

Reach beyond...


 reach

As the season starts to change and we move into the beautiful colours, darker evenings and crisper mornings of Autumn, nature provides us with a variety of treats, which you might want to have a go at capturing. So why not snap away at the orange leaves, try print making with conker shells, draw the changing scene from your window or keep a diary noting down your feelings and things you notice. You can also take a look at the activities in this pack!

Lockdown life tips...

This week Sandra Dickinson, Care Coordinator, is telling us about what she has enjoyed during lockdown. *"When I am not working, I love to spend time in my garden. I also help my family with their gardens as well. During lock down I have experimented with growing vegetables which has proved to be successful. Part of my exercise routine is cycling around the countryside, yoga and working out in my back garden. This entails ensuring I do at least 2000 steps (running on the spot in my back garden) before sitting at my office desk. My family are a huge part of my life and I love to spend my time with my granddaughter."*

Why not try this easy 10 minute chair based exercise in your garden to get you motivated.

<https://tinyurl.com/y75v5jfe>



flower pod

Some of our clients have been enjoying relaxing after working hard in the butterfly garden at the FP Newark. We have been cleaning and repainting the ornaments that have been hiding in the long grass all over the gardens. They have made a lovely job of brightening up the butterfly garden.... see if you can spot the one you've done? We're going to plant some more butterfly friendly plants this autumn in this part of the garden so by the time next spring comes and the butterflies start coming out of hiding after the long winter they will be so happy to see all our bright and beautiful creations.





Easy Chicken Curry

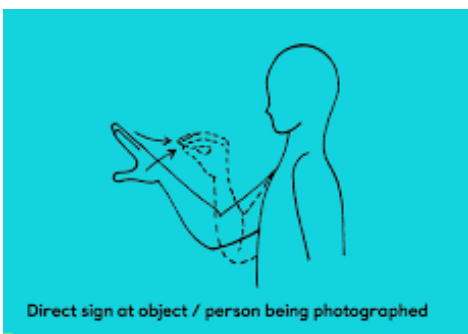
This week Tina is showing us how to make a delicious and easy Chicken Curry. It is creamy, full of flavour and takes less than half an hour!

Check out the simple recipe in this pack and cook along with her brilliant video tutorials on our YouTube channel. Don't forget to take photos of your creations and let us know what you think to the dish.

<https://tinyurl.com/ybfuuek8>



Sign of the week



Direct sign at object / person being photographed

Photograph

Reach Online Classes

The timetable of sessions is below. **Please note from w/c 5th Oct the Newark Cooking and Relaxation classes have changed times/days.** See below:

Newark sessions:

Monday: Singing at 10.30am and Relaxation/Mindfulness at 1pm

Tuesday: Fun and Fitness/Dance at 1.30pm

Wednesday: Sit and Be Fit at 10.30am

Thursday: Craft at 10.30am (Existing Craft/Sewing class only) and Cooking (fortnightly) at 1pm

Friday: 10.30am Chat group and 2pm Bingo (A bingo book will be sent to you)

Please note as from 12th Oct Newark morning zoom sessions will start at 10am, and afternoon sessions at 1pm

Flower Pod Southwell sessions: Chat and catch up **Monday** and **Wed** at 2pm

Southwell Sessions:

Monday: Chat Group at 2.30pm

Tuesday: Media Fun at 11.30am

Wednesday: Chat Group at 2.30pm

Mansfield sessions:

Monday: Singing at 1pm

Friday: Catch up/quiz at 1pm

Oh Snap....!

Are you looking for new ideas on how to display your photographs?

Check out this amazing and simple video, which shows you how to make

a homemade photoframe using recycled magazines or newspapers. It looks great, is fun to make and is only using old stuff you don't need anymore!

Click on the link for full instructions....

<https://tinyurl.com/y39t3ewe>



Photo competition results



Everyone's a winner!!

If you think you sent a snap that isn't here, send again to Jane.huffton@reachuk.org

Best portrait photo award to Emma — we love the flower-matching top!



Best overall harvest photo— Joe, who also grew a dog!



Tallest sunflowers to Jenny, fabulous work!



Robert bagged his better than supermarket spuds!



Jade wins the Van Gogh award for best still life



Dominic's dwarf Harlequin sunflowers are stunners

**THANK YOU
FOR TAKING
PART
EVERYONE**



Robin's photos show how well he cared for his basket with before and after shots—GREAT WORK

The New Seven Wonders of the World

Tick of these iconic landmarks by virtual tours of all seven 'new' wonders of the world.

<https://tinyurl.com/y8wdouj9>

Ship Wrecks – Want to see a hidden world? Check out *these videos of shipwreck dives* that will help you channel Little Mermaid vibes.

<https://tinyurl.com/y4hlnwhm>

What about you...



Above, here is Bex walking the dog on a beautiful sunny day! This is Pam enjoying her day out looking at the meercats. Below is Dan and Lindsey having fun weeding in the veg bed and harvesting potatoes, beetroot, tomatoes, green beans and tomatoes at Newark Flower Pod.

Dan hopes to use this produce for his cooking lesson at Reach Southwell on Monday. And finally, here is Robin's broccoli and cauliflower pasta bake, what a delicious looking dish!



Well done everyone, what super things you have all been up to! Please don't forget to keep sending in your photos and/or messages. We love to hear from you! Email us at info@reachuk.org

Goodbye for now, we will hopefully see you soon!