

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

## A LITTLE THANKS....GOES A LONG WAY

The Thursday 8pm 'Clap for Carers' has become somewhat of a tradition over the last few

weeks – and is a wonderful show of love and support for all the NHS and key workers at this very difficult time. And the televised message from our Queen lifted many spirits. There are others making a difference in our communities too, including the police, fire and postal service, delivery drivers, refuse collectors and supermarket workers to name a few. So it's also nice to see them recognised with thanks for their part in this journey - from colourful pictures on bins, homemade biscuits left at the door to a wave or a shout of thank you out of the window – perhaps one positive thing to come out of this situation is our recognition to those who help others.





OPAL Reach would also like to say thank you to all the volunteers, members and friends who continue to make a big difference to our members. We are grateful to all of you who have contributed articles, ideas, quizzes, riddles, Easter cards and helped make OPAL Reach a success in such a short time. A special thank you also goes to the volunteers who are supporting the tele-

phone befriending service, where a friendly phone conversation is giving many something positive to look forward to. Finally, a giant thanks also to Helsby Running Club for their recent donation towards the publication and distribution of OPAL Reach, their generosity is much appreciated.

## BLAST FROM THE PAST-40 YEARS AGO THIS WEEK -

- Arthur Ashe retired from professional tennis
- Zimbabwe becomes independent of UK
- Johnny Logan wins 25th Eurovision Song Contest for Ireland
- Unemployment reaches a two year high of more than 1.5 million



## IF IN DOUBT, CHECK IT OUT....

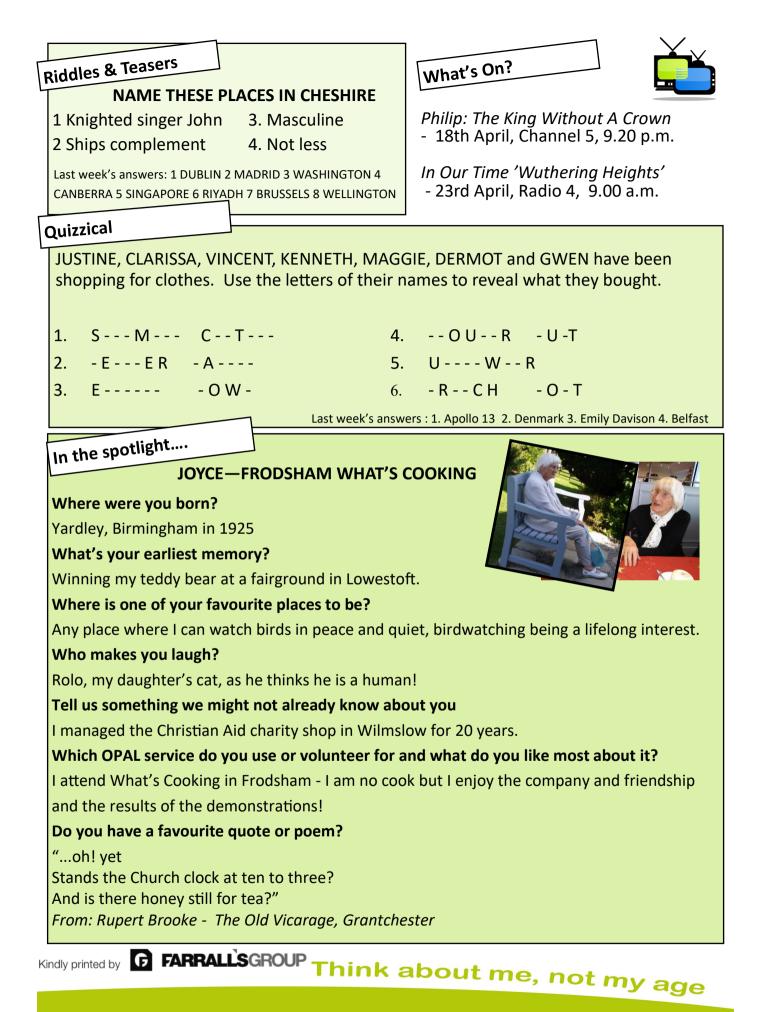
Residents across Cheshire are being urged to be vigilant following an emerging national trend. Fraudsters are visiting people's homes posing as Police and health officials in order to gain entry. If someone you don't know knocks on your door, do not let them

in. Tell them to leave a card. Get help from a friend, relative or your OPAL Organiser to verify what's on the card. If they know you are checking, they might not return.



And remember **NEVER** share your bank card and/or PIN number with anyone....

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