

Reach beyond...



Hello everybody! We hope that you are reading this safe in the knowledge that you are still at the very heart of everything we aim to do at Reach. Like many organisations, our team is working hard to make sure that while in lockdown, we are still able to reach out to connect with you and help you connect with others. Our Reach community is a precious thing and we are proud you are here with us, working alongside us, supporting each other in finding new ways to protect, restore and cherish what is so greatly valued by us all. There are plenty of examples of this below, with tips, updates and recommendations from those you know well....Enjoy!

Lockdown life tips...

In each newsletter, members of Reach staff team are sharing with us some of their tips to help keep you busy, relaxed and creative throughout lockdown. maybe you could give them a go too!

Chantelle – *“I really like listening to podcasts when I get chance. My favourite during lockdown has been “That Peter Crouch Podcast” which you can listen to anytime from BBC iplayer. It’s pretty funny and he has interesting guests on too.”*

<https://www.bbc.co.uk/sounds/series/p06kyljg>

Romany – *“Getting a good nights sleep is best thing to keep me motivated in the day, but sometimes it can be hard to switch off your mind. What I like to do is listen to sleep relaxation videos on YouTube, especially soothing whale song.”*

<https://www.youtube.com/watch?v=nDqP7kcr-sc>

Reach’s Growers Allotment

Down on the allotment we are always thinking of ways to make the most of all the resources we have. It’s important to try our best to reuse and recycle whenever we can. It’s great for the environment and with a bit of creativity, it can solve all sorts of problems too. One challenge we have at the allotment is our water supply. Thankfully nature gifts us with nourishing rainwater, which we collect in water butts. Using a hose pipe attached to the taps, we are able to give our thirsty vegetables a much needed drink. Especially the tomato plants we are growing in the polytunnels.



Perhaps you could have a think about how you reuse and recycle using the activity sheet in this pack.



Let's get cooking...

This week Tina has created a beautiful dish with Roasted Chicken and seasonal roasted vegetables. Take a look at the recipe in the pack, then visit our YouTube channel to cook alongside Tina's fabulous video tutorial.

<https://tinyurl.com/y5eefdc7>

Don't forget to share photos of your finished dish with us!



Sign of the week



Love

Reach online classes

The timetable of sessions is below. All are welcome to please join in!

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

Here is Emma showing off a beautiful drawing of baby Dory, drawn during a craft zoom session. And look at the array of artwork in the background. Amazing job Emma!



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 Resource Page

We have a great resource page on our website which we always keep up to date. We have added easy read resources, including face coverings, face mask exemption cards and some other great bits of information about bubbles and changes in what people can do.

Click on the link to find out more:
<https://reachuk.org/about/coronavirus/>



Your recommendations ..

On books, games, TV shows & films!

Charlotte has been playing a great board game called "Holiday Bingo" by Orchard Games.

Emma recently watched the fascinating drama film "Born Free" which tells the tale of a real-life couple who raised Elsa the Lioness, an orphaned lion cub, to adulthood, and released her into the wilderness of Kenya.

Andrea has been enjoying an interactive game on her Ipad called "Balls Sort".

Sarah recommends the challenging quiz theme board game "Tipping point".

flower pod

Gardening photo competition!

Do you have green fingers? Many of our Flower Pod clients have been sending us photographs demonstrating their great gardening skills – we have been so impressed and have loved seeing the results of your hard work. We are having a fun gardening photo competition (there might even be a small prize or two!) which is open to all Reach clients. We want you to send us a photograph of your best gardening achievement during lockdown. That could be anything that you are proud of – growing a flower or vegetable from seed for the first time perhaps, a neat and tidy garden at home that you've helped to look after, a beautiful flower you have grown or even a house plant that you have been looking after.

Please email your photograph to:

jane.huffon@reachuk.org by Friday, 28th August and we will announce the winners at the beginning of September. Good luck! Here's Jenny and Ben with their super sunflowers to give you some inspiration!



Local places to visit....

As lockdown restrictions are being slowly relaxed, parks, cafes, leisure centres and museums are starting to reopen. We thought it would be a good time to remind you about some of the wonderful places local to you that you can now visit safely....

National Civil War Centre, based in Newark town centre is now open. To enable social distancing, they have introduced new timed entry slots and strongly recommend that you book your slot in advance.

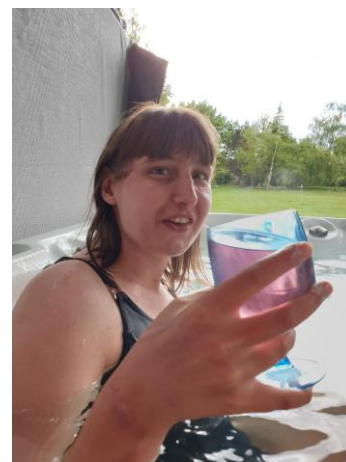
<http://www.nationalcivilwarcentre.com/visitus/>

Active4today leisure centres based in both Newark and Southwell are set to reopen on 25th July, offering a variety of activities including Fitness Classes and swimming. Visit their website for more information,

<https://www.active4today.co.uk/>

National Trust sites, including Belton House and Clumber Park have been open for some time and offer a beautiful place to walk and enjoy nature. Many of these sites have now opened up their cafes and toilets, making it accessible for a longer visit. You do need to book an entry slot ahead of your visit: <https://www.nationaltrust.org.uk/belton-house>

What about you...



Here is Tara proudly holding a delicious cake she baked. Wow it looks yummy! On Sunday 5th July, to celebrate 72 years of the NHS, Sara, Charlie and Lewis clapped Happy Birthday outside their house to show thanks and support. And finally, Jenny enjoying a refreshing drink while she has a relaxing dip in the hot tub! Super work everyone, well done! Keep sending in your photos and/or any messages of support for us to share with you all. Email us at info@reachuk.org

As always, take great care of yourself, stay connected with friends and we look forward to seeing you soon!