

Welcome



Hello and welcome to the first edition of Reach News, our new newsletter for our supporters. I hope you find it an interesting read!

Having a brother with Down's syndrome, I have personally long been aware of the barriers that people face to keeping healthy. So, it's very uplifting to walk into one of our centres and see people really enjoying a dance or Boccia session perhaps, laughing with friends during a healthy cookery session, or gardening in the beautiful surroundings at Flower Pod.

Our Christmas appeal this year is raising funds to enable our clients to reduce the risk of preventable poor health. There is plenty of research that shows that people with learning disabilities are at higher risk of poor health than others, including serious conditions like diabetes. Here at Reach, we know first-hand that lots of our clients and their carers worry about health, and share their concerns with staff about weight, declining mobility, poor diet and sedentary lifestyles.

Diet and exercise are important of course. But we know that social factors like loneliness also have an impact on health. This week the Institute of Health Equity released its 'A Fair, Supportive Society' Report. The report relays many shocking facts about the lives and health of people with learning disabilities. But

it is this that sticks in my mind: "the magnitude of the effect of loneliness is comparable to smoking, and the impact is greater than that of many well-known mortality risk factors, such as obesity and physical inactivity." Just think about that for a minute. Loneliness has the same impact on health as smoking. What does this say about how society treats people with learning disabilities?

All Reach activities are embedded with opportunities to reduce feelings of loneliness and isolation. Our dedicated volunteers like Eddie (see page 9) are central to our ethos of increasing connections between adults with learning disabilities and their community.



I am proud of the work that we are doing to support our 200 clients get happier, healthier lives. But I know that there are many more people in Nottinghamshire who could benefit from our support.

Please get in touch with us if you would like to learn more. We would be glad to hear from you.

Thank you.

Steve Shatwell, Chief Executive

Client Focus



Hello, I am Amelia. I want to tell you about what I like about Reach.

When I come to Reach Southwell, I feel amazing and very happy. I like the people, bowling, Boccia, singing, swimming and going to the cinema. With Women's Group we do things like crazy golf, pamper days and going out to eat – very important! When I go shopping with my Reach Care workers it makes me pleased to be doing it myself. I can sort out clothes and laundry by myself too, make the beds and clean the house. I am going to go to Flower Pod more soon. I like gardening, digging and pulling up weeds. I am really good at gardening and have done it since I was little. I eat my lunch quickly so I can get back out and do more digging. I am looking forward to going to Flower Pod more.

You can read more about what me and mum think about Reach in the new Annual Report. It will be on Reach's website soon or you can e-mail Julia to ask for a copy at Julia.sandhu@reachuk.org.



Our work

Men's Cookery Group – Southwell

6.30pm on a Wednesday evening in November, Reach Southwell. Normally at this time, I wave to the members of the Men's Cookery Group as I leave the office after a hard day's fundraising, passing through our Training Kitchen on the way out. This evening however I am at the table because the group have kindly invited me to a meal.

First up is a starter of roasted red pepper and tomatoes prepared by Robert. It's tasty, healthy and easy to do at home. With the support of qualified tutor Helen, the group have devised a vegetarian menu for me. A lively discussion ensues about whether a meal is a meal without meat. The consensus is it's good to try new things. Joe is not 100% convinced but finally concedes 'I don't mind vegetarian.' Next, it's a delicious baked sweet potato chilli dish. As we eat there is plenty of talking and laughing and I gain some insight into why the group makes a difference in everyday life.

Anthony explains how it helps him to widen his diet: 'Coming here helps me think of different things to eat, or I tend to eat the same thing all the time.' Others point out that they have learnt new skills for more independent living. Neil recounts 'I made a meal for my sister. It was pasta Bolognese. It's the first time I've cooked for her by myself. I used what I learnt at Men's Cookery.' As we clear the table, I am impressed at how some smooth teamwork soon gets the washing up done. Everyone has their own roles in the group, but apparently Robert is the most crucial

because only he remembers the right switch to start the oven!

Our final course is a 'Queen of Puddings' made with soya milk. Another hit. Some of the group have special dietary needs so it can be trial and error when adapting recipes. Helen points out that part of the fun of cooking is experimenting and not worrying about perfect results every time. Anthony agrees as he enjoys the creative aspect of cooking.

