

Reach beyond...

Hello everyone, welcome back! Have you enjoyed your first week back at Reach? We certainly have! Since our last newsletter, the 2020 Olympics have been on. Did you watch them? Team GB finished with an amazing, **22 gold medals**, **21 silver** and, **22 bronze medals**. Wow!!! The Paralympics will take place this year on **24th August**.



A polite reminder...

Please could we ask that all service users, or your staff call the centre if you are unable to attend your sessions.

Also, can we ask everyone to try to attend your sessions on time. This causes less disruption and allows everyone to enjoy their session.

Thank you.

New Staff Member Alert!

Everyone welcome, Vanessa!

Vanessa is our new Project Co-ordinator at Newark. Vanessa loves swimming, reading, cooking (spicy food is her favourite), and gardening. Don't forget to say 'Hello!' when you see her around!



Reach Online Classes

The timetable for our zoom sessions is below:

Newark sessions:

Monday: Singing at 10.00am

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

Sign of the Month



Friends

Outlandish Olympics

To celebrate the 2020 Olympics, enjoy this short clip from 'Horrible Histories'.

Click or copy the link below to take you to the video.

<https://tinyurl.com/y5c8u4hz>

Rotten Henry

And throw a little more history into this month's addition, enjoy another clip by

'Horrible Histories' which explores Henry VIII's life and many wives, do you know who they were?

<https://tinyurl.com/yfh6e5um>



Ready, Steady... Cook!

The cooking classes at Newark have started making different dishes or elements to a dish for a little tea party when they finish. The group have been tackling making jam this week, a lot of jam!!! And to follow will be cream, scones and little sandwiches. Stay tuned for the next pack to see how their tea party went.



Out and about with Mansfield.

Mansfield had their first 'Out and About' session for a long time the other week. Everyone had a picnic at the local park and plenty of bubbles were blown! Luckily there was no rain!!!



Aspire to Inspire

'Down Syndrome in a small town' Enjoy this short documentary about 23-year-old Rufus who is ready to spread his wings and move out of his family home and live independently.

<https://tinyurl.com/287zm8xc>

Where Does Compassion Really Come From?

Can compassion be learned? The answer is yes! Sometimes, all it takes is truly paying attention to the people around us.

<https://tinyurl.com/hdtxepsx>

flower pod

Update from... Southwell

Flower Pod Southwell have been trying to slow down and take the time to notice their amazing surroundings and what is changing around the garden at the moment. They were visited by Lynne, from Newark and Sherwood District Council. Lynne helped service users to take part in the Big Butterfly Count, which occurs every year. It is a survey that helps check on the health of the environment. This is done by counting the different types of butterflies around us. They also learnt about how to make butterfly feeders which keeps butterflies healthy and happy in the hot weather. One group of service users and volunteers have been working extra hard clearing a path towards a flower bed, which has become a little overgrown with weeds. As you can see, they did a fabulous job and deserve to put their feet up for the rest of the day! The bees at Flower Pod and beekeepers have been busy too – Flower Pod have had their first harvest of honey from bees...yum!



Mansfield....

Star of the month

Pam came into art showing work she had done on the topic of Egypt because of what she had learnt about in Art session. Her staff said she had been to the library after the session to get lots of books on Egypt and that they've been doing lots of things on Egypt since. She showed everyone fact sheets, drawings, and paintings that she had done herself on the different topics in Egypt. Which were all wonderful.



reach

Update from... Newark

flower pod

Flower Pod Newark's D'Oyly Carte group have had the opportunity to visit Southwell Minster. The group were invited by a lady called Dr Helen Bates.

The group had learnt that the Minster had been around since Roman times. After, Roman remains were found on the land. They also learnt about the famous Southwell leaves, which are delicate model pieces made from stone. For the next four weeks, Dr Helen Bates will be visiting the D'Oyly Carte group to help them work on a special project. Stay tuned into next month's newsletter or Facebook, to see how it went!



Newark...

reach

Star of the month

We have chosen Adrian as star of the month because he has made a huge effort to get back into his old routine. Adrian comes in with the biggest smile. Well done, Adrian!

