

Reach beyond...

20/11/2021– Edition 37

reach

Hello everyone, welcome back! Is everyone getting into the Christmas Spirit?

Reach Online Classes

The timetable for our zoom sessions is below:

Newark sessions:

Monday: Singing at 10.00am

Wednesday: Sit and Be Fit at 10.00am

Friday: 1.00pm Bingo

zoom

Save the Date

Thursday 16th December

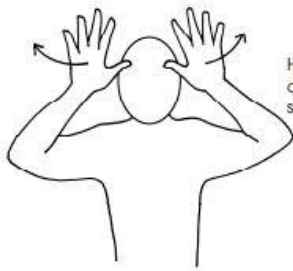
2021, 6pm, Reach Newark will be performing their Christmas panto, The Lion King.

Tickets are on sale for **£5** and a raffle will be running for you to enter. Please ring 01636 671 939 to reserve your ticket or purchase them at Reach Newark.

See you there!



Sign of the Month



Hands move up and out to show antler size

Deer

Reach Southwell's Women's Group had a tour of the National Civil War Museum as part of their Inspire course "Nottinghamshire Towns by Bus". The learners enjoyed trying on the different costumes from the Civil War and doing a bit of role play. Sarah from the museum gave us a private tour and we saw a lot of different items from the Civil war. The learners have enjoyed travelling by bus to Newark as well as Nottingham, Lowdham, and Burton Joyce.





Burgers and fries? Yes please!

Reach Newark's cooking classes made burgers and sweet potato fries the other week.

Don't they look delicious?

I wonder what tasty treats they'll have in store for us at Christmas!

info@reachuk.org



Get Fit with Buddy the Elf.

Click or copy the link to get fit with Buddy the Elf.



<https://tinyurl.com/vjbejfv4>

Save the Date

Mansfield are hosting their Christmas concert on **3rd December 2021, at 1:30pm.**

£3 entry, the concert will be supporting The Big Give, for more information visit our Facebook page.



Mansfield's Out and About group visited 'The Glazy Place' last month and created

some excellent paintings on their chosen pots.

Well done!



Update from... Southwell

flower pod

Clients at Flower Pod Southwell have been busy in the garden, catching up with lots of jobs, such as planting, preparing flower beds and path maintenance, before the weather turns colder. Pete and Ben have been making natural petal confetti from roses, marigolds, and dahlias.

We have been learning about Diwali, made some beautiful rangoli flower pictures and took part in a Diwali quiz. We also had a bonfire social evening which was lots of fun, watching fireworks, playing games, doing a quiz, enjoying delicious food, and catching up with our friends.

Waitrose in Nottingham has been raising money for Flower Pod Southwell, so Chloe and Alasdair went to Waitrose with Wayne to collect a cheque for £160.00



Update from... Newark

flower pod

Flower Pod Newark have returned to Southwell Minster to carry on with a project they've been doing over the weeks. Southwell Minster Resident Artist, Sarah Flanagan and Helen Bates the Southwell Minster Education Coordinator have been helping us over the summer.

If you look carefully, you can see the famous stonework in the background and the client's artwork growing from the leaves.

The bright colours and themes in the picture are the clients' ideas of what they see and enjoy about working at Flower Pod Newark. There was a grand unveiling on the 10th of November 2021.

It is still on show in the Minster for a few more weeks then, it will be given pride of place in the new building at the Flower Pod Newark.

