

Reach beyond...

13.09.2021 – Edition 35



Hello everyone, welcome back! We hope you are enjoying the Sunshine!

Reach Online Classes

The timetable for our zoom sessions is below:

Newark sessions:

Monday: Singing at 10.00am

Wednesday: Sit and Be Fit at 10am

Friday: 1pm Bingo



Reminder...

Wednesday 22nd September all centres will be closed for a staff, inset day. As we will be closed, all zoom sessions will not be going ahead for the day. We would like to apologise in advance for any inconvenience this may cause.

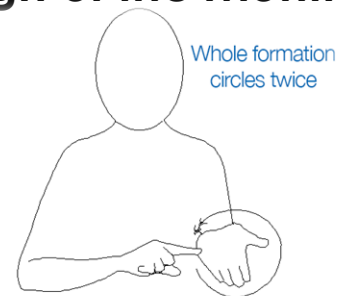


Spectrum 10k

A study called Spectrum 10K has been launched, by a team of researchers at the University of Cambridge, and others. Its aim is to "investigate the genetic and environmental factors that contribute to autism and related physical and mental health conditions to better understand wellbeing in autistic people and their families." For more information about getting involved, click, or copy the link!

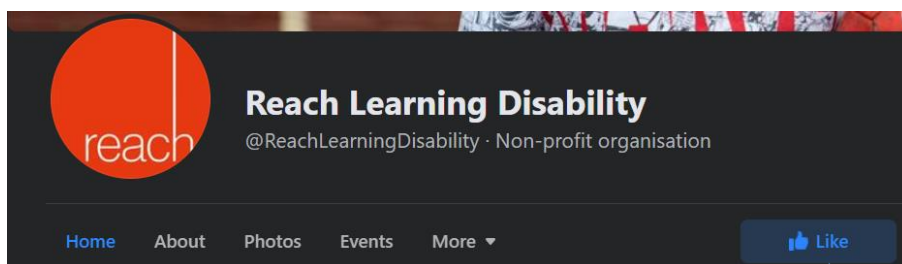
<https://tinyurl.com/3spwheev>

Sign of the Month



Toys

Follow Us on Facebook!



<https://tinyurl.com/58pdne5e>

Click or copy the link to Follow us on Facebook, just click the 'Like' button for more weekly updates on what everyone has been getting up to!

Jenny and her giant Sunflowers

Jenny grew these Sunflowers last year, using seeds from the Flower Pod activity packs.

They look

Fabulous

Well done

Jenny!

Great

Work!



Ready, Steady... Cook!

In last month's edition we explored Newark's cooking classes, and they were making elements of dishes to make food for a tea party. The groups made homemade butter, jam, scones, and sandwiches. After all their hard work, they got to sit back, relax, and enjoy their tasty treats! Well, done everyone!



info@reachuk.org

Beach Babies Cupcakes with Mansfield.

Mansfield have been getting creative in their cooking sessions. Look how fabulous these 'Jelly Babie' sunbed cupcakes look! Can you guess what has been used to create these?



Practicing Mindfulness

Practicing mindfulness through meditation or other techniques improves both mental and physical health. Follow this body scan exercise to help improve focus and overall wellbeing

<https://tinyurl.com/rf627k7u>

flower pod

Update from... Southwell

Flower Pod Southwell have been doing lots of harvesting this month, including garlic, rhubarb, blackberries, apples, tomatoes, potatoes, and not to mention lots of seeds! They have been learning about why we collect seeds from plants and what they look like when they are ready to collect. So far, they have collected seeds from poppies, cosmos, cornflowers, and marigolds. They will be packed up and stored for planting next year so that we can enjoy these beautiful flowers again.

D'Oyly Carte have been working hard on their projects. They have been doing wonderful crafts and woodwork, with the help and support of our fantastic volunteers. The Thursday group have been working hard on the 'potty garden', home to Flower Pod's new compost lavatory (toilet).



Super Star!!!!

Thomas has worked so hard on decorating this hedgehog house using mosaic. He has shown an amazing amount of dedication to this project, and has even started planning the design to decorate the second hedgehog house. Great work Thomas, we think it looks amazing!



Update from... Newark

flower pod

Hello everyone, Christine here.

I started working at Flower Pod Newark on the 20th of July 2020 and have loved it from the start!

There was lots of hard work to do clearing the gardens of rubbish and tidying up but gradually, by working hard together we have been able to see what a wonderful space we have.

The one problem we have though is we do not have a proper building to keep warm and dry in or do our Inspire classes.

However, that's all about to change!

We have been donated a modular building from a company called Premier Modular in East Yorkshire and are really looking forward to it coming onto our Flower Pod Newark site over the weekend of the 25 and 26th of September.

Lots of different people and companies have been involved with the preparations that have to happen before a project like this can go ahead. We at Flower Pod Newark are looking forward to thanking them all properly in our next chapter of our story but for now.....

Here is a plan of the building.



What a lovely space to carry out our lessons and our relaxation time.... watch out for the next instalment of the Flower Pod Newark story...

Even though we all work hard we have lots of fun as can be seen from all the smiles.

