

Reach beyond...



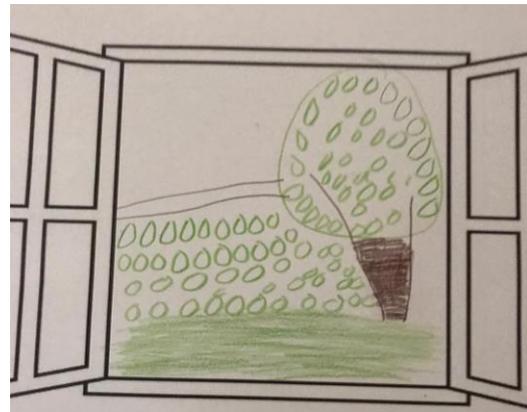
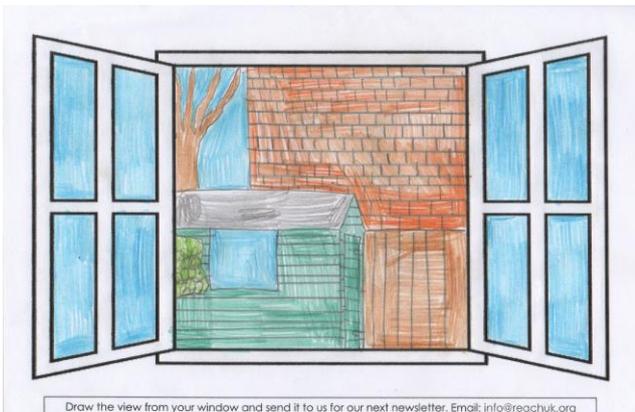
Hello everyone,

Living during our second lockdown can at times feel a little overwhelming and tiring. So, instead let's look around us and think about all of the little wonders that make our lives so rich and full.

To help us make the most of the moment we are living in now, we have included some simple tips and activities in this Newsletter. Have fun!

Creative Challenge Corner!

Last time we set you the creative challenge to create something inspired by the 'View from your window'. Robin S and Emma L sent in their superb drawings using the template in the pack. They are simply stunning and drawn in excellent and different styles. If you haven't yet sent in your drawings, please do, we would love to see them!



Christmas Closure dates

Please find our Christmas closure dates below:

Last day open - Wednesday 23rd December 2020

Closed – 24th December 2020 to 1st January 2021

Reopen - Monday 4th January 2021

We are trialling something new this year and are staying open for a few extra days in the run up to Christmas. We very much welcome your feedback.





This week Tina is making, wait for it.....**White chocolate fudge with maltesers!**

Fudge is a kind of confectionery, which can be prepared easily with less effort and with less ingredients.

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

<https://tinyurl.com/ybfuuek8>

And don't forget to send us any photos....



Sign of the week - Cold



How to cope with winter lockdown

- Get as much natural light as you can
- Limit the amount of news you watch
- Take time for yourself to do something that makes you happy
- Stay connected with friends and family
- Help others and feel positive vibes in return
- Connect with what is important to you
- Stay active, even if it's just a short daily walk
- If you notice you are struggling, reach out to people you know and trust, and ASK FOR HELP

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 & 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!

Survey - We have included a survey with this Newsletter and wondered if you would take the time to complete and return it to let us know how we are doing. Thank you!

Update from Flower Pod Southwell....

Now that the garden is going to sleep for the winter, we have lots of old flower stems, twigs and leaves to tidy up. But we don't just throw them away! This is where lots of insects go to stay safe and warm in the winter months. So, we leave them in piles in the garden or make them into 'insect hotels'! You can try this at home. All you need are:



- Dried out hollow stems, twigs and seed pods, fir cones, bark – anything that little insects can hide in
- Any container that has one open end, like an old wooden box or a terracotta plant pot

You can forage for material in your garden or in hedgerows. Just remember, only take dead flowers and don't take too much from one place, so there's still enough for all the insects to have a cosy home for the winter!

Cut your stems to the length of your container and pack them in tightly. Then put your insect paradise outside, somewhere sheltered either on the ground or hung on a wall or fence. By next spring you should see new residents moving in! Take pictures if you can and let us know what insects you have spotted.

For more ideas about being kind to the insects, have a look here:

<https://tinyurl.com/y66qefh4>



Update from Flower Pod Newark....

Here are a lovely couple of photos showing Craig working hard with Jonny making compost bins and Jamal painting the signs for them. Compost bins are a great way of collecting unwanted waste from the garden and turning it into soil, full of nutrients which can then be used to help new plants and vegetables grow. You can have a go at making a simple compost bin by following this link.

<https://tinyurl.com/y5wtzl69>

Our willow igloo needed a serious 'hair cut' after a summer of growing. Lots of our lovely sessions this week have been trimming and weaving the branches to make our igloo nice and snug for next summer. What fantastic work by the whole team!



What's happening at Southwell...



There has been some wonderful repurposing of old jam jars and Autumn leaves over at Southwell. Check out these striking Autumn leaf lanterns and have a go yourself following the instructions on this link.

<https://tinyurl.com/yy5jkqtk>

What about you...



Robin made a delicious homemade Lasagne following the recipe that Tina provided us with last time. Its looks fabulous Robin, well done! Ben has been getting out and about, taking his dog, Nala, for daily walks. He has also started birdwatching with the help of his very fine pair of binoculars. He has also been busy painting this beautiful picture, helping prepare food for meals and baking his mum an amazing birthday cake! Bex's latest project was making natural firelighters, very inventive!



Thanks again to you all for these great photos, please do keep sending them to us, email us at info@reachuk.org. For now, it is goodbye from us.