

Reach beyond...

15.10.2021 – Edition 36



Hello everyone, welcome back! Who is ready for the spooky season?

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



One Walk

On the 13th September 2021, a small number of service users from each centre took part in the 'One Walk' event, which took place in Mansfield.

It was a fabulous day to celebrate individuality, with a live band and great atmosphere.

The groups had a great time and had a spot of lunch together after, they can't wait for next year!

Sign of the Month

'Ghost'



ONE WALK
equal . safe . living life

Spooky Knowledge

Enjoy this clip from 'Horrible Histories' Halloween special. Click or copy the link to watch!

<https://tinyurl.com/zj3xebsp>



It's spooky season

Graveyard Disco

Get active with this 'Just Dance' Halloween addition!

Click or copy the link to get your groove on in the graveyard dance!

<https://tinyurl.com/3h5mbkpc>



Scary Meatballs and Monster Mash

Newark's cooking groups are going to be making a spooky dish in the next few weeks, it's going to be Swedish meatballs and mash with a twist! Stay tuned on Reach Learning Disability's Facebook to see how it went! Share your work with the below email

info@reachuk.org



Spookylicious Treats

Get creative with these 15 different Halloween baking hacks!

<https://tinyurl.com/3uy2hrps>



Update from... Southwell

flower pod

September was a busy month for Flower Pod Southwell, there is lots to do in the garden at this time of the year such as planting bulbs, tidying, pruning, weeding, collecting seeds, and harvesting vegetables and flowers. Pod still have some beautiful Autumn flowers, so the groups have been practicing their flower arranging skills. Flower Pod had a grand opening of their new compost toilet and had a 'Potty Party' to say thank you to their wonderful volunteers who had worked so hard to build their new toilet. Volunteers and service users took part in a fun toilet quiz and Molly made some super 'poo' cakes! Southwell Flower Pod have sadly had to say goodbye to their two Kickstart ladies, Kait and Amy, they will miss them and wish them luck for the future



Fighting the monsters away with Mansfield

Reach Mansfield's Monday Motivation worked on some Karate moves in September, there is a great video of the group in action on Reach's Instagram – the group are excited to learn some more moves in the coming weeks



Update from... Newark

flower pod

Flower Pod Newark have been taking the spooky season to a whole new level. Over the past few weeks, the groups have been working hard making Mr and Mrs Scarecrow. The scarecrows have been made by upcycling old materials and clothing to bring them to life!

It is important for the groups to protect all the hard work they have put into the Pod, so what a better way to do that, than having scarecrows hanging around the Pod. Hopefully they're scary enough to scare away those birds! What do you think?



New Staff member!

Everyone meet Emily, she has been a Kick Starter for the past 6 months and has been that amazing she has been offered a job at Newark! Emily loves Domino's Pizza and really enjoys riding horses! Emily describes herself as 'small and quirky' Well done Emily!



New Staff member!

Everyone meet Rachel, who's started working in the Southwell office. She is the new Fundraising and Communications Admin Assistant. She loves working at Reach because she gets to see lots of lovely people all day. Say hello to Rachel next time!

