

Reach beyond....

12/04/20 - Edition 2

Hello again,

We hope that you enjoyed looking at some of the online links and worksheets we sent you last time. Although we cannot be together, knowing that your friends will be doing similar things, keeps us connected within our wonderful Reach community.

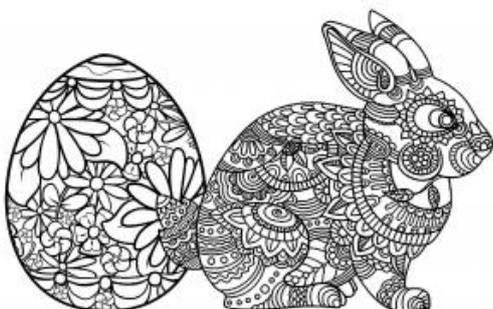
These activities and links are intended to help you to learn something new, keep up your creativity, fitness and provide some relaxation.

Time for you.....

We have been gifted the chance to all take a moment to pause. But this maybe something that you are not used to and can seem a little bit uncomfortable. So in our last newsletter, we suggested some relaxation exercises which we hope you enjoyed. This time, try combining relaxation and creativity with some mindful drawing. Click on this link for a short guided activity.

https://www.youtube.com/watch?v=0kcAFq7C_CA

Or.....put on some relaxing music and colour in the beautiful Easter eggs in this pack.



Spring has sprung!

One thing that cannot be paused is the start of Spring and the beautiful seasonal joy it brings.

Step out into your garden, or take a walk around the block for your daily exercise and notice the nature on your doorstep. Perhaps go on a **minibeast hunt** using the sheet in this pack and then follow the instructions to **make a fruit kebab** for the birds to enjoy!

Learn some of the signs for minibeasts by clicking on this link:



www.youtube.com/watch?v=jlb_gb_pcaGk

Want to find out more....? Everyday at 9.30am Wildlife Expert Steve Backshall will be live on Facebook answering all your wildlife, biology, conservation, geography and exploration questions. Click below...

<http://www.stevebackshall.com/>

Happy birthday to????

We are all spending more time in our homes, but it is important to remember to make sure we still wash our hands whenever we have been out of the house, about to eat or prepare food and after going to the toilet. Here is a little video to remind us how to wash them properly. In your pack we've added a poster which you could stick above your sink.

www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/



Sign of the week



Spring

We would love to hear from you! Share your photos or well wishes and we will add them to our next edition.

Email us at
info@reachuk.org

Shine



Last time, we asked you to start to practise singing and signing along to the song 'Shine'. We hope you are enjoying learning this and we look forward to a time when we will be able to sing this with one another in celebration!

www.youtube.com/watch?v=v_gkJKBEFfl

If you enjoy singing and signing, visit 'Singing Hands' Youtube channel for lots more brilliant songs and useful signs.

www.youtube.com/user/SingingHandsUK

Online session timetable

We are delighted to tell you that Reach will be starting online sessions, led by a member of Reach staff. So far the sessions that will take place are:

Monday: Singing with Romany

Tuesday: Relaxation with Tina

Wednesday: Sit and be fit with Romany

Thursday: Craft with Gemma

Friday: Chat groups

All sessions are from 10:30am to 11:30 am

Flower Pod are doing a chat and catch up Monday – Thursday, apart from bank holidays from 1pm-2pm.

Most clients will be informed of how to join these online classes, either by phone or email. **If you would like to get involved in these sessions**, giving you a chance to see some familiar faces and bring a little structure to your week, please get in touch on info@reachuk.org or call Reach Newark on 01636 671939.

Dust off your dancing shoes!

The Strictly Come Dancing and The Greatest Dancer star, Oti Mabuse, is running dance classes which you can view on her Youtube channel.

She covers all dance styles and types of music. It's easy, fun and fabulous exercise. Give it a go, shimmy, shake and smile!

<https://www.youtube.com/user/mosetsanagape>



Music & singing lessons

TWICE A WEEK, MYLEENE KLASS WILL BE RUNNING MUSIC SESSIONS FOR YOU TO ENJOY ANYTIME ON HER YOUTUBE CHANNEL.

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

OR JOIN IN WITH GARETH MALONES 'GREAT BRITISH HOME CHORUS', A NEW PROJECT AIMED AT GIVING EVERYONE THE CHANCE TO SING IN A LARGE DIGITAL MUSIC PROJECT. TO GET INVOLVED VISIT

<https://decca.com/greatbritishhomechorus/>



Film or play review

Last time, we asked you to have a go at doing a book review. Now with all the wonderful shows on offer, why not have a look at the activity sheet in this pack and become a critic.

Creating your own review of the show or play! Or perhaps you have a favourite film that you would love to review and share with others.

It's Showtime!

Andrew Lloyd Webber is releasing, **smash hit musicals** every Friday at 7pm for you to watch for free. They will be available for 48 hours after. First up, it's Joseph and the Amazing Technicolour Dreamcoat. Search 'The Show Must Go on' on Youtube, or click on this link...

<https://www.youtube.com/channel/UCdmPjHKMaXNNeCr1FjuMvag/featured>



The National Theatre is giving you chance to enjoy first class theatre online while they are closed, by releasing three full-length plays every Thursday. Visit their Youtube channel for more details....

<https://www.youtube.com/user/ntdiscovertheatre>

And finally....What about you?

Oliver has been busy with in the garden, '*I pruned some bushes and collected some leaves and made them into a bouquet and put them into a vase*'. Oliver says '*I am really missing everyone and want to say a big Hi to everyone and hope everyone is well*'. Oliver is trying to keep to activities he is used to doing at Reach, such as singing on a Monday, in the garden Tuesday, cooking Wednesday and Pottery/crafts Friday, which is keeping his week full and busy.



Here is Bex enjoying the sunshine, getting some exercise and....telling the virus what she thinks of it!

Well done Bex!

Sarah has coloured in her Rainbow and has proudly put it on display for all to see. She has also been busy with some delicious baking...I wonder if she offers home delivery? Excellent, they're wonderful!



Cheerio for now my friends. Don't forget to keep in touch, sending in your photos or messages to info@reachuk.org. We hope to see you on our online sessions or catch up with you on the telephone. Take care and stay safe!