Easter greetings from everyone at OPAL

This Easter is likely to be very different, so with that in mind, we are enclosing a home-made Easter card for everyone who receives OPAL Reach in the post. The cards have been made by Branching Out members, friends and children in our local communities who have a link to OPAL. Thank you to everybody who helped. For those of you who receive OPAL Reach by email, please find attached our Easter wishes using a selection of the cards that were made.

We hope you are able to keep in touch with family and friends over the Easter weekend, but if you feel you need a boost to your mood why not try to enjoy the positive effects of nature? *Mind UK* suggests spending time with your windows open enjoying the fresh air. If we can sit by a window and look out at the trees and flowers, listen to the birds, and enjoy nature's free gift to us all, it is sure to boost our mental health.

BLAST FROM THE PAST—70 years ago this week…..
- Bob Hope made his first TV appearance
- Prince Rainier III became ruler of Monaco
- The Eagle comic first appeared
- The Kenwood Chef food mixer was first introduced

Cheshire West and Chester Council – dedicated help line - call 0300 123 7031 (8am – 7pm)

FREE Mental Health Support— Text SHOUT 85258 or www.giveusashout.org

Happy 5th Birthday
to Frodsham OPAL Club

This week marks Frodsham OPAL Club's 5th Birthday. Since its formation the Club has gone from strength to strength, with a full contingent of 14 members and 28 volunteers. OPAL would like to say a huge thank you to these volunteers for their continued enthusiasm, creativity, kindness and sheer hard work, the Club wouldn't be what it is today without you all. Some interesting facts—we have had…

7200 hot drinks served with 240 packets of biscuits,

2400 delicious homemade dinners and puddings,

60 tins of after dinner sweets,

480 brain teasing quizzes, 165 gentle exercise sessions, 15 trips out for lunch,

240 fundraising raffles, 10 fundraising events and 10 Tombolas…
And finally 50 happy birthdays and 50 Christmas Hampers!!

NAME THE CAPITAL CITIES

1 ULNBDI
2 DDMIRA
3 ATNGOWHNSIN
4 RECANRAB

5 AGORSPENI
6 YDAIRH
7 SSSBULRE
8 TIGLELNOWN

Last week's answers 1. Roman numerals—L=50 XL=40 2. Your name

Back In Time for the Corner Shop—BBC iPlayer
New Series of *Britain's Got Talent* - 11th April, ITV 8pm

1. Which of the Apollo Moon Missions is associated with the (often misquoted) phrase 'Houston, we've had a problem here'?

2. According to Shakespeare, Hamlet was a prince of which country?

3. What was the name of the suffragette who was knocked down and killed by the King's horse during the 1913 Derby?

4. Aldergrove is an international airport in which UK city?

Last week's answers 1.Princess Margaret & Antony Armstrong-Jones 2. Anubis 3. Piccadilly Line 4. Bassoon

GIULIO—OPAL MEMBER FRODSHAM

Where were you born?
Giulio was born in Denmark Road, Moss Side, Manchester. His father was from Domodossola, north-western Italy.

What's your earliest memory?
Playing out in the street with a rope and marbles.

Tell us something we might not know about you.
I was called up to become an Royal Engineer in the 2nd World War and was based in New Delhi, helping to print maps. When I returned home in 1947 I met my wife Norma on a blind date.

Where are your favourite places to be?
Some of my happiest memories are rambling in the countryside and playing bowls.

Which OPAL service are you involved with and what do you like most about?
I am a member of Frodsham OPAL Club – I have made lots of friends and enjoy eating the meals together, quizzes and speakers. I also enjoy the music and exercise sessions and still like a spot of line and sequence dancing too.

Do you have a favourite quote or poem?
'The Mercy Speech by Portia' from the Merchant of Venice - a play I starred in at school.

Think about me, not my age