



Reach is a registered charity dedicated to supporting people with learning disabilities in Nottinghamshire. We work with almost 250 people to enable each individual to lead a happier and healthier life in their own community.

Reach began as Southwell Care Project in 1999. Since then we have grown in scale and impact across the county, yet our roots remain firmly planted in the community. Many of our trustees, staff and volunteers live locally to where we provide our services and some have caring responsibilities, so they really understand the importance of ongoing community support.

From starting out as a small group of concerned parents of people with learning disabilities, we are now a registered charity supporting approximately 250 people each week.

At our centres – [Reach Southwell](#), [Reach Newark](#), [Reach Mansfield](#), and our two horticultural centres [Flower Pod Southwell](#) and [Flower Pod Newark](#), we offer courses, activities, holidays and day trips, best practice projects and socials, aiming to enable our clients to learn new skills, make friends and live well in their chosen community.

Work on our accommodation in Southwell for adults with learning disabilities was completed in 2023. You can find out more about our Southwell Accommodation Project [here](#).

Our domiciliary care agency, [Reach Learning Disability Care CIC](#), provides high-quality one-to-one care support for people with learning disabilities. Since 2018 this service has been rated Outstanding by the Care Quality Commission (CQC) – less than 4% of adult social care organisations achieve this.

We are committed to offering a very high quality of service which we are able to achieve thanks to the generosity of our supporters and the dedication of volunteers.

Click [here](#) to find out more about how to donate, or get involved with our fundraising and activities.

Reach Newark

Reach Newark offer a range of courses and activities that provide people with learning disabilities the chance to learn, have fun and live well.

The Reach Newark centre is welcoming, busy and lively – buzzing with creativity and activity throughout the week. We take the time to work closely with clients and their carers to find new ways of doing things that help people build the life they want.

At Reach Newark we offer:

- cookery courses
- drama, music & singing sessions
- arts and crafts activities
- sports & fitness
- moving forward
- bowling
- and much more...

Flower Pod Newark

Flower Pod Newark is sited on approximately two acres of land in Hawtonville near Newark. We took over the management of this beautiful community garden in 2020. The garden includes two ponds, polytunnels, a small orchard, vegetable and flower beds, fruit bushes and other interesting features. The site offers an accessible space where people with learning disabilities can take part in gardening-related learning and social activities, make new friends, enjoy outdoor activity and learn new skills as well as have opportunity for supported volunteering and mentoring.

More about the 2 Newark centres can be found here:

[Reach Newark - Reach Learning Disability - Supporting People with Learning Disabilities \(reachuk.org\)](https://reachuk.org)

[Flower Pod Newark - Reach Learning Disability - Supporting People with Learning Disabilities \(reachuk.org\)](https://reachuk.org)

Reach Southwell

Reach Southwell is very much part of the local community. Situated in the very centre of the town, we are able to offer clients lots of opportunities and activities. Coming along to Reach Southwell gives the chance to get involved in local life and to feel connected to their community in an easy-to-access location.

As this is also our headquarters, we are firmly plugged in to Southwell life and that means that we can support our clients to get involved in local events. Reach Southwell clients have participated in the Lantern Walk, archaeological digs and other community events in recent years, and there is lots more to come.

At Reach Southwell we offer regular courses including

- Cooking
- All About Animals
- Fun and Fitness
- Art
- Women's group
- Moving forward
- Boccia
- In, Out & About Group
- Weekly massage and reflexology therapy (by appointment only)

We can also offer supported volunteering opportunities for clients who are preparing for their next steps towards independence and active citizenship.

Flower Pod Southwell

Flower Pod is a garden full of flowers, surrounded by farmland on the edge of Nottingham Trent University's Brackenhurst campus. Focused on community, creativity and sustainability, it provides learning within 1.5 acres of green space.

Helping people with learning disabilities connect with both nature and their local community is at the heart of everything we do.

Clients enjoy gardening, wildlife, crafts, floristry, and other transferable skills that help people gain in confidence and to develop towards living more independently.

Flower Pod also is a place to relax, build new friendships and get some exercise in the fresh air, helping to promote positive emotional and physical wellbeing.

We welcome supporters who want to work with our clients or help in the garden. Many friendships have blossomed over the years as people have shared their skills and experience with Flower Pod and these ongoing relationships are crucial to what we do.

Volunteers help us produce seasonal flowers for individuals and small events, and we make environmentally friendly, natural petal confetti.

We host corporate volunteering activities for groups of between 6 – 20 people who can take part in tasks that help us improve and maintain our site. If you're an organisation that is committed to giving something back, why not give us a ring to see if we can help organise something to suit you?

Southwell Accommodation

The 12 tenants have now moved into our Southwell accommodation – I would like to welcome everyone and wish them all the very best. Over recent weeks, staff from across Reach, alongside families, have been working hard to ensure that the move went as smoothly as possible.

I, once again wholeheartedly express our thanks to everyone who has helped us to achieve our long-held ambition to build quality housing in the town. You have helped us to create a lasting legacy that will benefit people with learning disabilities and their families for years to come.

Reach Mansfield

Reach Mansfield offers clients a variety of fun, challenging and stimulating activities that build confidence and encourage a healthier lifestyle.

Based at the St. John's Centre close to the middle of town, our five-day service offers an exciting learning programme. Current weekly courses include:

- cookery classes
- singing
- boccia
- computing courses
- performing arts
- craft
- out and about
- programmes designed to promote fitness and support healthier choices.