

# Reach beyond...



Welcome to our 11<sup>th</sup> newsletter. It certainly feels a long time since we were last together. However, as time passes and we now start to get out and about a little more, it may give you all some comfort to know that underneath the masks and extra protective shields, we are all just the same as we ever were. We must still remember that staying safe is very important. But your friends are still your friends and always will be, even with a bit of social distance between us. We hope you enjoy taking a look at some of the links and having a go at the activities in the pack....

## Lockdown life tips...

This week Sarah and Laura from our fundraising team are sharing some of their lockdown tips with us. Give them a go and don't forget to let us know how you get on with them!

**Sarah** *"I love sketching, and was keen to improve my skills and provide myself with a creative release. So, I set myself a challenge to draw a picture every day for a year. I have now been drawing for over 200 days! Each drawing is of a different subject, whatever interests me. Why not start with something simple like drawing from numbers shown in the link below, or follow the activity in this pack"*

<https://tinyurl.com/y4amtzn6>

**Laura** *"I have always practised yoga, but during lockdown, it has been a real lifeline for me. It's excellent exercise and incredibly relaxing. Have a go with this 10 minute chair yoga session!"*

<https://tinyurl.com/yxskxtu5>

## Reach's Growers Allotment

The allotment is blooming with colour, with our beautiful sunflowers towering above us while we are busy at work. We have loved seeing all your sunflower photos, you have cared for them so well! Did you know the tallest sunflower measured **9.17 m** and was grown by Hans-Peter Schiffer in Germany. Now there is something for us to aim for next year!

Here is Julie in Helen's back garden. (Helen is one of our wonderful volunteers!) Julie had some of her tomatoes (not all of the ones in the punnet!) They look a super crop, just like ours on the allotment. They are now ripe and ready to be picked.





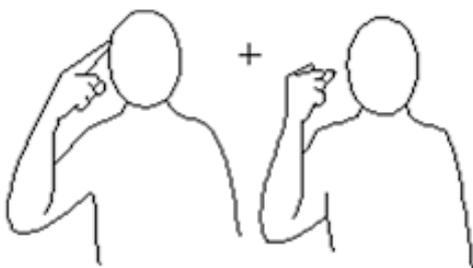
## Broccoli and Cauliflower Pasta Bake

Are you ready for the next instalment of Tina's Tasty Treats? This week she is giving a tutorial on how to make a delicious Broccoli and Cauliflower Pasta Bake. Full of goodness and colour, this dish is a great option for an easy meal. Cook along with Tina's video by visiting our YouTube channel or follow the recipe in this pack.

<https://tinyurl.com/ybfuuek8>



## Sign of the week



Remember

## 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](mailto:info@reachuk.org) or call Reach Newark on 01636 671939.

### Newark sessions:

**Monday:** Singing (10.30-11.30am), Cooking – fortnightly starting 10.08.2020 (2-3pm)

**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) Existing craft/sewing class only

**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

## Had to cancel your travel plans?

Just because you have to stay home, doesn't mean you can't experience the world. KAYAK tours have created virtual city guides and travel content to celebrate the cities they love including Amsterdam, Mexico City, Rio de Janeiro and Sydney. Spend a day in these incredible destinations without leaving the house. Click on the link below...

<https://tinyurl.com/ydyo6mzv>



## flower pod

**Hi everyone,**

At Flower Pod we're starting to collect seeds from the garden, so we can sow them next spring. It's easy to harvest your own seeds from your garden or while out walking. Follow this link to watch Sam give you some tips:

[https://youtu.be/TFgJf0\\_L55s](https://youtu.be/TFgJf0_L55s)



From all your friends at the Flower Pod!

## Improving digital skills to help people connect online

Clicksilver Connections has been set up to respond to the digital needs of those feeling isolated during the Coronavirus pandemic. This programme offers 4 weeks of 1:1 mentoring with a business professional, who has volunteered their time to support improving your digital skills.

Each session takes place on Wednesday afternoons between 12pm and 1pm. The sessions are free and are designed around your needs and will be flexible, helpful advice on many topics such as: Skype, Facetime, Facebook email, community support groups, online shopping and payments, useful websites, computer settings and getting online.

To find out more visit:

<https://tinyurl.com/y522ylop>

or **Telephone** 07725 638007 or 07921 494 069

## Recreate the world's best spa experiences at home

Being stuck at home for long periods of time can take its toll on your mental wellbeing. But you can wind down in style by following tips from some of the world's most opulent spas.

This recent article on the Observer website features advice on how to transform your space, eat healthily and soothe those tense muscles. It could make all the difference.

<https://tinyurl.com/y68vutnh>

Then perhaps have a go at following some of these basic recipes to recreate a homemade face mask.

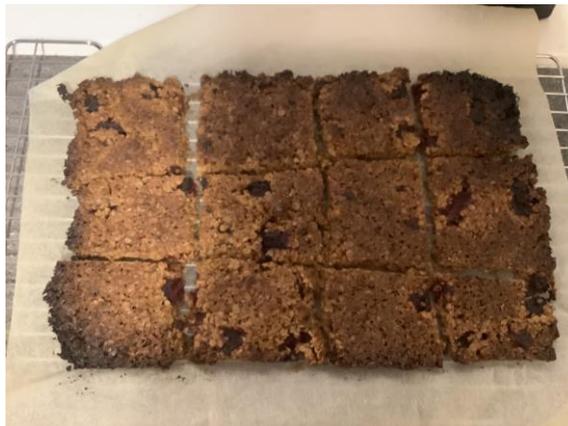
<https://tinyurl.com/yb6ebzfg>



## What about you...



Here is Dale showing off his impressive array of sunflowers, as well as, Sara and Charlie with their sunflowers. Their tallest is just over 200cm – the tape measure stopped at 200! (About 6ft 7in in olden times?) They are now completing the last activity pack before starting the new one. Dorian has come up with a great way to keep cool in the heat! I think we might give that one a go too!



Joe looks a real professional having a go at making Raspberry Flapjack, and here is Robin's finished Raspberry Flapjack. It looks delicious! Sean has done a brilliant job of painting his fence at home, enjoying the sunshine and helping Mum.

Thanks again for your photos, keep sending them in, we love to see what you have been up to. Email us at [info@reachuk.org](mailto:info@reachuk.org)

**Stay safe, enjoy the sunshine and take care of yourself. Until next time, Bye Bye!**