



Older People Active Lives

REACH

Issue 1

For comments, articles & info
contact your Organiser or
opalreach@opal.services.org.uk

Self Isolation—Keeping Safe, Keeping Well

With these very different and ever changing days, we hope you have all found ways to keep connected with your family and friends. This newsletter, OPAL REACH, is one of our ways to let you know OPAL are thinking about you too. We also have a befriending service for all our members—you can see details under Useful Numbers.

Everyone is finding themselves in a new situation, and some of us will adapt better than others. If you are staying at home and avoiding other people, it might feel more difficult than usual to take care of your mental health and wellbeing. A tip not to be overwhelmed by all the breaking news is to only tune in once or twice a day to a news programme. Also keep to the main sources of news, there are many fake news items.

We know lots of you are taking the opportunity to enjoy your hobbies at home, please do tell us what you have been doing; we want to share your stories and ideas.

Useful Numbers

OPAL are currently offering a telephone befriending service—contact your Organiser for more information of how to participate.

For practical information and advice, call Age UK Advice: 0800 169 65 65

Or the Cheshire Age UK Office – 01606 881660

For a cheerful chat, day or night, call Silver Line: 0800 470 80 90

Local News

There are many schemes, support services and help being offered locally and over the next few weeks we will feature them here. Meanwhile, if you need any information about COVID 19 you could check out the Live Well Cheshire West website www.livewell.cheshirewestandchester.gov.uk

As many of us might be enjoying the sunny weather in gardens at the moment please note that Green Bin Waste Collections have been suspended.



Where are
we going Pooh?

Home Piglet. We're
going home, because that's
the best thing to do right now.



Red Cross is NOT conducting coronavirus tests anywhere in the UK

The Red Cross say they have received reports that people are claiming to be Red Cross volunteers, and falsely offering coronavirus tests. To be clear: if you're contacted by someone claiming to be from the Red Cross or any other person offering tests, please ask to see their identification.

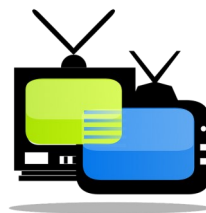
Riddles & Teasers

You can see me in water, but I never get wet.

The more you take, the more you leave behind.

What's On?

Diana Moran (the Green Goddess!) Exercise for Older People—BBC 1 6.55 a.m. & 8.55 a.m. Monday, Wednesday and Friday.



Quizzical

GUESS THESE SPRING FLOWERS

1. _ L _ I U M
2. A _ E _ _ N E
3. _ _ L Y
4. T _ L _ _
5. _ A F _ _ D _ L

6. G _ A _ E - H _ A C _ N _ H
7. C _ _ C _ S
8. _ R _ S
9. F _ I T _ L L _ _ I A
10. _ U _ C _ R _ I



In the spotlight....

MARGARET ROUND (TARPORLEY OPAL CLUB MEMBER)

Where were you born?

Bogside, Coylton in Ayrshire, Scotland – I was one of 10 and moved to England in 1933.

Where is one of your favourite places to be?

In the garden at South Lodge (Tiverton) with Malcolm (husband). We did the house up & created the garden together.

Who makes you laugh?

Malcolm. He had such a dry sense of humour and came into the room with a sparkle.

Did you have a career – if so what did you do?

I was a Nurse - at one point working in a hospital which specialised in Tuberculosis. This is where I met Malcolm (husband) as a patient.

Tell us something we might not already know about you

I worked in Kaduna in Nigeria as a Ward Sister in the Military Hospital that looked after the service personnel who were helping to run the Country before independence.

Which OPAL service do you use and what do you like most about it?

The Opal Club at Tiverton. It's a pleasant social occasion. It gets me out of the house and is a chance to meet with my friends, get a good lunch and often an interesting activity or person to hear.

Do you have a favourite quote or poem?

"Lang may yer lum reek with your ain kindlin" (I wish you well for the future ...)



Think about me, not my age