

Reach beyond...

Hello everyone, welcome to your monthly newsletter. We hope you're having lots of fun in your sessions being creative, learning new things and getting active.



A polite reminder...

If you are running late, please can we kindly ask you call the centre you are attending to let them know. Also, if you cannot attend your sessions, please give your centre a call.



Reach Online Classes

The timetable for our zoom sessions is below:

Newark sessions:

Monday: Singing at 10.00am
1pm

Wednesday: Sit and Be Fit at 10am
(16th of March is the last session on zoom for Sit and Be Fit)

Sign of the Month

Love



HAPPY BIRTHDAY CHRISTINE!

This month we celebrated a wonderful staff members birthday at Newark, we hope you had a lovely day Christine!



Maria and Julia did an Interview with a lady from the Mansfield Inner Wheel, check out the article by following or copying the link below.

<https://tinyurl.com/25pr9ayb>

Reach – a local charity with roots in the community.

February 10, 2022 · mansfieldinnerwheel · Leave a comment



New year, new goals?

It is very common for people to set goals for the new year to try and better themselves. If your goal this year is to get fitter and healthier, then sit down and enjoy this 11-minute workout with the one and only Joe Wicks on The Body Coaches YouTube channel... If you enjoy this video, you can subscribe to his channel to enjoy many more workouts for free! Click or copy the link below and enjoy!

<https://tinyurl.com/2p95tepb>

Self-care is something that should be a priority for us all. sometimes it can be hard to feel like you have time or energy to fit in self-care. here is a short video on small ways you can incorporate self-care into your daily routine.

<https://tinyurl.com/2p9khy3h>



Cookery at Newark have been making some marvellous creations over the past few weeks! At the beginning of the month everyone made sausage pasta with homemade garlic bread. The garlic bread looks amazing and topped with gooey cheese! What's not to love! Well done everyone!

info@reachuk.org



Welcome to the Reach Family, Louise, and Vickie!

Louise started Flower Pod Newark last November. Vicky just joined us in February at Reach Newark... Be sure to give them plenty of welcoming smiles when you see them!

Welcome aboard.



Louise



Vicky

Update from... Southwell

Thursday's out and about group had a great time doing a 'Keep Fit Day' with volunteer and retired PE teacher Chris Ebbage who ran the session.

The group very much enjoyed the work out and all the different exercises they had to do. As a well-deserved reward, the group had some tasty smoothies afterwards. Well done everyone! You did a great job!!



Update from... Mansfield

The Tasty Treats group at Mansfield have been cooking up a chocolatey delight. They made chocolate biscuits and they went down a treat! But with all these treats it is still important to look after your body and health, so the Health and Fitness group have been learning about their bodies. Well done everyone! Those biscuits look scrummy!!!



Update from... Newark

Flower Pod Newark have been working on several projects recently, they have received some funding from Asda to make Flower Pod Newark look the best it can. They have also been working extremely hard digging, to get a hole, deep and wide enough to have a pond for frogs, tadpoles, water lilies and much more to call their home!

The inspire groups have been doing an amazing collaborative piece where each individual has worked on a small piece of a larger picture, it has come together, and it looks wonderful. Well done everyone, what a masterpiece to have on display in the new building.

