

Reach beyond...



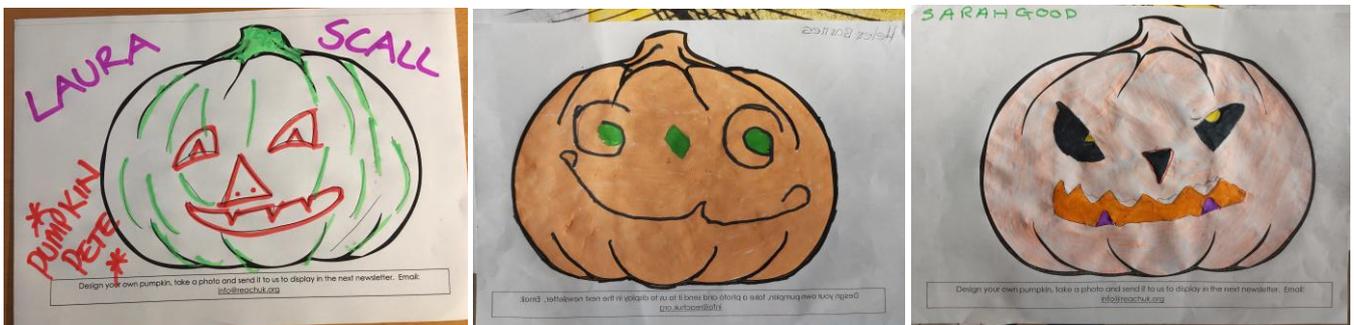
Welcome all! In the week when we enter into a second national Lockdown, we are delighted that this time we will continue to offer access to our day service as well as delivering our popular zoom sessions. Despite the uncertainty ahead, there is one thing within our Reach community that remains certain and that is that no matter what, we will face it together with kindest, respect and creativity. Our absence from one another and sense of shared experience through this tricky time has certainly allowed us to appreciate one another so very much! Take a look at this fun filled newsletter and enjoy the activities in the pack.

Creative Challenge Corner!

What a fabulous array of pumpkin inspired artwork we received in response to our last creative challenge. Check out Robin's delicious pumpkin soup, Craig's blue-eyed pumpkin, Laura's fabulously shaded drawing and Jade's bold, creepy triangled eyed pumpkin.



Laura's spooky creation has even been given a name 'Pumpkin Pete'. Helen gave her pumpkin real character with swirled eyes and upturned mouth. And finally, the scariest face by far is the scowling face designed by Sarah.



Amazing work everyone! **Your next Creative challenge is to create something inspired by the 'view from your window'.** You could use the template in the pack to draw or paint what you see, or perhaps use clay, collaging or photography! Now get creative....

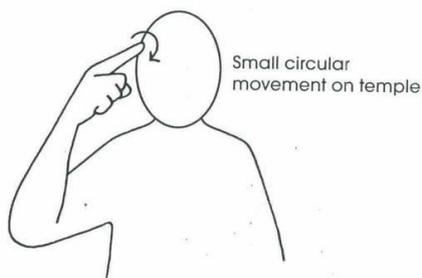


This week cook along with Tina to create a delicious Lasagne. Comfort food doesn't get much more classic than this Italian favourite, featuring layers of rich beef mince and a creamy sauce. This easy dish takes only 15 minutes to prepare and cooks in 1 hour. Click on our YouTube channel for Tina's tutorial and find the recipe in your pack!

<https://youtu.be/p75QwXuLHhs>



Sign of the week



think

Raffle time...

Each week our fabulous staff at Reach Newark host a fun filled bingo, here below with Maria dressed as Wednesday Adams! Now on the first Friday of every month, the team will also be organising a raffle for you to take part in. The winners will be selected at random with a variety of prizes on offer! *Bingo starts at 1pm every Friday.*



Reach Online Classes

The timetable of our zoom sessions is below:

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 Flower Pod Southwell....

flower pod

'We have been learning all about Spring flowering bulbs at Flower Pod Southwell. Bulbs are incredible and so versatile. They can be planted in pots, in between other plants, under trees and can fill empty spaces when other plants are dormant. They can also be grown indoors. We have been learning the difference between bulbs, corms and rhizomes, discovering how many different Spring flowering bulbs there are and learning some interesting facts about bulbs. For example, did you know that there are around 27,000 varieties of narcissus (daffodils)? Or that Tulips were once the most expensive flower? In fact, in the 1600's, the flowers were more valuable than most people's homes and could cost almost ten times as much as the average wage at the time! We also found out that giving daffodils as a gift is believed to ensure happiness to the person receiving them, giving white tulips can say 'I'm sorry' and that red tulips represent true love. Clients have been busy planting tulips, daffodils, crocus and hyacinths in the garden and in pots. It's still not too late to plant bulbs and November is the perfect time to plant Tulip bulbs. There might be some bargain bulbs at garden centres and supermarkets now (both of which are open during the new Lockdown). Keep a look out on our YouTube channel for our latest short videos.



Update from Flower Pod Newark.....

These marvellous pumpkins were carved by the Inspire class, who were finding out about the role plants play in celebrations and festivals around the world. For instance, Cherry Blossom time in Japan, The Tulip Festivals in Holland and the traditions associated with pumpkin carving. Lots of fun had by everyone! Also, here is a little activity for you to do at home.

- Find a flower pot and fill it with soil or compost.
- Choose a conker, acorn or apple pip and plant it 2 inches down, lightly water and put on a window sill.
- Keep damp but do not overwater.
- Take regular photos and send them over to us at info@reachuk.org



What about you...



James has been out walking Billy again, this time by the Marina. James went to Besthorpe Wildlife Reserve with his nephew Andre last weekend and to see the changing leaves in the autumn sunshine at Balderton Lake. Joe made gluten and dairy free bakewell Tarts with homemade jam. We are told they were delicious and no soggy bottoms. And no leftovers! "We have been baking alongside the great British bake off. Looking at their brownies which were all disastrous, joe would definitely have won 'Star Baker' with his gluten and dairy free brownies. They were yummy!"



Here is Joe helping rake the leaves with Bert in attendance as usual. Bex enjoyed arranging dry flowers sent by Flower Pod and made this beautiful display. Jenny created these colourful flowers during the Craft zoom session and then went on to decorate the jar. A great, cheerful piece of work.

Superb work everyone, and so wonderful to see what you are getting up too. Please do keep sending in your photos and/or suggestions on what to include in the newsletter. Email us at info@reachuk.org

See you again next time, take care of yourself and those you love.