The group have been meeting for over five years and know each other well. There is a tangible feel good factor to the evening. All agree that it's great to have a weekly opportunity for company and meeting friends. Joe sums it up when he says that the group is 'socially quite important.' I thank them for welcoming me and go home feeling pleasantly full, thinking about the health benefits of social eating. I think too about the many reports I have read over the years regarding the risk of loneliness and poor health facing adults with learning disabilities.

I make a wish that funders and commissioners could spend a Wednesday evening with the Men's Cookery Group to understand how simply sharing a meal together can make a big difference.

Julia Sandhu, fundraising team



Big Give Christmas Challenge – one donation, twice the impact!



Between 27 November to 4 December, we are aiming to raise £40,000 for our Small Changes, Big Difference Project through the Big Give Christmas Challenge - a national online matched giving campaign. For one week, every £1 donated will be matched by another £1 for as long as matched funds last. So, a donation of £10 becomes £20!

We already have £20,000 in our matched funding pot - to 'release' this we need to raise another £20,000 from our local

supporters. This is certainly a big challenge! Money raised will go towards courses and activities in all centres. Activities like healthy cookery, fitness and sports, swimming, gardening, growing vegetables and lots more.

Read our 'Small Changes' stories on our website at www.reachuk.org.

All of our courses have opportunities to try out new exercise options or new foods. For example Southwell Women's group recently made a vegan meal together for National Vegan Day. Peter Good, father of Southwell client Sarah says: "I was amazed yesterday when Sarah came home and told me she had tried soya milk in her coffee. It's significant because before she came to Reach, Sarah would never try new foods, she was stuck in her ways. Now she tries all sorts of things which I think can only be good for her because she will now try healthier alternatives – and enjoys them too. Her sisters remark on how much her eating habits have improved when they visit.'



£5 = £10



could buy
resources for
cooking



£25 = £50



could buy fitness
equipment



£50 = £100



could buy
accessible
gardening tools

"I love Reach, I love doing activities at Reach, meeting all my friends and volunteering". Chelsea

Big Give continued

- Make a donation and get it doubled!
- Do a sponsored activity
- Give us your small change for small changes! Gather up those old £1 coins and bring them to a Reach centre.
- Come to one of our Christmas events (details on page 10 or see our website).

To be sure of getting your donation matched, please donate online from midday onwards on 27 November. Please ensure you donate via the Big Give website at www.thebiggive.org.uk and search for Reach Learning Disability or Small Changes, Big Difference.

Thank you to Candis magazine our Charity Champion and to our local pledgers for creating our matched funding pot of £20,000. Pledgers include: Southwell & District Lions Club, Edwinstowe & The Dukeries Lions Club, Andrew Spybey & Associates and anonymous or individual donors.

For more information contact Julia in the fundraising team on Julia.sandhu@reachuk.org or 01636 819066.

One Donation, twice the impact

How it works:

1



**Donate online
between 27th
Nov - 4th Dec**

2



**Your donation
will be doubled**

3



**More courses,
more resources**

What to do next

Set a reminder to make your donation or ask us to e-mail you a reminder – please e-mail sarah.cobb@reachuk.org to arrange. Follow us on Facebook @ReachLearningDisability and Twitter @reach_ld

Staff Focus

Zelma Hutchinson,
Reach Mansfield Centre Manager



How long have you been at Reach?

I started in April 2018 as the first full-time Centre Manager at Reach Mansfield.

What are your previous roles?

Most of my career has been in nursing. I began as a general nurse before training as a mental health nurse. I have held senior clinical and management roles and have managed all kinds of facilities including children's, adult's, community, and inpatients. I then worked for three years for the Epilepsy Society and enjoyed working for this national charity, managing volunteers and experiencing life in the voluntary sector. My next role was for a charity providing supported living for people with learning disabilities in Leicestershire.

Coming to Reach Mansfield seemed a natural and exciting progression for me, especially as I am Mansfield born and bred – it offers a unique opportunity to make a difference to people's lives and to my own community.

