



Older People Active Lives

REACH

Issue 11

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



OPAL SCOOPS QUEEN'S AWARD FOR VOLUNTARY SERVICE

OPAL were delighted to have been awarded the Queen's Award for Voluntary Service on 2nd June 2020, during National Volunteers' Week. Jane Colville, OPAL Chair, acknowledged the work of all the volunteers who support the charity –

"all our wonderful Volunteers have earned this very prestigious national award in recognition of their hard work, commitment and skill. It is such an honour to receive an award of this kind.

During lockdown, our Volunteers have had to adapt to ensure we can still support older people and their Carers and they have done so swiftly and enthusiastically. With the help of telephone befriending, a weekly news publication and regular Zoom sessions with guest speakers we are managing to keep supporting everyone".

To celebrate this news and in recognition of National Volunteers' Week, all OPAL volunteers received an OPAL goody bag with afternoon tea and are joining in a virtual thank you party at the end of the week.



BLAST FROM THE PAST—45 years ago...

- First recorded snow-fall in London in June.
- UK voted to remain in the European Community by a margin of 2:1 in the first Yes or No referendum ever held in country.
- Sony introduce the Betamax video-cassette recorder.
- The Venera 9 space probe was launched by USSR to explore Venus.
- UK House of Commons broadcast live by radio for the first time.

GARDEN WASTE
COLLECTIONS ARE
BACK IN
CHESHIRE
WEST
FROM
4TH JUNE



THANK YOU—Acrostic Poems

This is an example of an acrostic poem, where the first letter of each line spells a word and usually this word is the subject of the poem. Members of OPAL Clubs are familiar with writing these poems, and we are always impressed with how varied and unique a poem based on the same word can generate. If you would like to have a go, why don't you use the word LOCKDOWN? OPAL Reach would love to feature some in future editions so do send us your poems to opalreach@opalservices.org.uk or share them with your telephone befriender to pass on to your Organiser.

Thanks to all the volunteers who
Help and raise a smile,
A friendly nod, a timely ask, and
Now, lockdown versatile!
Keeping going through thick and thin,
You all make the members day;
Our cooks, our drivers, the great all-rounders
Unanimously, a big **THANK YOU**, we say!

*"Volunteers are not paid because they are worthless,
but because they are priceless."*

Riddles & Teasers

1. What has a head, a tail, no legs and is brown?
2. David has three sons. Snap, crackle and ???
3. What comes once in a minute, twice in a moment, but never in a thousand years?

LAST WEEK ANSWERS —: 75—100 = Good, 101-150 = Excellent, 176 Genius!

What's On?



World Cup Final '66: England v West Germany Charity Special, Channel 4, Sunday 7th June, 1.30pm
Desert Island Discs—Martin Lewis, Radio 4, Sunday 7th June, 11.00am

Quizzical

1. How many pennies in an old style English pound?
2. How many people would normally make up a jury in England?
3. What nationality was the composer Frederick Chopin?
4. What were commuters urged to go to work on in the 1960s?
5. What is the RAF's famous aerobatic display team called?

LAST WEEK'S ANSWERS : 1) 5, 2) Royal Flush, 3) Knife, Revolver, Spanner, Lead Pipe, Rope, Candlestick. 4) King & Castle/Rook 5) Kings Cross, Fenchurch St, Liverpool St, Marylebone. 6) 15

In the spotlight....

JANE COLVILLE, OPAL CHAIR AND VOLUNTEER

Where were you born?

I was born in a cottage in a small village called Salford Priors, near Stratford upon Avon.

What's your earliest memory?

Going down to the bottom of the garden with my mother to collect eggs and the eggs still being warm.

Where is one of your favourite places to be?

Delamere Forest. I love dog walking early in the morning, especially on a cold, bright day.

Who makes you laugh?

"Would I lie to you?", I really like the show and the main presenters – Rob Brydon, Lee Mack and David Mitchell.

Tell us something we might not already know about you

When I first started to learn to play the violin, I fainted and never tried again!

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

I never had time to volunteer when I was working but I discovered OPAL through my mother. She came to live with us and as she didn't know many people, joined the Kelsall OPAL Club. My mother got so much out of it. I was happy to get involved and started as a volunteer driver. This led to my becoming involved with the RCS steering group and eventually a Trustee with OPAL, but I still volunteer at the Club and in the last three years with What's Cooking too. I really enjoy volunteering with OPAL; I like the friendships, the company, the fun and being busy too.

Do you have a favourite quote or poem?

"Only connect!" – E.M.Forster, Howards End



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FARRALL'S GROUP

Think about me, not my age

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