



Reach beyond...

Hi all, We hope you have been able to get out and about into the ever warming sunshine. Maybe you have started to see the first signs of Spring in the form of beautiful snow drops. A flower, that despite the harsh winter it has endured, emerges with hope and faith in fairer weather ahead. How very much we can learn from these little gems! And here are some more gems for you to enjoy....

Electric Umbrella

The world's leading inclusive music community. Are offering a variety of free online sessions including a singalong, Saturday breakfast club, open Mic and a Monday evening music show. Get involved by clicking on the link below...

<https://www.electricumbrella.co.uk/>



"What else do you think?"

"I think you are doing much better than you think."



Said the horse.

Sign of the week – Think



Small circular movement on temple

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 10am

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 **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:

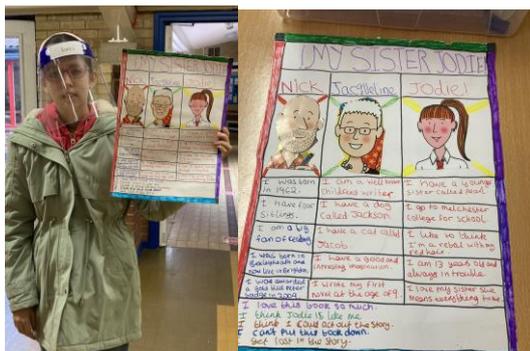
Monday: Singing at 1pm

Tuesday: Performing arts at 1pm (invitation only)

Friday: Catch up/quiz at 1pm

Calling all bookworms...

Sara produced a lovely show and tell piece in Newark's 'Moving Forward' session. It features characters from her favourite book and tells us how it makes her feel. Why not have a go at the book review in this pack and share it with us at info@reachuk.org



This week, Tina is cooking Chicken and Bacon Paella. Try this twist on a delicious traditional Spanish dish. Take a look at the recipe in the pack. Don't forget to share your delicious dishes with us.



Information about vaccines

The NHS have developed a short film about vaccination. It describes what a vaccine is, how vaccines are made, why you should get a vaccine, whether a vaccine can make you ill and how to decide whether to have a vaccine or not. Click on the below link to watch the film:

<https://www.youtube.com/watch?v=M3Wh23PDnfE&feature=youtu.be>



The following easy read leaflets have also been released:

[COVID-19 Vaccine easy read leaflet](#)

How did you get on with last week's quiz?

This week's quiz in the pack is going to test your general knowledge. And you can challenge your friends to test their knowledge with this 'Greatest hits' music quiz.....

<https://www.youtube.com/watch?v=mZkmT4mwjNk>

QUIZ TIME

Update from...Southwell

flower pod

Did you know that flowers have been used for many, many years as a way of sending secret messages? At Flower Pod Southwell we have been learning about using flowers as a language and to communicate with others. The term for this is 'Floriography.' Here are some examples of flowers and their meanings- *Snowdrop – hope, Pansy – thoughtfulness, Red roses – eternal love, Yellow roses – friendship/caring, Gladioli – strength of character, Freesia – friendship.* So next time you send flowers will you pick a particular flower as a way of using a secret language? Perhaps to a secret love? Or maybe just to a special friend? How about making a card for someone and drawing flowers which have a secret meaning?

Don't forget Valentine's Day on the 14th February!

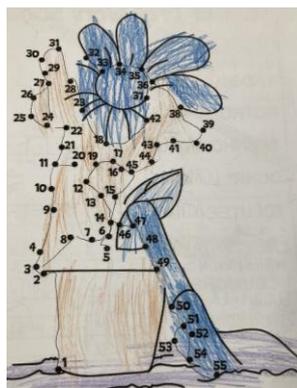
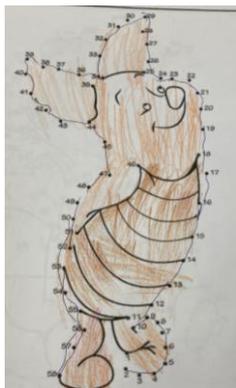


Update from....Newark

This week we are starting to look at conservation of the birds, animals, insects and amphibians we have in our garden. We really enjoyed making fruit and cheese kebabs for the birds and also some seed fat peckers Yummy! The Monday team of James, Tom and Isaac all helped clear round the second pond and tidying the area. The robin kept us company all afternoon and he sang to us thanking us for throwing him the little insects we disturbed.



What about you...



Thanks to Jamie F for sending in this fabulous work he has completed at home. It is very accurate and bold colouring in! Rose has made a delicious Victoria sponge cake with a strawberry and fresh cream filling. It has risen so well, I bet it was very light and tasty.



Bex enjoyed her second cooking live session with Tina and is rightly, very proud of her end result! Here is Wendy and Laura's finished Cottage Pie too. They were very excited to eat this for their tea! James is looking very pleased with himself and he says his dish was delicious! Joe is really enjoying the zoom cookery sessions too and made the nicest cottage pie ever tasted.



And more delicious cottage pies....Robin here, it looks absolutely smashing! Charlie added extra Worcestershire Sauce and cheese topping to his and Sara enjoyed hers at lunchtime with Lewis and their Gran. And finally, some awesome art that Chelsea created using oil pastels on canvas for her Mum and Dad. Thanks for all your photos, please continue to stay in touch at info@reachuk.org.