



# Reach beyond...

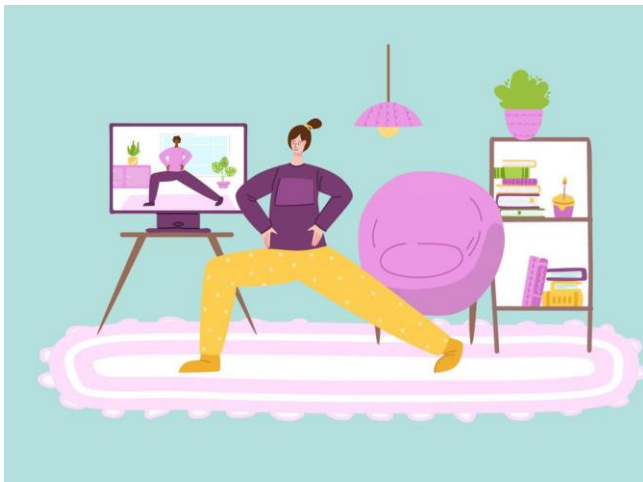
Hello everyone, as the weather starts to warm up a little, it makes it a little easier to get out and about to enjoy these brighter days! Are you starting to notice anything different on your regular walks? We hope you will also enjoy taking a look at this weeks activities and links....

## Free NHS Fitness studio

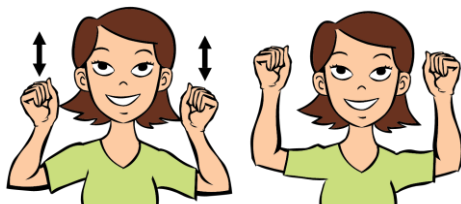
Take your pick from 24 instructor-led videos across their aerobics exercise, strength and resistance, and Pilates and yoga categories. These workouts have been created by fitness experts and range from 10 to 45 minutes.

Plus, there's the Wake up! workout, Vinyasa flow yoga, and Belly dancing for beginners to get you moving.

<https://www.nhs.uk/conditions/nhs-fitness-studio/>



## Sign of the week – Exercise



## 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

## Get inspired, get crafting!

You can still catch up with Kirstie Allsopp's brilliant 'Celebrity Craft Masters' on 4OD, free and anytime. In this series she's on a mission to share her love of all things handmade with the country's celebrities and demonstrating some fabulous crafts to inspire us too!

<https://www.channel4.com/programmes/kirsties-celebrity-craft-masters>



**Mindful moments...** Here are some quick, simple, mindful games you can get involved in:

**Touch:** Put a bunch of mystery items in a paper bag and take turns feeling one object at a time and guess what it is as you describe the texture and shape.

**Sight:** Look around the room in silence for one minute, and point out all of the things you never noticed before.

**Sound:** Set a timer for one minute and count how many different sounds you can hear with your eyes closed, and then share what you heard with each other.

For more mindfulness tips:

<https://www.youtube.com/watch?v=b5Hw-6HzLPM>



*"We are 4 weeks into the live cooking sessions with eat wise. We are overwhelmed with all the positive feedback we have been receiving. The photos that you are all sending in are amazing, keep them coming! Thank you so much to all who are taking part and we hope this will encourage you to continue cooking and learning new skills!"*



This week, Tina is cooking Baked Scotch eggs. Take a look at the recipe in the pack.

Don't forget to share your delicious dishes with us.



## flower pod



We have been learning about Conservation in the garden. It snowed and we could see some wonderful tracks from the wildlife visitors to the garden. In the Walk and Grow class, we have been organising photographs in our log books from last week's walk. We enjoyed the garden that still had a sprinkling of snow. We were looking for signs of spring and saw snowdrops and daffodils that were nearly coming out. The willow igloo has gone a bright yellow colour, showing it is nearly ready to start getting its leaves, and Alex had fun going inside and looking out the window!





## What about you...



The snow certainly offered a change of scenery, as well as an opportunity to get out and be creative. Here is Joe with his fabulous chilly friend 'Olaf'. Joe also joined Tina's 'Eat Wise' cooking session and made a brilliant job of the chicken and bacon paella, he said "it tasted delicious". Another great chef cooking up a treat is Sofie, she looks so pleased with her wonderful dish. Is it a bird, is it a plane, no, it's 'SuperChef'! Ben also worked very hard, chopping all his ingredients perfectly.



Sara and Charlie are very proud of their home cooking. They are seriously professional looking meals....Well done! Cooking with Tina is the highlight of Ben's week! Here he is concentrating while following instructions from the iPad...Fabulous! Lorraine has been creative with her unicorn crystal craft and is very happy with how it turned out. It looks very neat and striking.

Thanks for all your photos and comments, it's great to see how you are getting involved at home. Please keep sending them in and we will add them to our next newsletter. Email [info@reachuk.org](mailto:info@reachuk.org).

## Take care and stay safe! Good bye...