What are your aspirations for Reach Mansfield?

To carry on growing bigger and better! I want us to reach more people and make sure we are catering for diverse needs.

To achieve this, we have begun to develop new community connections. For instance, we are working with Yeoman Park School, linking with their transition programme and inviting parents to come and visit us. Their input will help us to shape our timetable and future offer. We do need to raise awareness of Reach Mansfield, and I am keen to ensure that we are integrated into the community.

What else matters?

Friends and family are really important to me and, however busy I am, I try to make time to see people. I keep fit with Zumba classes, and walking the dog. Getting some fresh air gives me a chance to clear my thoughts and re-connect with the world.

People Update

This month we say goodbye to Katie at Reach Mansfield. We thank her for all the hard work and wish her all the best for her future.

In November we said goodbye to Ann Best and Daphne Hughes. We thank Ann and Daphne for their years of service as Trustees.



Centre Focus

Reach Newark

We are looking forward to our first Christmas in the Hawtonville Community Centre since moving in in April. Thank you again Newark & Sherwood District Council for your help! We are proud to be working with local Lions Clubs to offer a free diabetes screening during our Big Give week. This reflects our commitment to being part of the local community. Reach Newark supports 100 people with learning disabilities a week. Our new facilities are enabling us to offer more courses at once and meet the diverse needs of our clients.

Reach Mansfield

Building on our track record in developing best practice work to address health inequalities, we are currently running two health focussed special projects and look forward to sharing our learning in due course. We have also been working hard on our networking recently and are delighted to be working with Mansfield Town Football Club – result! Clients are busy rehearsing for their Christmas concert which promises to be full of festive fun as always.

Reach Southwell

Local people often know about our two Southwell Women's Groups as we are frequently out and about in the town. But we also offer Men's Cookery Group, Boccia, one-to-one cookery, art, Fun & Fitness, singing and supported volunteering. On Fridays clients and carers can book a massage or reflexology. Our trained masseuse is kindly providing Indian Head massages in return for a donation during Big Give week. Also during the week, our singing group will be asking local people to join in with festive favourites at our Sing-A-Long in Southwell library.

Flower Pod

Our classroom buildings are full of foliage and laughter in the run up to Christmas. Clients and volunteers are busy preparing wreaths for sale and wreath-making workshops and pop-up shops are also on the agenda this year. Look out for us at Southwell Late Night Shopping! After years of intermittent internet, we are very grateful to the Technical Support Team of Nottingham Trent University for their help in getting us properly connected. We have also received a helping hand from local companies taking part in team volunteering days – digging, pond-clearing and crafts have all been on the agenda recently!



"Life without Reach? I'd be fed up, plodding around not knowing what to do with myself." Phil

Holidays

Earlier in November Reach clients, staff and volunteers enjoyed a return visit to Corton for the second Reach holiday of the year. As in the summer, Warners staff once again gave us a warm welcome. We enjoyed wrapping up for autumn strolls along the prom, prom, prom – nothing beats a healthy blast of sea air. We also kept active with archery sessions and energetic dancing into the small hours. Plans are already in hand for next year. With more funding we would aim to offer a third holiday.



Projects and partnerships

Helping Ourselves Prevent Exploitation (HOPE) Project.

This innovative EU-funded project is run by the British Institute for Learning Disabilities and involves people with learning disabilities in the East Midlands, South West England and Bulgaria. The Project is delivered by an experienced Project Manager using an established peer mentoring model. Ten co-trainers are now trained to deliver training to young people across the region on how to stay safe and have positive relationships on and off-line. 150 young people will be reached in total. The co-trainers have also trained 80 health care and education professionals. Reach provides a meeting venue plus volunteer support.

Volunteer View

Eddie – Flower Pod volunteer

Since I retired from the Fire and Rescue Service I have done a lot of voluntary work – firstly as a magistrate and then for Citizens Advice Bureau, but I was looking for something different. I live in Southwell and had heard about Flower Pod so started volunteering for 2 half days a week. I am no gardener but I'm reasonably good at DIY. At Flower Pod we try to be as environmentally friendly as possible, so we build whatever is needed using old pallets and other materials ready to hand. So far, I have worked with clients and other volunteers to improve our facilities by building such things as compost bins, and cold frames. I have also created a drainage system to take water from the roof to water butts thereby reducing the amount of mains water we use.

