https://tinyurl.com/2vjez4s8>



Let's get moving together!

Join 'Up to BEat Fit' once again to do a 1 mile of walking in a dance exercise to 90's favourites.

<https://tinyurl.com/493t7mmf>



Cognitive Behavioral Therapy

Enjoy this small clip on, using CBT to deal with life challenges by Happify

<https://tinyurl.com/dpr657h3>



Ready, Steady... Cook!

Reach Newark have been cooking a variety of meals these past few weeks and one of them was beef stew. Beef stew was first originated around 1 million years ago and was first named 'boiling' and around 10,000 years ago when pottery was invented became stew in a pot.



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

Sign of the week



Update from... Southwell

Clients at Flower Pod Southwell have been harvesting vegetables, fruit, and salad which they have grown on the garden throughout the seasons course. They were not sure if Amelia liked the taste of the peas though! Southwell had a visit from a rescued baby hedgehog called Tyrion and, as well as being lucky enough to have a cuddle with him, we learnt some interesting facts about hedgehogs. The garden is full of beautiful flowers right now which the groups have used for bouquets and for making natural petal confetti. They have also used some to make flowery nature looms – the results were amazing!



Star of the month

Anita has created this beautiful bouquet of flowers for her mother's birthday present. Anita used her floristry skills to create a spiral bouquet with no support from staff choosing her own selection of flowers, from Flower Pods Garden. Well done, Anita!



Update from... Newark

The past few weeks at Flower Pod Newark have been busier than ever. The groups have been working hard harvesting the wonderful fruits, vegetables, and flowers they have grown.

They have had a visit from the beekeeper to check up on how the hive is doing, and it appears that there are loads of baby Grubs in the hive which will soon be, Bee's, the beekeeper said they were very happy.

Fridays inspire class had the opportunity to meet Tyrian the hedgehog and learnt all about how hedgehogs survive the year, everyone really enjoyed learning about what hedgehogs eat and where they sleep!



Star of the month

Joanna has thrived through lockdown, managing to come into all her sessions and take part to her full potential even if she has not felt like it. We wanted to say a massive well done to Joanna on keeping positive and always having a big smile on her face when coming into the centre. Well done, Joanna!

