

Reach beyond...



Welcome to our 15th Edition of 'Reach Beyond' newsletter. Small steps are being taken in all sorts of ways to try and return to a life we once knew. During this time, we are bound to feel nervous, confused and probably a little excited too! All of this is completely normal, and it's really important you take a moment to watch how you are feeling and be able to talk to people you know and trust. Sharing your thoughts and emotions is a great way of gaining comfort, especially at tricky times like these....

Mindful or Mind Full?

How often do you take a walk to the shop then realise you haven't really noticed the sound of the birds singing, the feeling of the wind on your skin or the smell of the Autumn air because you were too busy thinking about other things you had to do or buy? Often our mind can be so full, it stops us from living and benefitting from the here and now!

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

Being mindful helps you: pay attention better, stay calm under stress, avoid getting too upset about things, slow down instead of rush, listen better to others, be more patient, get along better, feel happier and enjoy things more.

Anyone can practice mindfulness. It's easy to do, and it just takes a few minutes a day.

Give it a go with this video tutorial or ask someone to read the guided mindful script in this pack. <https://tinyurl.com/yagta2ox>



Getting ready to welcome you back....

We are delighted to be restarting a selection of sessions at our centres. We have been working hard to make sure that you are as safe as possible, as well making sure you feel welcomed, relaxed and comfortable. You will notice a few changes, but we aim to run the classes with the same enthusiasm and fun as before. We look forward to seeing you really soon!



This week cook along with Tina to create the easiest British teatime treat....**Scones!**

The chances are that you will have all the ingredients for this recipe already!

FACT!!! British scones are served with butter or cream, whereas American scones are far more buttery and are served alongside meat and veg.

Click on our YouTube channel for Tina's tutorial and find the recipe in your pack!

<https://tinyurl.com/ybfuuek8>



Sign of the week



Ghost

Aiming to entertain and inspire the nation!

Royal Albert Home brings exclusive sessions from artists' homes to yours whilst the Hall is shut. These sessions are made for you to enjoy. It's against our nature to close our doors, so we wanted to open a small virtual window to the magic that our venue creates.

<https://tinyurl.com/y3fubbbn>

Reach Online Classes

The timetable for our zoom sessions is below. *Please note - some classes have changed times/days:*

Newark sessions:

Monday: Singing at 10.00am and Relaxation/Mindfulness at 1.00pm

Tuesday: Fun and Fitness/Dance at 1pm

Wednesday: Sit and Be Fit at 10.00am

Thursday: Craft at 10.00am (Existing Craft/Sewing class only) and Cooking (fortnightly) at 1pm

Friday: 10.00am Chat group and 1pm Bingo (A bingo book will be sent to you)

Flower Pod Southwell sessions:

Chat and catch up **Monday and Wed** at 2pm

Southwell Sessions:

Monday: Chat Group at 2.00pm

Tuesday: Media Fun at 11.00am

Thursday: Chat Group at 2.00pm and Chat/Quiz at 6pm

Mansfield sessions:

Monday: Singing at 1pm

Friday: Catch up/quiz at 1pm

We look forward to seeing you on our zoom sessions!

Update from

Southwell Flower Pod....



At Flower Pod we've been busy picking, scratting and pressing our juicy apples. Scratting means mashing up the fruit into a pulp. Then we press the pulp by screwing blocks of wood until the juice dribbles out of the bottom. It takes a lot of hard work to get a few bottles of juice, but it's worth it! The juice is very healthy because it's full of Vitamin C, which helps to protect you from getting ill.

Did you know... Sunshine helps apple trees make sugar, so the sunnier it is during the summer, the sweeter our apple juice will be.



Newark Flower Pod...

As the garden gets ready for its long sleep through the winter months it is important to put it to bed tidy so when the spring comes and the plants wake up they have space to grow.

Jason and Lindsey worked really hard snipping all the shrubs into shape and then they planted some daffodil bulbs around the gate to make us all smile with their sunshine yellow as the spring arrives next year.



The Anne Frank House

Look around the Secret Annex online and find out more about what happened and take a virtual stroll through the hiding place where Anne Frank wrote her diary. You can also take a look around the house where Anne and her family lived before going into hiding.

<https://tinyurl.com/y4f2ckyz>

Monterey Bay Aquarium

Be delighted by the antics of the sea otters or mellow out to the hypnotic drifting of the jellies. With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are.

<https://tinyurl.com/rwg2yvh>

Creative Challenge Corner!

Although classes are restarting at the centres, we know that many of you will continue with your fabulous creative projects at home. So, to inspire you to keep building on your skills, we are setting you a special **Autumn themed creative challenge**. We would like you to make a **PUMPKIN** inspired piece of art, sharing with us how you made it, what you enjoyed about making it and a photograph of the finished masterpiece. You could create it using air drying clay, papier mache, a leaf collage, a decorated jam jar, something knitted or sewn or of course have a go at carving a real pumpkin! The choice is yours....but if you are not sure, we have included a pumpkin template in this pack for you to create an awesome Autumn design.

Don't forget to share your photos with us at info@reachuk.org and we will display your artwork in our next newsletter!



What about you...



Here is Henry sat with Hayley enjoying our Friday chat group via zoom, and Tara proudly presenting her beautifully baked cake. Well done you two! Please keep sending in your photos and/or suggestions on what to include in the newsletter. We love to hear from you! Email us at info@reachuk.org

Take the very best care of yourselves and each other! And until next time, good bye!