



Older People Active Lives

REACH

Issue 5

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

AMAZING FUNDRAISERS

What is the single biggest annual one-day fundraising event in the UK?

Well done if you said “The London Marathon”, which should have been taking place this Sunday 26th April. The cancellation of the marathon has led to the launch of the 2.6 challenge – using the distance of the marathon scaled down to be achievable in creative ways whilst staying at home. “We want people to get active and raise money to help save the UK’s charities - by giving money or raising funds for the charity close to your heart,” explained the organiser. Fingers crossed all the charities that usually benefit will still have their funds boosted.



(bbc.com)

There have been lots of good news stories on a similar line – people running a marathon on a balcony, or walking up and down stairs enough times to equate to conquering Everest, and not forgetting 99 year old Captain Tom Moore, who captured the nation’s hearts with his simple idea to walk 100 laps of his garden to raise money for the NHS.

To make a donation to OPAL at this current time please visit www.opalservices.org.uk

BLAST FROM THE PAST—26 years ago this week....

- England beat USA to win the Women’s Rugby World Cup for the first time.
- First ever multi-racial elections held in South Africa.
- 14 inches of snow fell in Southern California.

A LITTLE SEED FOR YOU TO SOW, A BEAUTIFUL FLOWER TO WATCH AND GROW...

The sun has shone, and this year spring is stunning— trees weighed down with pink and white blossom, vibrant tulips and, as the daffodils fade, forget-me-nots and bluebells flourish. Plus dandelions galore! It was a tradition to pick bright yellow dandelion flowers on St Georges Day (23rd April), not just to prevent them turning into seed clocks, but it was the day to make dandelion wine.



“To plant a garden is to believe in tomorrow” is a quote attributed to Audrey Hepburn, and seeing spring blooming and hearing birds sing has been a positive of our current situation. OPAL is sending a sunflower seed with every posted copy of OPAL Reach this week. Do you think any will grow to 2.6 metres?



Fraudsters and scammers are taking advantage of the current Covid-19 pandemic, and scams soared by 400% in the last month. If you think you may have been a victim, telephone the Police on 101.

Riddles & Teasers

How many words (3 letters or more) can you make from : **TWENTY SIX MILES**

Last week's answers: 1. Elton 2. Crewe 3. Manley 4. Moore

What's On?

Kirsty: Keep Crafting and Carry On—each weekday, Channel 4, 5.00 p.m.
Sounds of the 70s, with Johnny Walker—BBC Radio 2, 3-5 pm on Sundays



Quizzical

1. A bottle of Champagne has roughly the same pressure as
a) a London bus tyre b) a football or c) a bicycle tyre?
2. How many fresh water lochs & lochans are there in Scotland?
3. Who was the first winner of *I'm a Celebrity, Get Me Out of Here!*?
4. Which plant's name means lion's tooth?

Last week's answers: 1.swimming costume 2.leather jacket 3.evening gown 4.trouser suit 5.underwear 6.trench coat

In the spotlight....

JOHN—GoOnline Volunteer

Where were you born?

I was born in the Marylebone District of London then moved to Edinburgh at the age of five.

What's your earliest memory?

Being pushed under a bed by my mother as the sirens sounded to warn of the approach of a V1 flying bomb, known as a doodlebug.

Where is one of your favourite places to be?

The Torridon Mountains, to the north west of Inverness. Stunning scenery and wonderful walks with Glennys, my wife.

Who makes you laugh?

Mainly traditional comedians like Eric Sykes, Ronnie Barker, John Cleese, Tommy Cooper, Morecambe & Wise etc.

Tell us something we might not already know about you

In the late 70's I ran the Stockport marathon and I've run several mountain marathons. Nowadays I aim to walk a marathon each week - so my wife and I walk for about an hour most days.

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

I have volunteered for GoOnline since it began in 2014. In the early days most 'clients' brought problems relating to laptops, but they now bring a wide variety of devices - I particularly enjoy challenging problems that require a bit of thought, or some research.

Do you have a favourite quote or poem?

'The Ballad of Idwal Slabs', a drama of love on the crags above Llyn Idwal in Snowdonia. Best to recite this **very long** ballad at the foot of the crag in a howling gale in mid-winter!



REMEMBER—OPAL Organisers are available to help any of you who need to know more about shopping, collecting prescriptions, helplines, and what is going on in your village. Please ring your Organiser if you need information or support.

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Think about me, not my age

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