

# Reach beyond...

Hello everyone, welcome to your monthly newsletter. We hope you have had a great term and are ready for the Easter break!



## Reminder – Closure week and Inset day...

We are closed for the Easter break from 11<sup>th</sup>-18<sup>th</sup> April. Our Centres open again on Tuesday 19<sup>th</sup> April.

We are also closed for an Inset day on the 5<sup>th</sup> May. Please save the dates in your diaries!



## Reach Online Classes

The timetable for our zoom sessions is below:

### Newark sessions:

**Monday:** Singing at 10.00am

## Sign of the Month



Rabbit

## Hate Crime Awareness Week, with the Creative Minds Group at Newark.

During one of their sessions, the Creative Minds group had the opportunity to attend a Hate Crime awareness presentation. They learnt about safety around the community and online. Everyone really got involved and asked plenty of questions.

Towards the end of the session the group got to chat with the Police Officer on their own and make their own Hate Crime Awareness badges! They looked fabulous!



## Disney's Encanto

This Easter, enjoy a fun work out to the Disney's Encanto playlist!

If you enjoyed this video with Growwithjo, she has many more hip-hop, funky, dance work outs you can enjoy!

<https://tinyurl.com/545dydzt>



Cookery will be looking at the history of Easter in the next two weeks, and why some people choose to celebrate Easter.

Tina is going to be getting the groups to be making yummy Mini Egg Easter cakes! We cannot wait to see them... or eat them!



## Easter Baking!

If you're feeling creative... and hungry, check out this Easter cupcake decoration video. 6 different ways to decorate your cupcakes this Easter!

<https://tinyurl.com/5n8matxa>



## Mindfulness

Life can often get overwhelming and confusing for most people. Every day we face challenges with people around us who may not understand how you're feeling or what problems you may have. Difficult moments bring on strong emotions, it is how you approach these feelings that determine the outcome of your emotions. This YouTube clip will guide you through dealing with challenging moments in life and how to have empathy.

<https://tinyurl.com/4yna3atx>





## Flower Pod Southwell...

flower pod

March is a busy month for Flower Pod Southwell. They have been sowing seeds, pricking out, pruning, preparing new beds, and taking cuttings of perennials. Their 'Numbers in Life' class, led by Samantha Dakin, have been improving their maths skills, covering topics such as money skills, measuring, weighing, counting and how to do bar charts. There have been some great achievements from this class and a special mention must be made to Harvey whose maths skills have improved greatly.

They are encouraging clients to take part in short presentations about their favourite topic, hobbies, and interests to help to improve their confidence. Chloe told the class about her volunteering as a First Aider. Helen did a presentation about her dog, Daisy. This led to the clients getting creative and coming up with stories about Daisy the Dog from Helen's presentation. Oliver (with help from his support worker, Emma) recorded an amazing fantasy story about Daisy the dog and then played it to the class. Big well done to Oliver, Helen, and Chloe.

On 14<sup>th</sup> March Southwell finally had their 'Christmas' meal at The White Post, Farnsfield with 40 people attending – clients, volunteers, families, and staff. What a great night and such a good feeling to be able to meet up socially with our friends.





# Flower Pod Newark....

flower pod

Flower Pod Newark have been as busy as ever enjoying lots of work in the sunshine.

The groups have been working really hard over the past few weeks to make Flower Pod's visions come alive. Plenty of digging has been done in preparation of the new lawn.

Some groups have been painting, refreshing old paint around the garden ready for Spring.

Rob, one of the volunteers at Flower Pod Newark, worked alongside the clients making bat boxes. All the animals and birds are enjoying the sunshine at Flower Pod Newark.

In the next newsletter, there will be an update on how the building and groundworks have changed Flower Pod Newark for the better.

Well done and thank you to everyone who has made the process of the new and improved Flower Pod an enjoyable and lovely experience.

