

Reach beyond...

Hello everyone, welcome to your monthly newsletter. The Queen's Platinum Jubilee is next month, how are you celebrating?



Reminder – Closure for the Jubilee Bank Holiday...

We are closed on the 1st and 2nd of June to celebrate the Queen's Platinum Jubilee. We reopen on the 6th June

We can't wait to hear how you celebrated!



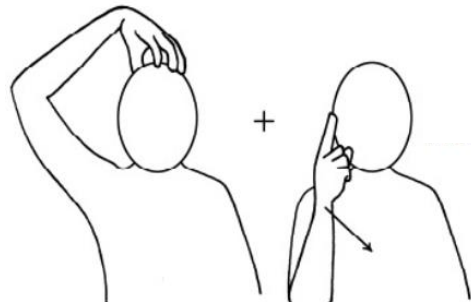
Reach Online Classes

The timetable for our zoom sessions is below:

Newark sessions:

Monday: Singing at 10.00am

Sign of the Month



Queen

A Friendly Reminder...

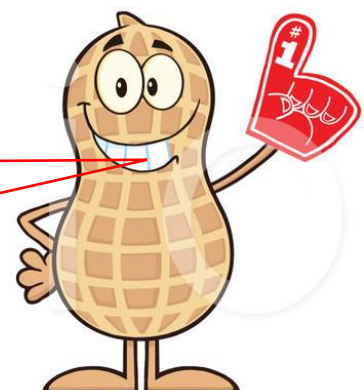
The safety of you all is our top priority. Which is why we need to ask, if you are going to be bringing nuts or food containing nuts, that you let a member of staff know. This is so we can provide others with a safe service whilst they are here.

If have any questions regarding our request, please do not hesitate to call on 01636 671 939.

Thank you for your cooperation.



Report me to a staff member!



The cookery groups at Newark have been extremely busy over the last couple of weeks. They have been exploring all different types of dishes. Newark have been looking at dishes around the atlas, which means food from all the way round the world. There has been wonderful aromatic smells coming from the kitchen.

Here is Sofie, she is enjoying one of the burgers which were made during one of the sessions which she took home to have for tea!
From what we can see, she certainly enjoyed it!



Update from Mansfield...

Mansfield has had a busy couple of months and getting even busier - show stopper cakes in Tasty Treats and Easter party last month and then a spring concert with a special visitor - The Mayor of Mansfield – who said ***'Thank you for inviting me to the Spring Concert, which was a fantastic afternoon of entertainment. The energy and enthusiasm of the performers was brilliant. I particularly enjoyed meeting everyone and having a great chat. Thanks again.'***



Flower Pod Southwell...

flower pod

At Flower Pod Southwell, they have started a new photography class, 'Nature through the lens' and clients have been learning to take selfies and use different filters. They have been up to Nottingham Trent University to collect the bedding plants that they have grown for them, so it won't be long before they are making up summer hanging baskets. Connor went to visit Tom at Southwell Garden Centre and bought some herbs from him. Tom is enjoying his volunteering role at Southwell Garden Centre and is getting on so well that he has been asked to do an additional day's volunteering. Well done, Tom.



But First Let Me
Take A
#Selfie

Flower Pod Newark....

flower pod

During Newark's Inspire sessions on a Tuesday they were using bamboo ribbon wands to help with morning stretches and mindfulness. There were plenty of giggles.

They have a range of yoga-based movements that they practice most weeks in the Mindfulness Garden.

These stretches and bends help us to breathe and relax us and we love the swirling patterns the pretty ribbons make.



Flower Pod Newark have also been having lots of fun planting Brussel sprouts ready for their Christmas dinner!