Time spent at Flower Pod is a wonderful experience. The garden overlooks the town and in the early morning before the arrival of the clients and volunteers there is an all-pervading sense of peace and harmony amongst the flowers. Then as the number of people arriving for the day's activities increases, the buzz of conversation and laughter grows and continues throughout the day until finally, at the end of the day, peace and silence returns. This is truly a happy and rewarding place to be. I would encourage anybody with some free time to volunteer here. It is really worthwhile helping folk learn new skills and building their confidence."

Eddie Patterson

Volunteer opportunities

Head over to www.reachuk.org/get-involved/volunteering/ to find out more about volunteering at Reach.



Events report

The past few months have been exceptionally busy – we thank everyone who has helped with, attended or otherwise facilitated our events.

Events included:

- Mansfield 10k
- Viking Challenge
- Pinders' Fashion Show & other fab fundraising through the year

Andy Swain raised over £5,700 by cycling 752 miles in 63 hours. Thank you also to the people who donated to Andy's challenge and supported him.



Got an idea for a fundraiser?
Please contact Sarah today!
01636 819066
sarah.cobb@reachuk.org

Tuesday 27th November

Southwell Christmas Sing Along, Southwell Library, 7pm Free event, call Reach Southwell on 01636 819066 to let them know if you would like to attend.

Tuesday 27th November

Mansfield Coffee Morning, Reach Mansfield, 10.15am - 11.45am

Wednesday 28th November

Silver Star Diabetes Screening, Reach Newark. Open to all, 10am - 3pm

Wednesday 28th November

Newark Coffee Afternoon, Reach Newark, everyone welcome, 1pm - 3pm

Thursday 29th November

Southwell open house (donation booths open), Reach Southwell, 1pm - 6pm

Thursday 29th November

Mansfield Auction, Reach Mansfield, 6.45pm - 9.30pm

Thursday 29th November

Flower Pod will be having a stall at Southwell Late Night Shopping event, 5-8pm

Saturday 1st December

Quirky Quiz Night, Southwell Golf Club, 7pm. Teams of 4-6. £10 each. Food included. Tickets available from Reach Southwell & Flower PodAdd subheading

Saturday 1st December

Newark Christmas Fair, Barnbygate Methodist Church Hall 10am - 12pm

Sunday 9th December

Santa Run, family friendly event, Sconce and Devon Park, Newark, 11am. Adults £12, children £6.50. Includes free Santa Suit, medal and mince pie. Enter at www.reachuk.org

Tuesday 4th December

Christmas Wreath-making workshop at Flower Pod (also taking place on 6th and 13th December, call 01636 918271 for more details

Tuesday 18th December

Flower Pod Pop-up shop, 11am-1pm, Flower Pod

Monday 10th December

Flower Pod Pop-up shop, 11am-1pm, Flower Pod

2019

Saturday 26th January

Burns Night, Southwell.
Raising money for Reach.
Tickets available from
Reach Southwell

Saturday 23rd March

'Male Voices at The
Minster'- Tickets available
from Reach Southwell 0163
819066 (proceeds in aid of
Reach)

Sunday 24th March

Southwell Cycle Tour,
supporting Reach. Enter
online
<https://www.viavelo.co.uk/southwell-cycle-tour>



Reach Southwell and head office

Prebend Passage, Southwell, Nottinghamshire, NG25 0JH Tel 01636 819066

Reach Newark

Hawtonville Community Centre, St Marys Gardens, Newark NG24 4JQ Tel 01636 671939

Reach Mansfield

St John's Centre, St John Street, Mansfield, NG18 1QH Tel 01623 232748

Flower Pod

Brackenhurst Lane, Southwell, NG25 0QL Tel 01636 918271

Reach Learning Disability Care CIC

Prebend Passage, Southwell, Nottinghamshire, NG25 0JH Tel 01636 919946

**Visit our website for more information, www.reachuk.org. Keep up to date by liking our
Facebook page. Charity Number 1076318.**