

# Reach beyond...

Hello everyone, we hope you're enjoying the sunny weather we are having.

reach

## Reminder

**Please wear sun cream and hats when the weather is hot, it is important that you stay safe. It is vital you wear these when attending Flower Pod or any outdoor sessions.**



## Reach Online Classes

The timetable for our zoom sessions is below:

**Newark sessions:**

**Monday:** Singing at 10.00am

## Sign of the Month



For hot food  
make sign  
from mouth

hot (feeling hot)

## Southwell

Reach Southwell have been extremely busy over the past few weeks, they celebrated the Jubilee with royal cakes and afternoon tea. The Out and About group has been to Starnhill in Bingham and made some fantastic pottery.



## Oliver's Games Afternoon.

Some of you may remember, Oliver used to do a games afternoon at Newark Library on Friday 1:30pm – 3:00pm. Oliver is inviting you to come join him and play some games for a fun filled afternoon, the right way to kick off the weekend!

It will be a very relaxed community gathering and Oliver is hoping to see more people join him. This is a great opportunity to meet like-minded people. We look forward to seeing you there!

#reachcommunity#reachfriends



# GAME DAY



## One Fest 2022

On the 20<sup>th</sup> June 2022, Reach Newark, Mansfield and Southwell took some of the clients to take part in the One Walk event in Mansfield.

There were loads of celebrations, beautiful sunny weather, and yummy ice creams. Well done everyone for taking part and raising awareness for those with learning disabilities and autism.





## Flower Pod Southwell...

flower pod

Flower Pod Southwell said goodbye to a well-loved staff member, Tracey last week. Tracey had been with Reach for 9 years; she has decided to start a new adventure and we wish her well in her new job. We hope to see Tracey around in the future.

Anita made Tracey a lovely bouquet of flowers, which she had picked from Flower Pod and presented them to Tracey on her last day. They look beautiful.

When one door closes, another one opens, Flower Pod Southwell would like to welcome Sarah to their team. Sarah is going to be a Project-Coordinator, she will be coming to visit you all at some point, so say hello and get to know the newest staff member!



## Flower Pod Newark....

flower pod

Flower Pod Newark have been extremely busy over the past few weeks, getting into the full swing of finally being its own individual centre.

The Inspire group have been getting using their sensory skills and have been doing some sound mapping. This is a mindfulness technique to relax and calm you while you concentrate on all the sounds around you. The group heard a mixture of things from, airplanes, wind rustling the leaves, dogs barking, traffic, birds singing, and a child's laugh.



This sunny weather is the perfect time to start harvesting the onions, which have grown beautifully in the sun at Flower Pod Newark. Here we have Chris, Stuart, and Jamie working hard in the sunny weather, harvesting the onions they planted.

