



Reach beyond....

How are you all doing? At this time when we are missing our friends, it gives us chance to think about what it is to be a great friend and how lucky we are to have friends to miss. *“Good friends are like the stars, you don’t always see them, but you know they are always there!”* We hope you know that we are always here and look forward greatly to the time when we will be together again. When you get chance, take a look at these links and enjoy the activities in the pack....

Reach’s Growers

Allotment...At the allotment things are growing quickly, especially the weeds! We are working hard to remove them. We do have some tasty looking cabbage ready for picking, yum!



We have also been looking for interesting leaf shapes, these are some that we found today.



Do you think you could identify some while out and about? We look forward to seeing you soon, from Amanda

Learning Disability Week 2020

Learning Disability Week will take place online from **15 to 21 June**. The theme of the week is **the importance of friendships during lockdown**.

We want you to celebrate the incredible friendships and connections that you have made in your life. So, why not take a moment to think about your friends and perhaps reach out to them, send a letter, a text or give them a ring to let them know how much they mean to you! Or maybe send in photos of you with your friends and show them you cannot wait to see them again soon.

To find out how else you can get involved with this week’s activities, click on the link below...

<https://tinyurl.com/yawr2rzc>



Let's get cooking...

We hope you are all enjoying Tina's online cooking tutorials as much as we are! This week Tina will show us how to cook 'Meatballs in Gravy'. It's a real winner for a delicious mid-week dinner. Mashed potatoes and peas are a great side to it!

You will find the recipe and instructions inside the pack and now head over to **Reach Learning Disability YouTube channel** to cook along with Tina. Why not take a photo of your finished dish and send it over to us, we'd love to know how you got on!

<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 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

Mr Motivator daily dozen aerobics

Mr and Mrs Motivator stream videos from their home, which makes the short sequences – of low impact aerobics and lifts – feel even more approachable. There are plenty of modifications on offer – including an option to remain sitting, if that's better for you, or to hold onto a chair for balance in lunges. Uplifting and uncomplicated, bust out your best Hawaiian print shorts and get crunching. Click on the link below to watch:

<https://tinyurl.com/yalsevow>



Under the sea...

Thanks to virtual reality (VR) technology and 360-degree videography, tourists can now travel abroad from the comfort of their own homes. GoPro, a brand renowned for making the best action cameras, has produced 360 degree videos sure to delight those interested in meeting marine animals. To dive in, *click here*.

<https://tinyurl.com/ybvj28oy>



Be still...

At this time, some people are enjoying meditation. When you meditate, we lower our stress levels, we connect better, we improve our focus, and we're kinder to ourselves. Here are the basics on how to meditate:

- 1) Take a seat
- 2) Set a time limit
- 3) Notice your body
- 4) Feel your breath
- 5) Notice when your mind has wandered
- 6) Be kind to your wandering mind
- 7) Close with kindness

That's it! That's the practice. You go away, you come back, and you try to do it as kindly as possible. For more information and full instructions on meditation visit:

<https://tinyurl.com/ycwqh5t8>

Or have a go at some of the many guided meditations on YouTube:

<https://tinyurl.com/yagta2ox>

flower pod

Hi all, Summer has arrived at Flower Pod. More sun-loving flowers are appearing every day. Here is the first Dahlia to open. Did you know that Dahlias come from Mexico, so they like plenty of hot sun and we have to keep them warm in the polytunnel over winter. They come in lots of shapes, colours and sizes but they're always bright and bold enough to put a smile on your face! We hope you are all ok, and look forward to seeing you back here soon...



What about you...



Oliver went for a walk through the woods on scone park and collected some leaves and when he got home, made a 'leaf man' and leaf prints. They are just fabulous Oliver!

Here is Emma proudly holding the Victoria Sponge cake she made with Tina's recipe, it looks delicious!

Bex has been on a holiday from home, camping in the garden and has made the seaside with a painting. What great fun Bex!

And finally, Robin created a beautiful 'Happy Box', well done!

Keep sharing your photos, we love to hear and see all that you are doing!
Email us at info@reachuk.org



Sign of the week



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!

Take care and stay safe our friends. Cheerio for now!