



# Reach beyond....

Hello everyone, I hope that you are reading this in some of the glorious sunshine we have had lately. How lovely that the weather has given us such a wonderful gift during this funny old time. In the lockdown, many of us have wished for 'things to get back to normal', but it has also given us the chance to think about what we want to keep from our 'normal' lives and what we think we could do without. We look forward to meeting you again in our 'new normal' life! Please enjoy exploring these links and the activities in the pack.....

## A night at the theatre

The theatre community has come together to provide viewers from around the world the opportunity to stream selected theatre productions for free.

Check out this updating list of musicals, plays, and operas that are now streaming!

<https://tinyurl.com/wrcw7oo>

So grab some pop corn and enjoy!



## Reach Virtual Pet and Wildlife Show

We are very excited to tell you that we have launched our very first virtual Pet Show! This is a virtual event which means anyone can enter, no matter where you are!

Entry is now open!  
You can enter a photo you have taken of a pet or wildlife into one or more of the categories which include:

**PET THAT LOOKS MOST LIKE ITS OWNER**

**FUNNY PHOTO (PET OR WILDLIFE)**

**IN LOVING MEMORY (A NON-COMPETITIVE CATEGORY)** and more...

For more information go to:

### Reach Virtual Pet & Wildlife Show

Entries close: 1pm 5th June

Voting: 8th June - 14th June

Winners announced: 16th June



To enter go to:

[reachuk.org/fundraising/pet-show](https://reachuk.org/fundraising/pet-show)

## Let's get cooking...

This week Tina's filmed cooking tutorial shows us how to make a **Classic Victoria sandwich recipe**.

Head over to Reach LD YouTube channel to watch....

<https://tinyurl.com/ybfuuek8>

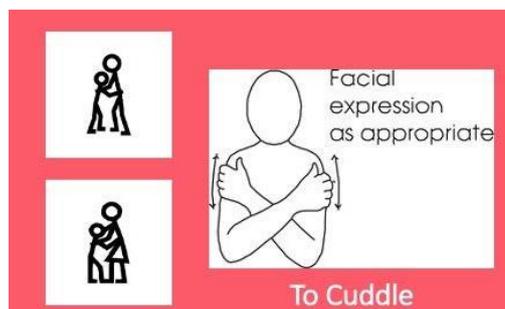


## World city views

There's no need to leave your living room (thankfully) to see these incredible city skylines.....

<https://tinyurl.com/yar9ayov>

## Sign of the week



## Reach online classes

Here is a reminder of the fabulous online classes we are offering at Reach.... all are welcome! So, if you'd like to join in with the fun, email [info@reachuk.org](mailto:info@reachuk.org) or call Reach Newark on 01636 671939.

The timetable of sessions is below:

### Newark sessions:

Monday: Singing with Romany

Tuesday: Relaxation with Tina

Wednesday: Sit and be fit with Romany

Thursday: Craft with Gemma

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

Friday: 10.30am Chat group and 2pm bingo (a bingo book will be sent to you)

**Flower pod:** chat and catch up Monday and Wednesday @ 2pm.

### Southwell Sessions:

Monday, Chat Group @ 2.30pm

Tuesday, Media Fun @ 11.30am

Thursday, Chat Group @ 2.30pm

### Mansfield sessions:

Monday, Singing at 1pm

Friday, Catch/quiz at 1pm

We look forward to seeing you then!

## Free Aquarium virtual tour

The Oceanogràfic in Valencia, Spain, is the biggest aquarium in Europe. It has 45,000 resident creatures from 500 different species – and you can now meet them all from the comfort of your living room. Take a virtual, 360-degree tour of the aquarium and walk through Europe's longest shark tunnel, get up close to crocodiles and meet jellyfish, flamingos or sea lions.

<https://tinyurl.com/ya4tu3tk>



## Staying safe online



Reach want to help you stay safe if you are online.

There are a group of people at Reach who are helping people stay safe. They are working on the Rose Project and they made some rules about staying safe when you are online:



- Do you really know who you are talking to?
- Don't share private pictures.
- Look at your privacy settings.
- Don't be friends with anyone you don't really know.
- Don't meet up with someone you have only met online.
- Don't share passwords.
- If someone sends you something bad show a person you trust.
- If something scares or upsets you, tell someone!

**The team has created an information and activity sheet, for this pack, which give you more useful information on how to 'Stay safe online'**

We want you to be safe and happy so please go online carefully. Reach staff will always help you and if you have any worries tell someone at Reach....STAY SAFE!

Hello everyone, this week's garden activity is to,



### Spot the pollinators

We've all seen bees enjoying the nectar from flowers. Now it's May, there are lots of bees about. But not all bees are the same. And flowers feed lots of other insects as well. The insects spread pollen as they go from flower to flower, helping seeds to grow. Use the sheet in your pack and **see how many different pollinators you can spot in your garden or on a walk. Try to take pictures and share them on the Reach Client Facebook Group maybe!**

Wild bees – these are mostly bees that live on their own – not in swarms. They might be bumble bees or small black ones.

Honey bees – these have longer bodies and might be from a hive in a nearby garden or allotment. If you see lots of bees that look the same all on the same plants, they are probably honey bees.

Butterflies – these love a sunny day and there are lots of different kinds.

Moths – and these come out in the evening, so you'll need your torch!

Hoverflies – these are yellow and back like bees and wasps – but they are a bit skinnier and don't sting!

Beetles – the easiest to spot is a ladybird, but can you find any brown or black beetles inside flowers having their lunch?

You might also find flies and gnats and mosquitoes and even birds helping to pollinate flowers.

**Head over to our YouTube page** for more videos including, 'Repotting Sunflowers' with Amanda..... <https://tinyurl.com/y7hn28v8>

We hope you are well, and we miss you! From all the Flower pod team.

## What about you...



Here is Bex with her fabulous 'Gratitude jar', Emma with her growing sunflowers and delicious looking crumble, and Robin with his beautiful hanging basket....Great work everyone!



Look at Robin's yummy looking version of Tina's Salmon fishcake and creamy pasta dish, Ruth happily baking a crumble with more rhubarb from the allotments, and Sarah proudly showing off her fantastic folder full of activities...Amazing effort all of you!

Keep sharing your photos, we love to hear and see all that you are doing! Especially seeing your wonderful smiling faces. Email us at [info@reachuk.org](mailto:info@reachuk.org)

Don't forget to keep a look out at the links in previous newsletters, as there is new stuff being added to them every day!

**So, until we meet again,  
we wish you goodbye  
for now. Keep in touch  
with friends, be safe and  
take care!**

