



Older People Active Lives

REACH

Issue 4

For comments, articles & info
contact your Organiser or
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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 telephone 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....

Riddles & Teasers

NAME THESE PLACES IN CHESHIRE

- 1 Knighted singer John 3. Masculine
2 Ships complement 4. Not less

Last week's answers: 1 DUBLIN 2 MADRID 3 WASHINGTON 4
CANBERRA 5 SINGAPORE 6 RIYADH 7 BRUSSELS 8 WELLINGTON

What's On?



Philip: The King Without A Crown
- 18th April, Channel 5, 9.20 p.m.

In Our Time 'Wuthering Heights'
- 23rd April, Radio 4, 9.00 a.m.

Quizzical

JUSTINE, CLARISSA, VINCENT, KENNETH, MAGGIE, DERMOT and GWEN have been shopping for clothes. Use the letters of their names to reveal what they bought.

- | | |
|----------------------------------|--------------------------|
| 1. S - - - M - - - C - - T - - - | 4. - - O U - - R - U - T |
| 2. - E - - - E R - A - - - - | 5. U - - - - W - - R |
| 3. E - - - - - - - O W - | 6. - R - - C H - O - T |

Last week's answers : 1. Apollo 13 2. Denmark 3. Emily Davison 4. Belfast

In the spotlight....

JOYCE—FRODSHAM WHAT'S COOKING

Where were you born?

Yardley, Birmingham in 1925

What's your earliest memory?

Winning my teddy bear at a fairground in Lowestoft.

Where is one of your favourite places to be?

Any place where I can watch birds in peace and quiet, birdwatching being a lifelong interest.

Who makes you laugh?

Rolo, my daughter's cat, as he thinks he is a human!

Tell us something we might not already know about you

I managed the Christian Aid charity shop in Wilmslow for 20 years.

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

I attend What's Cooking in Frodsham - I am no cook but I enjoy the company and friendship and the results of the demonstrations!

Do you have a favourite quote or poem?

"...oh! yet

Stands the Church clock at ten to three?

And is there honey still for tea?"

From: Rupert Brooke - *The Old Vicarage, Grantchester*



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FARRALL'S GROUP

Think about me, not my age

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PO Box 161, Whitchurch, SY13 9BG
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