



# Reach beyond....

Hi everyone, we hope that you are all doing ok this week? I know that as the lockdown eases some of you have been able to enjoy meeting a friend in the park or nipping to the shops. A bit of 'normality' is certainly very welcome although we still have a little way to go. So, in the meantime, know that the Reach team are still very much here for you all and we want you to enjoy looking at some of these links and have a go at the activities. You are all doing a fabulous job, so keep on keeping on!

## Reach's Growers Allotment

A few weeks ago, we had an exciting delivery of a bee hive, Beverley the bee lady will be looking after the hive and tells me that they are doing really well.



We need bees to help us produce the food we eat, and they are beautiful little insects. Here on the allotment we have lots of interesting bugs, why don't you have a look around when you're out and about to see what beautiful bugs you can find. From Amanda

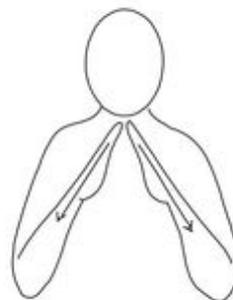
## Learning From Home

The Learning Team at Newark's National Civil War Centre have been busy! They're working on exciting new projects at the moment so this weekend is the perfect time to explore all the fantastic FREE resources they've created over the past few months. Discover and find everything online at

<https://tinyurl.com/ybyt76nj>



## Sign of the week



**Home/House**

## Let's get cooking...

This week, in her fabulous online cooking videos, Tina is showing us how to make a delicious Apple and Pear Crumble with homemade vanilla ice cream. The paper recipe is included in this pack and click on the link below to cook along with Tina!

<https://tinyurl.com/ybfuuek8>



## 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

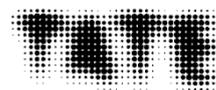
Thursday, Men's Group @ 6.00pm

### **Mansfield sessions:**

Monday, Singing at 1pm

Friday, Catch/quiz at 1pm

## Audio descriptions highlights



While in lockdown the Tate Museum has created a variety of audio descriptions about key artworks from our collection for you to enjoy.

From Henri Matisse's 'The Snail', to Claude Monets' 'Water-Lilies'.

Click on the link below and dive into the fabulous world of the art.

<https://tinyurl.com/yajelu4u>



## Relive sporting classics...

For those missing sport, the BBC is reliving classic encounters from the FA Cup, the Six Nations and other sporting events every weekend, with its social media channels reporting as if they were live. Take a look at the link below,

<https://tinyurl.com/y9mye3r7>

Or visit some of the world's most iconic football stadiums via a 360-degree tour.

<https://tinyurl.com/y97dmbek>



## Experience the razzmatazz of a circus



Though it doesn't quite compare to the all-encompassing experience of seeing it in the flesh, the recently released hour-long special from Cirque du Soleil is a close alternative. The spectacle of dance, music, acrobatics, stunts, fire and more is truly an amazing sight to behold.

<https://tinyurl.com/ycyqjlr6>

## flower pod

Hello, Flower Pod is looking very colourful right now. We have lots of poppies in the garden, which look splendid and come in all different colours including red, pink, purple and white. Some have double flowers and others have single ones. The botanical name for a poppy is Papaver. Poppies are a symbol of many things including sleep, beauty and success, extravagance and luxury and a lively imagination. Sounds like the Flower Pod staff team! Red poppies are associated with the First World War. Poppies are one of the most popular wildflowers and can be seen in grass verges or meadows so keep a look out for them. This poppy is called 'Amazing Grey', and we think it's pretty amazing too!



## Good news for book lovers....

Audible is making hundreds of titles available for free during the coronavirus pandemic. The audiobook platform has said that, for as long as schools are closed, anyone can listen to a vast selection of its titles. This means books read by Westworld's Thandie Newton and Downton Abbey's Dan Stevens are available to stream at no cost at all. Simply visit [stories.audible.com](https://stories.audible.com) from any web browser to get started. No log-ins, credit card or passwords needed.

<https://stories.audible.com/start-listen>

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## What about you...



Here is Bex again being super creative on her travels. She is off to Paris au Jardin today by ferry with a motor home and has her passport and euros at the ready. Robin has been busy baking again, this time he has cooked along with Tina to make a delicious Victoria Sponge. Well done guys! Please send in any photos or messages for us to share. We love to hear and see how you are getting on. 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!

! **We hope to see you all very soon, but until then, please take the very best of care of yourselves and those you love.**