

# Reach Update

February 2022

Supporting people with learning disabilities across Nottinghamshire

reach

2022 is here – Reach is ready with plans for the year ahead. I am delighted to provide you with an update about our progress with the Southwell Accommodation Project this month.

This year we are introducing our 'Spotlight On...' section to highlight a member of our Reach community who will share what they do at Reach and what it means to them. In this edition, Rachel Lannon introduces herself as our new Chair of the Board of Trustees. With her enthusiasm, strategic experience and compassion, I am certain that she will take Reach forward as we emerge stronger and grow together throughout 2022.



January marked the start of our Mindfulness Garden project at Flower Pod Newark, which will provide clients with a space to enjoy together that will help support their wellbeing.

As usual, you can also find out what activities our clients have been doing in our centre round-up.

Read on to find out more about all the ways you can stay in touch and support our work.

Warm regards,

*Steve*

Steve Shatwell  
Chief Executive

## Spotlight on... Rachel Lannon

Hi there,

I'm Rachel and I have recently been appointed Chair of Trustees. I'm looking forward to taking on the new role and working with you all to continue going from strength to strength at Reach.



[Read more...](#)



Thanks to a grant from The National Lottery Community Fund – Awards for All, Flower Pod Newark have launched a Mindfulness Garden Project this year.

This will enable us to create a calming outdoor space for wildlife to grow and for clients to improve their emotional wellbeing.



[Read more...](#)

We are progressing with our plans for our Southwell Accommodation Project to provide quality housing for local people with learning disabilities.

Find out about our latest target for the build to be completed.

[Read more...](#)



## COULD YOU TAKE ON A CHALLENGE FOR REACH?



**NEWARK HALF MARATHON**  
**AUGUST 14, 2022**  
Sconce Park, Newark



**VIRTUAL LONDON MARATHON**  
**OCTOBER 2, 2022**  
Location of your choice



**SKYDIVE**  
**JUNE 19, 2022**  
Langar Airfield

Could you take on a challenge as an individual or part of a team?

Email [sarah.cobb@reachuk.org](mailto:sarah.cobb@reachuk.org) to book your place.

[Read more...](#)

A huge thank you to the Viking Challenge bike ride for their generous donation of £3,000 after Reach helped to provide marshals at the event. Thank you also to all the incredible volunteers who ensured the day ran smoothly.

[Read more...](#)



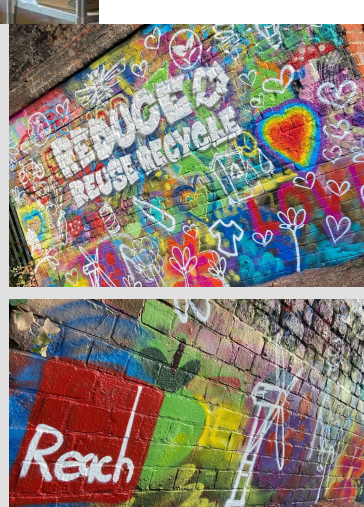
Performing Arts, Cookery, Flower Pod visits...

Find out about all the fun and educational activities we've been up to recently in our centre round-up...

[Read more...](#)

Reach Newark clients took part in a community graffiti project to spruce up two bridges on the Sustrans Track in Newark. See if you can spot the Reach logo!

[Read more...](#)



Nominate Reach as your chosen charity at the Co-op for 2022. This will help us get funding for Reach Southwell and Flower Pod Southwell to enable our clients reduce anxieties and remove barriers to participation within the community.

[Read more...](#)

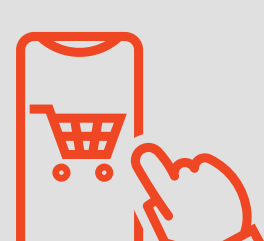
[Nominate us...](#)

amazon

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[easyfundraising.org.uk](https://easyfundraising.org.uk) and [giveasyoulive.com](https://giveasyoulive.com) also offer charity donations when you buy products through their website

[Read more...](#)



## Ways you can get involved:

Fill in a Keeping In Touch form to find out about our work



Make a lasting difference by leaving a gift in your Will



Make a one-off or regular donation



@ReachLearningDisability  
@ReachLDCare  
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@reach\_id  
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Thank you for your continued support  
Registered charity number 1076318

