



Reach beyond...

Hello all, in this week's newsletter we are again treated with some examples of the amazing work you have achieved at home and in our centres. These tricky times have presented a few challenges for us, but you have overcome them all and shown the strength of your resilience, flexibility, and commitment to our wonderful Reach community. So much has been achieved and this is possible because we have each other. Bearing this in mind, our future is not only full of endless possibilities but also very exciting!

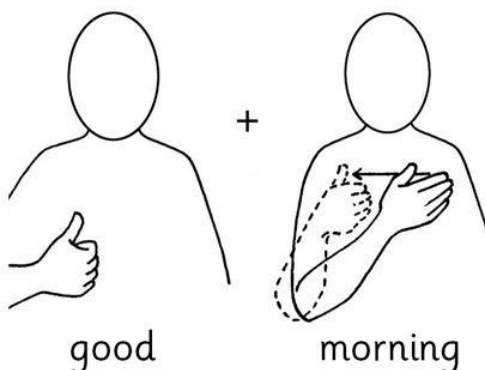
FROZEN DANCE WORKOUT

Are you wanting to look for fitness videos with a twist, then why not try this 15 minute full body cardio workout to songs from Disney's 'Frozen.' It gets your heart pumping and might raise a smile too!

<https://tinyurl.com/pbhbupr7>



Sign of the week –



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 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

Virtual Art Tour

Check out the fabulous art work created by our Newark craft class. Since zoom sessions started during lockdown, the craft class introduced a drawing element to the first section. It is so amazing to see how their drawing skills and confidence has developed over the last few months. Certainly worthy of being displayed on any gallery wall.



These lions were drawn using shapes as a guide. Can you guess which shape? Yes a circle! Perhaps you could draw a circle and see what you can turn it into.

If you would like to have a look at any other beautiful artwork, take a virtual tour around the famous Guggenheim Museum in New York.

<https://tinyurl.com/4nwuvudv>



This week Tina is showing us how to make a **vegetable stew** that is quick, cheap, and easy to make.

This hearty, family-sized vegetable stew can be on the table in just 40 mins. Take a look at the recipe in the pack.

Don't forget to share your delicious dishes with us on info@reachuk.org



Reach – Inset day and Easter Closure Week

Just to remind you that we will be closed on **Tuesday 30th March** for an inset day.

We will also be closed for our Easter closure week from:

Friday 2nd – Friday 9th April. We will reopen on Monday 12 April 2021.

Please note – Future inset days for your diary: 6th May 14th July and 22nd September. Thank you for your support.

Update from...Southwell

Spring is in the air at Flower Pod Southwell and the garden is beginning to wake up. This means that there is lots of work to do! Clients have been busy out in the garden getting on with many different jobs such as seed sowing, pricking out, path maintenance, sprucing up Spring containers and planting out cornflowers. There is also lots of weeding and chopping back of perennials too, work in the new wildlife garden, and we have even planted a new hedge! We have cut our first Spring flowers too – we have some beautiful daffodils and Hellebores in flower. Our Gardening through the Season's classes have been learning about growing vegetables and herbs – now is a great time to start planning which vegetables, herbs and salad to grow and some vegetable seeds can be sown now!



Update from....Newark

Here we have the three amigos on a beautiful day with the first mowing of the quiet garden and some more seeds started. The Tuesday Inspire class have been learning about hedgehogs and where they will like to live, which will help us decide where we put our own handmade hedgehog houses. The Monday gentlemen have helped to start to build the dead hedge barrier on the veg bed! The Friday mindfulness class have been finding out about the origins of the celebration of Mother's Day. The lady that started the modern-day celebration in 1913 of Mother's Day, Constance Adalaide Smith is buried in Coddington Church as she grew up there and her father was the vicar!



What about you...



Laura and Rebecca made mince pasties, which was a delicious meal. Laura changed the Turkey filling for beef and one pasty was enough for both, so the other pasty is on the freezer for another day!! Bex was very pleased with the planter she made up from things delivered from Flower Pod, and enjoyed tucking into her turkey pasty. Another fabulous meal from Joe, he even has a new apron now that he is an expert cook.



Over the last year, Tom and James have met Louise weekly to go for walks and enjoy what they both love.... football. It also gives them a boost of self-esteem during these difficult times. Next, we have Anna, Ben, and Robin's delicious looking pasty. They are all so fabulous. Well done!



Take a look at this wonderful next set of pasties from Danielle and Tara. Lorraine made some rice crispy cakes for pudding to accompany her pasty tea. And finally, Sofie is busy making her yummy Scotch eggs.

Brilliant photos folks, thank you so much! Please continue to stay in touch at info@reachuk.org.