



Older People Active Lives

REACH

Issue 10

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

Lockdown creativity

The panic buying of toilet rolls signalled the beginning of a major change to our daily lives. Followed by empty supermarket shelves of pasta, then flour as people realised they would have time on their hands in lockdown and home baking became a choice hobby, along with knitting and jigsaws. Raising chickens has become so popular during the lockdown, there are now waiting lists for hens and chicken coops.

Heart-warming stories started to emerge about creative ways that people were devising to still do and enjoy what they had planned but lockdown had thwarted. Remember the 2.6 challenge set by the organisers of the cancelled London marathon? It raised over £10m for nearly 4000 different charities by people creatively using the 26 number to fund raise.

There are some extremely crafty people within our own OPAL community and we showcased in a previous issue how lots of you were giving back to your communities. These photographs show Sheila's doll's house, Madeleine and Pam's art, Keith and Gillian's 'thinking-of-you cards' and Chris's knitted friends for Warrington Hospital, all completed during lockdown.



Finally, one of our volunteers devised a truly unique way to celebrate his wedding anniversary in lockdown by presenting his wife with the gift of a weekend in a caravan in an idyllic spot.....their own caravan in their own back garden! No traffic jams either.....

BLAST FROM THE PAST—Games and Hobbies.....

- 1901 - Frank Hornby, a clerk from Liverpool, invented and patented Meccano.
- 1936 - Waddington's produced first UK version of Monopoly
- 1940s (post war) – Subbuteo table soccer and Cluedo introduced.
- 1955 - Scrabble arrives in the UK

Try something new

It has been fantastic to hear about all the ways the OPAL members and volunteers have adapted to life under lockdown. Several people told us their community choir is continuing on Zoom, and a Helsby club volunteer has tried singing with a pop up choir for the first time. And on another musical note, well done to those who are learning to play a musical instrument.

How is your sunflower doing? If you planted your seed indoors, it is time to move outside, and let's hope there are no more high winds. And if you enjoyed colouring last week and would like more pictures, please let your Organiser know and we will post out some more.



Be wary of approaches from supposed travel agents, tour operators, airlines, cruise companies, insurance companies or compensation firms promising to arrange travel, accommodation or event entry refunds: they may well be fraudulent. If in doubt, call the company you have been dealing with, on the phone number you know to be correct.

Riddles & Teasers

How many words (3 letters or more) can you make from— **'CREATIVITY'**?

LAST WEEK'S ANSWERS : 1) A slipper 2) Rock it...3) Because it was sole destroying..

What's On?

Alan Carr's Epic Gameshows - Play Your Cards Right - ITV, Saturday 30 May 8.15pm

Two Thousand Years of Puzzling - Radio 4, Monday 1 June 2.45pm



Quizzical

1. SCRABBLE-What is the value of a "K"?
2. POKER-What is the name of the best winning hand?
3. CLUEDO-What are the Six Weapons used?
4. CHESS-Which two pieces are used in "castling"?
5. MONOPOLY-What are the four Railway Stations?
6. SNOOKER-How many reds are on the table at the start of a game?

LAST WEEK'S ANSWERS : 1) Eggs 2) Africa 3) Cats 4) Bread 5) Friday 6) Ducks



In the spotlight....

NORA - HELSBY OPAL CLUB MEMBER

Where were you born?

I was born in Warrington and lived there until I got married.

What's your earliest memory?

When I was 4 years old - falling down a pit on a site where a church was being built. My father pulled me out, I still have a scar on my leg from the fall.

Where is one of your favourite places to be?

I thoroughly enjoyed travelling around on caravan holidays with my husband. We really loved North Wales.

Who makes you laugh?

Morecambe and Wise and 'Some mothers do ave em', when Frank says 'Ooo Betty'!

Tell us something we might not already know about you

I was 90 a couple of weeks ago. I had a fantastic time with a lunch in the garden, a cake made by my neighbour & I received over 30 cards. Plus a lovely bottle of gin and one of sherry!

Did you have a career – if so what did you do?

My first proper job was a Stocking Repairer, fixing nylon stockings at Hancock and Woods, in Warrington. We charged 6d for a ladder, 5d for a hole. Lots of ladies had nice stockings given to them by American soldiers and they wanted to keep them nice.

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

I am a member of Helsby Opal Club. I enjoy going for the fun activities, and the socialising and friendship. I have been receiving phone befriending from 3 lovely volunteers during Lockdown which I have enjoyed. I feel I have really bonded with my callers.

Do you have a favourite quote or poem?

A bit of what you fancy does you good.



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FARRALL'S GROUP

Think about me, not my age

OPAL Services (Rural West Cheshire)

PO Box 161, Whitchurch, SY13 9BG

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