

Reach beyond...



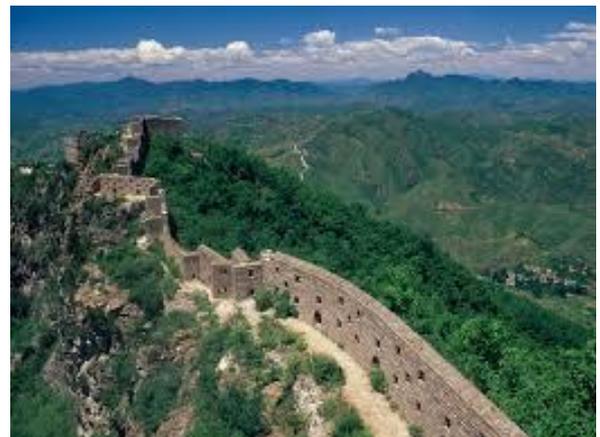
Hello, here we are again for another newsletter packed full of tips, resources and news! As we start to move out of lock down and venture out and about a bit more, we would love to hear about places locally that you have enjoyed visiting. Let us know how you did this safely and how it made you feel with any new Coronavirus restrictions. We hope that this will remind us about some of the fabulous spots right on our doorstep and more importantly give a bit of comfort to those of us who are feeling a bit nervous about returning back to 'normal' life. In the meantime, we hope you enjoy this pack....

Lockdown life tips...

This week Dani Noquet, our Registered Care Manager tells us about her hobbies and what she has enjoyed the most during lockdown. *"I enjoy being by the river bank, lakes or canals fishing. Since I have stopped riding my horse I had struggled to find a hobby that helped me switch off, not only from work, but from other pressures too, including the stresses of coronavirus. I love fishing for different types of fish too including, Carp, Barbal and even Pike (they have sharp teeth!) Bankside life is really peaceful, I like to cook a meal and enjoy a glass of wine as I watch the boats and the wildlife pass by."* **Why don't you take a stroll along your local riverbank or lake and observe the wildlife that lives there.**



Are you missing holiday adventures?



Why not try seeing the monuments in Washington DC with this 360-degree virtual video tour!

<https://tinyurl.com/y6fvupt8>

Or walk the Great Wall of China, thanks to a virtual tour on The China Guide.

<https://tinyurl.com/ycwaug7o>

And who said you had to limit yourself to this planet? Take a virtual tour of Mars thanks to this recording by NASA's Curiosity rover.

<https://tinyurl.com/ya4jpsz7>



Home Made Burger

Here is another fabulous recipe for you to cook along with Tina. The classic burger is an all time BBQ favourite! This super easy homemade beef burger recipe gives you delicious patties, packed with onions and herbs for extra flavour, that are perfect for topping with cheese, lettuce and tomato, and sandwiching between floury buns. Take a look at the recipe in this pack and visit our YouTube channel.

<https://tinyurl.com/ybfuuek8>



Sign of the week



More

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) and 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

Free online art classes

The Will Kemp Art School has over 7 hours of free acrylic painting classes for you to try.

<https://tinyurl.com/y2ojl239>



flower pod

We are delighted to announce that following the enormous success of the Flower Pod in Southwell, the Newark allotments are joining the “Flower Pod” team! We know that in working together, sharing advice and experience, the Newark “Flower Pod” site is sure to be as fabulous as our partners over in Southwell. Exciting times ahead!

Update from Southwell

Now the summer is coming to an end, at Flower Pod we're starting to harvest our apples. At Southwell we have big Bramley apples and tiny crab apples. And at Flower Pod Newark we have a whole orchard! We'll be making lots of juice with the apples over the next few weeks.

Did you know...The first Bramley apple was grown in 1809 right here in Southwell! There are over 7500 different kinds of apples! Next time you go shopping see how many kinds you can buy. Probably not that many! Some apples taste sweet, some taste bitter. Try buying different kinds and taste them all to see which is your favourite. You can store some apples for the whole winter, if you lay them in a single layer, not touching each other, and put them somewhere cool and dark.

Do you have an apple tree in your garden or nearby? If you get permission from the land owner you can pick some and have a taste (give them a wash first!). To tell if they are ready for picking, gently twist the apple on its stem – if it comes off easily it is ready! Remember, be careful when you're reaching for the fruit – don't climb up unless you've got help.

Just a note to say....Southwell Flower Pod will be closed to Clients on Monday 12th – Friday 16th October



Update from Newark

The clients have been working very hard at Flower Pod Newark weeding and clearing the asparagus bed, collecting the hundreds of flower pots for recycling and loading the trailer with rubbish for the tip, drying flowers for use in wreathes for Halloween and Christmas, watering and harvesting the tomatoes, marrows and beans, clearing the rose garden of diseased leaves and preparing the ground for new rose plants in the autumn. Here is Andrea and Felicity creating beautiful bouquets and harvesting the juicy tomatoes.



What about you...



Here is a photo of Phil, he has grown his black cherry tomatoes at the Flower Pod. Robert has been picking tomatoes which he ate for lunch and his Sun Flowers are taller than him! Helen enjoyed taking a very windy walk in Dartmoor! Jamie has been working really hard colouring in all the worksheets we have been sending out, plus he has made staff a lovely 'miss you' card too.



Ruth and Dale have been working hard making a tuna pasta bake using mixed veg and peppers. Ruth gave it 10 out of 10, Dale gave it 5! Here is Felicity with the cauliflower and broccoli pasta bake she made using Tina's recipe.



Dorian made this delicious pasta dish. James is busily sprinkling grated cheese on tuna pasta bake before it went into the oven and he has been out walking a friend's dog Billy. Billy is old and has arthritis, so he part walks, part gets carried in a pushchair!

*I have been amazed this week by all your fabulous activity and work! Huge congratulations to you all! Keep it up and don't forget to keep sending your photos in! **See you again soon, stay safe!***