



Older People Active Lives

REACH

Issue 9

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

KINDNESS

It's Mental Health Awareness Week and this year's theme is 'kindness' -

celebrating how as a nation we have rediscovered kindness in our daily lives. OPAL Reach



has reported many stories where acts of kindness are boosting people's spirits and we know amongst the OPAL community many little things are making huge differences to people's spirits all the time. We love to hear about random acts of kindness in your communities – home baking and bunches of flowers left on doorsteps, music played for neighbours to enjoy, hand drawn inspiring posters attached to fences and post boxes; please keep sharing and pass on the joy.

BREATHE AND RELAX.....

The pandemic has created a lot of uncertainty for us all and it is more important than ever that we find ways to feel calm and relaxed. Learning to breathe more deeply can have a wonderful calming effect. MIND recommends to "breathe in through your nose and out through your mouth, keeping your shoulders down and relaxed. Place your hands on your stomach – they will rise as you breathe in, and fall as you breathe out. Then start to count as you breathe in 1,2,3,4, and count as you breathe out 1,2, 3,4.....develop a rhythm that is comfortable for you."



Mental Health Awareness Week

18-24 May

#SpeakYourMind

BLAST FROM THE PAST—20 YEARS AGO THIS MONTH....

- Chelsea beat Aston Villa 1-0 in the last FA Cup Final played at the old Wembley Stadium.
- Israeli troops withdraw from southern Lebanon after 22 years of occupation.
- Arthur C. Clarke knighted 'for services to literature'.

RELAX WITH MANDALAS

Creativity is an incredible mood booster, whether it be craft, music, dancing, baking. Colouring has risen in popularity with adults in recent years and in 2018, Frodsham OPAL Club took this pastime to a more challenging level by creating *mandalas* for colouring in. A *mandala* is a circular abstract design and the name comes from the Sanskrit word meaning circle. The Club made their own patterns using a compass to create the circles before filling in the gaps with their choice of pattern.

We have included some mandalas with this week's OPAL Reach. Why not have a go? Immersing yourself in creating patterns is very relaxing.



QUOTE FOR THE WEEK

'Together we can change the world, just one random act of kindness at a time.'

By Ron Hall

Riddles & Teasers

1. What's a foot long and slippery?
2. How do you stop a baby lettuce from crying?
3. Why did the man leave his job in a shoe recycling store?

LAST WEEK'S ANSWERS 1. A HURRICANE! 2. BECAUSE HE GOT A HOLE IN ONE!

Quote for the Week



The Big Flower Fight, Netflix

All Day Pop Master Quiz, Radio 2,
Monday 25th May, 9.30a.m.

Quizzical

THE ALPHABET QUIZ

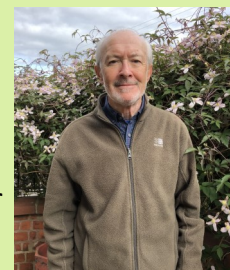
Part 1—use letters A—F as clues to your answers...

1. What connects whisked, box and clutch?
2. What do Nelson Mandela, diamonds and Bob Geldof all have in common?
3. Wild, marmalade and Cheshire are all types of what?
4. What are cob, huffkin, cottage and farl?
5. Black, thirteen and good all go with what?
6. Donald, teal, Louie and garganey are all what?

LAST WEEK'S ANSWERS: 1. COLLAPSE 2. PLACEBO 3. PAELLA 4. BLUECAP 5. SCAPULA 6. PALACE

In the spotlight....

GEOFF, OPAL VOLUNTEER IN MALPAS



Where were you born?

At home in Northenden a suburb of Manchester.

What's your earliest memory?

Being under the stairs shut in during an air raid warning. We had candles for light and I've never forgotten the musty smell.

Who makes you laugh?

Victoria Wood. Writer and Comedienne.

Tell us something we might not already know about you?

I once had dinner with the world famous Test cricket umpire 'Dicky' Bird. Back in 1980, my cricket club in Manchester hired Test cricket umpire 'Dicky' Bird as the Guest Speaker at a function and I was asked to introduce him. Many years later when I was playing cricket for Droitwich Cricket Club in Worcestershire they had also booked him as their guest speaker at an awards function. He remembered me and admitted that the last time we met was the first time he had spoken at a function. In Manchester he charged £60. He is now a millionaire through his books and after dinner speaking!

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

I first volunteered at the suggestion of my wife and initially I was an escort on the bus. I was shown the ropes by Eric Platt (featured in Issue 2) who my wife had described as 'a very nice man who you would like'. That was too true and I have liked him ever since. Later my wife suggested that I help out with club activities with the members. From the start I really enjoyed this and met a great team of committed people. My wife died in 2010 but I carried on. I still have the same enthusiasm I had from the start, it's a great atmosphere and all the volunteers work as a dedicated team. I have met so many members in my 12 years and although so many have come and gone, we continue to have a lovely group lots of whom have been coming for many years.

Do you have a favourite quote or poem?

The Owl and the Pussycat by Edward Lear.

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FARRALLSGROUP

Think about me, not my age

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