

Reach beyond...



The festive season is now upon us, and Reach are well and truly into the Christmas spirit! We hope that over the next few weeks, you enjoy all of the fun activities, sharing with your friends and keeping yourself and others safe. Take a look at the newsletter and have a go at the activities in the pack.

Chicken Fajitas with BBQ seasoning

This week, Tina will be showing us how to make a simple, vibrant midweek meal everyone will love. Put together these easy chicken fajitas and people can create their own masterpieces at the table. Cook along with the recipe in the pack and watch Tina's tutorial on our YouTube channel. <https://tinyurl.com/ybfuuek8>



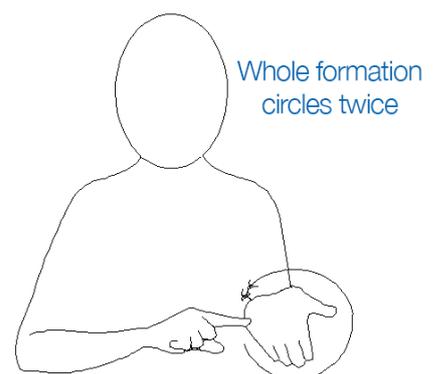
Here are the photos from the live cook session on Thursday 20th November. A massive thank you to Asda for the donated cake mixes, which were used by you at home. Well done to James and everyone else!

The Sky at Night

Have you been fascinated by the beautiful sky and mesmerising moon recently? Find out more about what's out there in space and what you can see in the night sky by visiting the BBC Sky at Night channel on: [BBC Four - The Sky at Night](#)



Sign of the week - Toys



Drawing to music

Last week, members of Newark's music class got super creative, painting these expressive, beautiful images while



listening to music from the various genres they have learnt about so far. Each painting represented the vibrant, peaceful, jazzy and bouncy nature of the songs. Why don't you have a go at clearing your mind, letting the music flow down your hand and drawing or painting to music! For tips and hints on how to get started, click on the link [Mindful Drawing to Music — Art of Mindfulness](#)

Explore wild winter!

Brrrr! The coldest and darkest months of the year are here, and it might be tempting to curl up indoors to wait for spring to arrive but DON'T! There are loads of things to do outdoors, and lots of wildlife to spot at this time of year. Such as discovering animal tracks, creating ice decorations and spotting winter wildlife.

[Winter things to do-The Wildlife Trusts.pdf](#)



WE ARE ALL LIKE
snowflakes
DIFFERENT IN OUR
OWN BEAUTIFUL WAY

Reach Online Classes

The timetable for 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....

We are starting to get busy at Flower Pod as we prepare for Christmas, it is a hive of activity! Clients have been collecting natural materials and foliage for wreaths, mossing wreath bases and having a go at making their own. Why not have a go at making your own wreath to hang on your door at home? You will need -

- Some greenery (foliage) which you can collect from your garden, or someone else's with permission!
- A wire ring (you can get these from places like The Range or Hobbycraft or online)
- Wires for binding the foliage together
- Decorations – you can put whatever you want on your wreath to make it your own. For example, bows, baubles, fir cones, dried flowers, etc.

Here's a link to a video which shows you how to make your own wreath – [Making A Xmas Wreath From Your Garden - Bing video](#)

Here are our very own Alasdair and Ben making their Christmas wreaths at Flower Pod and the finished result. Very impressive, don't you think?



Update from Flower Pod Newark....

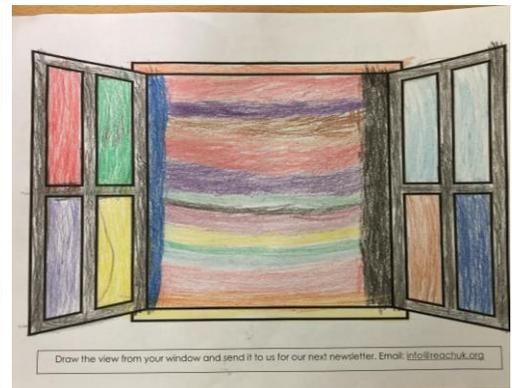
Max has been helping to plant some water lilies in the wildlife pond. Lindsey's dad, John, very kindly gave them to us so we'll look forward to seeing them bloom in the summer. Our Thursday morning team have been busy tidying up 'poly tunnel 2' for the winter. Both beds have been weeded, dug over and lots of lovely fertiliser added to put back the goodness that this year's tomato crop used. We've just got to think what we want to grow here next year now! Here we can see Andrew dismantling an old portable greenhouse, we might be able to use parts of it to mend another one we've got. Great work from everyone here at Flower Pod Newark.



What about you...



Here is Dale looking forward to his chocolate from his advent calendar, this looks such a fabulous Christmas tree. Bex is rightly very pleased and proud of the beautiful leaf owl she has made. The idea was from Flower Pod. Charlotte's created this scrumptious chocolate cake at the weekend made with the ingredients donated from Asda. It looks delicious, well done!



Joe had a very ambitious baking session making a figgy pudding. It took four hours to steam it, but it was well worth it as it was absolutely delicious! Great determination and dedication Joe! Chloe J has shared with us her peaceful view from her window. And finally, this stunning drawing from Jamie F, a truly magnificent view from the window. We have certainly seen plenty of sunsets that colour recently, and are set to see some more over the coming weeks.

Thanks again to you all for these great photos, please do keep sending them to us, email us at info@reachuk.org.

Until the next newsletter, be careful, stay connected and creative!