

Reach beyond...



Hi, you wonderful bunch! For many weeks we have wished and waited for lockdown to be over. And now we have been given a little more freedom to visit shops, pubs and see others (at a safe distance). But for many of us, although this is something we longed for, it is also something that is causing us to feel quite uncomfortable and a little anxious. The return to 'normal' is going to be a long road and each of our routes will be different, because we are, after all, so wonderfully different! Often, the best thing with any big changes in life is to take it one small step at a time. Just know that we will be with you in every way we can, cheering you on, every step of the way!

Lockdown life tips...

Each of us have been affected by the lockdown differently and have our own things which help us cope. Here are some of the things our fabulous team at Newark like to do, maybe you could give them a go!

Maria – *“I like to have a real good declutter! Because I am busy, I become very mindful of what I am doing, which I find calming. Plus, it gives you a great sense of achievement when it's finished.”*

Take a look at this link for some great decluttering tips..

<https://konmari.com/>

Vickie – *“I love to get out on my bike, it's great exercise. There are some amazing cycle routes in Newark, which are also good for walking along. Because they are away from main roads, you get to really relax and enjoy nature too!”* Check out routes in your area by clicking:

<https://www.sustrans.org.uk/>

Reach's Growers Allotment

Hello from Eton Allotment,

Everything is growing quickly on the allotment, especially the fruit in the fruit cage. I am busy picking raspberries, tayberries, blackcurrants and redcurrants to freeze, so that Tina can make something tasty in the coming weeks. Berries are really good for us, they are high in fibre and are loaded with nutrients such as Vitamin C. Why don't you have a go at making some delicious raspberry flapjacks, yum! You can find the easy recipe in this pack.

From Amanda



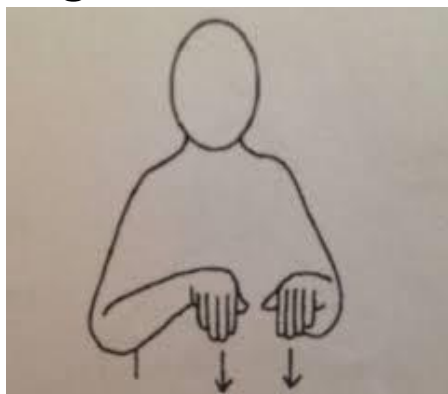
Let's get cooking...

Don't these cooking tutorials with Tina just keep getting better and better! This week, Tina is showing us how to make a delicious and simple Omelette. It can be enjoyed with a side of potato wedges and a simple salad. Or delicious on its own! Take a look at the recipe in the pack, and cook along with Tina. Then photograph your dish and let us know how it tasted. Good luck!

<https://tinyurl.com/yat6t7zt>



Sign of the week



Shopping

Reach Closure Week

Please note: We will be closed for our usual Summer Closure Week from Monday 27th to Friday 31st July, and therefore won't be running any classes, or going out for any walks during that week. Sorry for any inconvenience this may cause!



Reach online classes

The timetable of sessions is below. All are welcome, so if you would like to join in with the fun, email info@reachuk.org or call Reach Newark on 01636 671939.

Newark sessions:

Monday: Singing (10.30-11.30am)

Tuesday: Relaxation (10.30-11.30am) and Fun and Fitness (1.30-2.30pm)

Wednesday: Sit and be fit (10.30-11.30am)

Thursday: Craft (10.30-11.30am)

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

Flower pod sessions: 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

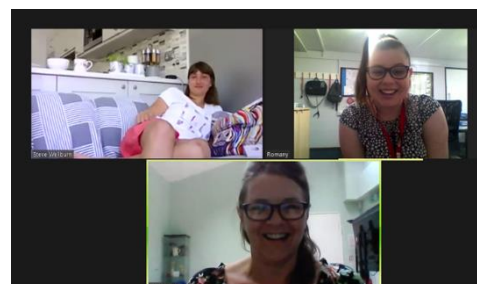
Mansfield sessions:

Monday:

Singing at 1pm

Friday:

Catch up/quiz at 1pm



Reach Response

Take a look at the latest film created for Reach, which shows some of the fabulous work which has been happening during lockdown! Click on the YouTube channel:

<https://tinyurl.com/ybpbvbxh>

Get a pass into the world's most exclusive places

Some places are difficult to get access to, even out of lockdown. But now you can get a glimpse into these exclusive destinations by visiting Viking TV's Privileged Access video channel. It's packed with bite-size documentaries on interesting places, such as the fairy tale castle of Schloss Mespelbrunn and even the real Downtown Abbey.

<https://tinyurl.com/ybro4bzy>



Explore the Eden Project

Even though the fabulous Eden Project, based in Cornwall is currently closed at the moment due to the coronavirus, it's still offering a host of fun online activities and information for you to learn more about the plants and animals around us.

Click on the link to find out more...

<https://www.edenproject.com/>



flower pod

It's been sunny and warm, and Flower Pod have been busy picking flowers and making bouquets for some wonderful carers!



Why don't you try making your own flower arrangement with flowers in your garden? For inspiration, take a look at the beautiful posy that Dom made when he was at Flower Pod last week. He's used Sweet Williams, Sweet Peas, Lady's Mantle and Ammi. What do you have in your garden? You can use anything – grass stems with bouncing seeds, brightly coloured roses, even weeds! Try to find long stems and have a mix of big and small flowers. Remember to ask permission before you cut flowers in the garden. And don't cut flowers in the countryside – we leave them growing for other people (and animals) to enjoy. Then you could choose someone special to give your bouquet to!

Also... If you've decorated a lockdown leaf, please could you hand it in next time you see someone from Reach. Thank you!!



Reach for the stars... We're surrounded by uncertainty here on Earth at the moment, but one thing that will always remain more or less constant are the stars above. On a clear evening, head into the garden and marvel at this astral spectacle. To get a better idea of what you're looking at visit: <https://tinyurl.com/yax82kk4>

What about you...



Here is Charlotte with her joyful smile, showing off her activity pack and cabbage from the allotment. Be sure to tell us what you make with your yummy veg Charlotte! Hayley striding out with Lindsay and Lewis in the glorious sunshine and getting some exercise! Bex went on an exciting safari adventure this week, what a great idea! Jenny has been enjoying lots of activities outdoors, here she is taking a walk by the Trent with her mum, stopping for a moment to take this beautiful photograph.



They've been getting creative at Adam's Row! Chelsea, Sarah and David have made collages of all the activities and things they've been up to during lockdown. Thanks for sharing the lockdown love with us, they are fabulous! Finally, Emma completed this amazing puff pocket blanket at home which we started during our sewing class before the lockdown! Great resilience Emma, it really is a masterpiece! Keep sending in your photos and/or any messages of support for us to share with you all. Email us at info@reachuk.org

Goodbye for now our fabulous friends.

Take care and stay safe!