



Older People Active Lives

# REACH

Issue 2

For comments, articles & info  
contact your Organiser or  
[opalreach@opalservices.org.uk](mailto:opalreach@opalservices.org.uk)

## WE ALL CAN HELP!

The single most important action we can all take in fighting the coronavirus, is **to stay at home**, in order to limit the spread of the virus. Only go out if it is essential, so you limit to a minimum the number of people you come into contact with. If someone you trust offers to get you shopping and supplies, please accept. This way only one person will be in contact with others, so less opportunity for the virus to spread, and ask them to leave shopping on your step.

Hopefully by now, you are speaking regularly on the phone to friends and family, and many of you will be using technology to email and skype. OPAL's GoOnLine is offering telephone support, see our website—[www.opalservices.org.uk](http://www.opalservices.org.uk)—or ask your Organiser.

Another tip is keeping to a routine – you may not want to consider a work-out, but Mr Motivator advises “Every morning when you get up, you should do so with purpose; don't keep your pyjamas on all day.” And if you can access the internet and do want to do some gentle stretching– look up “sitting exercises” on [www.nhs.uk](http://www.nhs.uk) .

## BLAST FROM THE PAST—50 years ago this week -

- Everton won the Football League First Division
- Miriam Hargrave, from Wakefield, passed her driving test at the 40th attempt
- 124th Grand National winner, Gay Trip, won by 20 lengths
- Midnight Cowboy voted best picture at the Oscars

### STOP PRESS

Age UK Cheshire  
COVID 19 Helpline

**01606 881660**

## COMMUNITIES SPREADING POSITIVITY

*What do clapping, rainbows and teddies have in common?*

They are all ways that in the last two weeks local communities have come together to show they care – by clapping at 8pm on Thursday 26<sup>th</sup> March for all our NHS staff, cheerful rainbows painted by children and placed in windows for passers-by to spot; and now teddies are joining the ways to keep communities smiling and bonding. Pictured right is OPAL Organiser Zoe Blocksidge's daughter, Emily!



## ONLINE FRAUD

The National Fraud intelligence Bureau reported an increase in online fraud. The majority of this is related to online shopping for face masks and hand sanitiser. Our advice is not to order these, as it might be a scam.... “

## Riddles & Teasers

How can L be greater than XL in size?

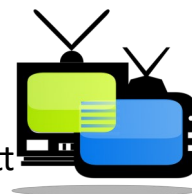
What belongs to you, but your friends use more than you do?

Last week's answers—Reflection, Footprints

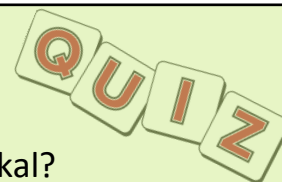
## What's On?

The Mill on the Floss by George Elliott  
Radio 4—10.45am Monday 6th April

James Martin's Islands to Highlands  
ITV - 2pm Monday 6th April



## Quizzical



1. Which was the first Royal Wedding to be televised live?
2. Which Ancient Egyptian deity was depicted with the head of a jackal?
3. Which London Underground line serves Knightsbridge?
4. The woodwind section of a modern orchestra normally has two double reed instruments; one is the oboe, what is the other?

Last weeks answers: 1.ALLIUM 2.ANEMONE 3.LILY 4.TULIP 5.DAFFODIL 6.GRAPE – HYACINTH 7.CROCUS 8. IRIS 9.FRITILLARIA 10.MUSCARI

## In the spotlight....

### ERIC —OPAL VOLUNTEER

#### Where were you born?

Threapwood, Cheshire moving to Worthenbury in 1949 at the age of 9.

#### What's your earliest memory?

Starting school at the age of 4 in a building with no running water and an outside toilet.

#### Where is one of your favourite places to be?

I love being at home in one of my 3 sheds. It's brilliant, Brenda (wife) doesn't know where to find me!

#### Who makes you laugh?

Lots of things, my 7-year-old granddaughter telling me a joke but she can never remember the end. Brenda makes me smile especially when she wants me to volunteer for something.

#### Tell us something we might not know about you

I have been actively involved in renovating the Village Hall which was a school that I attended from the age of 9+, now a thriving community resource.

#### Which OPAL service are you involved with and what do you like most about it?

I joined Opal from the start as a general volunteer then as an escort on the Malpas minibus and then the role of cook along with other volunteer cooks. I love the friendship from both members and other volunteers. I have since retired due to ill health, but the support is still there on both sides.

**Do you have a favourite quote or poem?** Enjoy life! it's not a dress rehearsal.



Kindly printed by



**Think about me, not my age**

OPAL Services (Rural West Cheshire)  
PO Box 161, Whitchurch, SY13 9BG  
www.opalservices.org.uk

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