



Older People Active Lives

# REACH

Issue 8

For comments, articles & info  
contact your Organiser or  
[opalreach@opalservices.org.uk](mailto:opalreach@opalservices.org.uk)



## HAPPY BIRTHDAY KELSALL...

This week marks the 30th Birthday of Kelsall Opal Club. What an achievement! Founded with the help of Gill Clough in 1990, the Club has several volunteers with over 25 years' service under their belts. The Club has offered a fun weekly day out for local older people in much the same way then as it does now. In late 1990 John Faries, a widower for 6 years, decided to give the Club a go and wrote the following about his experience in a local magazine :

*'After a few weeks, I now look forward to Mondays. We are greeted with smiling faces, we talk, exchange memories, play games and make new friends, especially with those who volunteer to transport, entertain and feed us. The wonderful thing is that so many people from diverse fields of life have come together as a community. The spirit of humanity is supreme, this fills an old man with gratitude and hope for the future.'*

Zoe Blocksidge, our Kelsall OPAL Organiser praised everyone involved throughout the last 30 years—*"Well done to each and every volunteer who has been involved with the Club over the years - its success has been achieved through your hard work and support. Long may it continue to provide support for older people in our rural communities - thank you."*



## BLAST FROM THE PAST— 30 YEARS AGO THIS WEEK....

- Hubble Space Telescope sends its first pictures from space.
- Vincent Van Gogh's 'Portrait of Dr Gachet' sells for \$82.5 million.
- US and USSR agree to end production of chemical weapons.

## Kelsall Day Centre—Busy Corner

—a reflection poem written some years ago by members of the Club.....

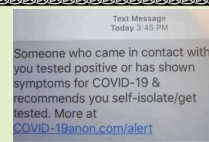
Monday is Day Centre day following the day of rest,  
For us it is our busy day, the one we like the best.  
Transport arrives and soon we're there;  
With tea and biscuits to share;  
Who's been where and who's done what,  
And whether the weather's been cold or hot.  
Then it's time to loosen up creaking joints and aching backs,  
A little gentle exercise really helps us to relax.  
Then some mental exercise to get the brain in gear,  
Quizzes and word games enjoyed by all  
— we've got some bright sparks here!  
We like to chat about this and that and how the garden grows,  
Of peas and beans and ripening fruit and who's grown the best potatoes.  
At half past twelve it's time for lunch — our cooks

are such a talented bunch.  
Delicious food presented with style, it's always service with a smile.  
With films and outings, talks and games our Mondays are always fun,  
Variety is the spice of life and there's something to suit everyone.  
Our coffee morning, coming soon, will hopefully raise some cash,  
We're making and collecting things to pay for our Christmas 'bash'.  
And we'd like to send a message to all our volunteers,  
Who care for us and share with us our laughter and our tears.  
Very many grateful thanks for everything you do,  
Day Centre days are Happy Days and it's all because of you.



## TEXT SCAM ALERT

If you receive a text similar to the one shown here with a link 'COVID-19anon.com/alert' —IGNORE IT ... this is not an official government text—do not click on the link.



## Riddles & Teasers

1. If a slow old man uses a walking stick, then what does a fast old man use?
2. Why did the golfer wear two pairs of trousers?

LAST WEEK'S ANSWERS: 1) HOT (YOU CAN CATCH A COLD) 2) YOUR BREATH 3) SHORT

## What's On?



*Richard Osman's House of Games*  
BBC2, weekdays at 6pm  
*Elaine Paige on Sunday, BBC Radio 2,*  
*Songs from the Shows, 1pm-3pm*

## Quizzical

Can you find the answers below which can be spelt using letters found in

### KELSALL OPAL CLUB

1. To suddenly fall down, or give way.
2. A substance with no therapeutic effect
3. A Spanish rice dish
4. A pub in Sandiway – The \_\_\_\_\_
5. Technical term for shoulder blade
6. A large, splendid house

LAST WEEK'S ANSWERS: 1) THE CONGA 2) HARRY TRUMAN 3) PREFABS 4) £43.44

## In the spotlight....

### MARY—KELSALL OPAL CLUB VOLUNTEER

#### Where were you born?

I was born in Tarporley, where both my parents were GPs, in Practice together.

#### What is your earliest memory?

I remember dancing, with flags and streamers, in the playground at Tarporley Primary School, in preparation for the Coronation in 1953.

#### Where is one of your favourite places?

Fowey, Cornwall, where we had many wonderful family holidays, messing about in boats.

#### Who makes you laugh?

Morecambe and Wise – especially the episode with Andre Previn and Grieg's Piano concerto.

#### Tell us something we might not already know about you

We spent 3 years in the USA in the mid 70s, with our two young children, with my husband's job with ICI. We made many friends and enjoy going back to visit.

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

I volunteer at Kelsall. We are 30 years old this year and I have been involved since the beginning when it was started by Age Concern Chester and Chester Social Services. We nearly had to close ten years ago, but thanks to the determination of a dedicated group of people who started the new charity Rural Community Services (now OPAL), we were able to continue.

#### Do you have a favourite poem?

I enjoy reading poetry. One of my favourites is *Everyone Sang*, by Siegfried Sassoon, a WW1 poet – it is full of hope.



Kindly printed by



**FARRALL'S GROUP**

**Think about me, not my age**

OPAL Services (Rural West Cheshire)  
PO Box 161, Whitchurch, SY13 9BG  
www.opalservices.org.uk

Registered Charity No: 1143753  
Registered Company No: 7521625