

# Reach beyond...



Happy new year to you all, we hope that you enjoyed a peaceful and safe Christmas. We look forward to the year ahead, working together with our fabulous Reach community to build on the positive ways we can remain connected, creative and healthy. Take a moment to explore some of these exciting online experiences and the activities in the pack.

## Nature live streams

Select from a variety of options to see nature across the world (some are aquariums and zoos/ sanctuaries). Watching these live nature cameras is completely free, doesn't require creating an account, and there are dozens of different animals and nature locations to choose from.

<https://tinyurl.com/y8q2xb7p>



## Online Jigsaws

Jigidi is a website containing a variety of online jigsaw puzzles of different sizes depending on ability. If you join Jigidi you can save your progress, create your own puzzles and much more. It's free and no personal info is required. This activity is best done alone or with a friend.

[Free online jigsaw puzzles | Jigidi.com](https://www.jigidi.com)



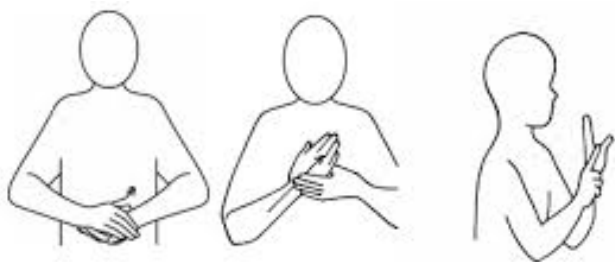
## Music Memories

Memories are a large part of who we are. Music helps us remember things – from mother-love to times-tables. But memories can fade – it's a normal part of ageing and can happen with illness, accident or dementia. A Music Mirror is a brief life story in our own words, with sounds and music embedded to spark memories later.

Not a playlist but a memory toolkit... [www.musicmirrors.co.uk](http://www.musicmirrors.co.uk)



## Sign of the week



**Happy new year!**

## Interactive Safari Live

Safari in Kruger National Park, South Africa broadcast twice a day at 5am-8am BST and 2:30pm-5:30pm BST. SafariLIVE is an award winning, expert hosted LIVE safari, broadcast directly from the African wilderness into your home. Available on both the internet and television, this show enables you to interact with an expert game ranger in real time. Safari vehicles, guides on foot, drones, balloons, rovers and remote cams are all searching for their favourite characters. Completely unscripted and unpredictable – this show is reality TV as it is supposed to be.

[Daily LIVE safaris – WildEarth](#)



## Sausage Pasta

This week, have a go at Tina's take on a delicious simple Sausage Pasta. The perfect comfort food on a cold and soggy day.

Tina will be cooking this in her live zoom cooking session this week (Thur 14<sup>th</sup> Jan 1pm - 3pm). Don't forget to share photos of your delicious dishes with us.



## The BFI Free collection

The British Film Institute (BFI) has a large archive collection available and includes musicals, family Films, home Movies, Royal Geographical Society and football.

[Free collections on BFI Player](#)

## Update from...Southwell

Here at Flower Pod Southwell, we have been working with 'Your Health, Your Way' which is an exciting, new free health service for people in

Nottinghamshire. Some of you may remember taking part in a taster session which consisted of a fun physical activity Zoom session recently during Let's Chat. If you fancy getting fitter and improving your health but having fun at the same time, let us know and we will put you in touch with Penny from 'Your Health, Your Way'. You will then be able to take part in weekly exercise classes (via Zoom) and have support to improve your health and fitness.



## Update from....Newark

So much of what happens during the winter time in any garden is about preparing and taking care of areas. Things are just the same here on the allotment, and here you can see the hard workers getting stuck into some pruning. The fantastic tidying and clearing round the pathways and compost bins the Thursday afternoon friends have achieved is simply amazing. But it's not all hard work, we also have plenty of laughing and clowning around! Well done team, great work.



## Winter gardening jobs for this week....

Some of you might have small areas outside your homes, so here are some suggested jobs for you to have a go at this week.

- Clean patios and decks.
- Plant a new tree for the new year.
- Order seeds and plug plants.
- Put out bird seed and defreeze bird bath.



## DanceSyndrome

DanceSyndrome is a multi-award winning inclusive dance charity with a special focus on including everyone, regardless of ability. You can pay to join DanceSyndrome for their 'Everybody Dance', 'Funk out', 'Wake n Dance', 'Inclusive Ballet', 'Rave', 'Musical Jazz' or 'Relax and unwind' classes delivered online via Zoom and dance your way to feeling better! Please note – you will need to **pay** to watch these.

[Home | DanceSyndrome](#)



## 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 Wednesday** 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

## What about you...

Wendy has created this diamond painting. She was a little nervous about this project, as it is so detailed, however she worked extremely hard to make this beautiful finished piece. Wendy is quite rightly very proud of her work. Well done Wendy!

Please keep your photos and messages coming in! We love to hear from you. Also, if you have any suggestions of what you would like to see in the newsletter, or share interesting things you have discovered, please get in touch or email at [info@reachuk.org](mailto:info@reachuk.org).

