

## CARERS WEEK 2020

This week is Carers Week 2020 and we would like to say well done to every one of OPAL's wonderful Carers and their Volunteers. There are a potential 8.8 million adult carers in the UK, up from 6.3 million estimated in the 2011 census – a huge increase of a third. OPAL offers two services for Carers—BreakTime and Carers Connect and, whilst it is difficult to provide these during lockdown, we are still finding ways to support including virtual gatherings and telephone befriending.

If you are a carer, or know anyone who is, and would like to find out more please ask them to contact OPAL. To celebrate both our Carers and the person they care for, we are delivering a special cream tea for them to enjoy, a treat to them, from OPAL.



8 - 14 June 2020

## BLAST FROM THE PAST....

- 1963 Help the Aged opened its first permanent gift shop in Bexhill, East Sussex.
- 1979 The Alzheimer's Society was formed.
- 2009 Help the Aged and Age Concern England merged to form Age UK.
- 2012 Carers Trust became operational.

## ....LOOK TO THE FUTURE

Our wonderful OPAL badges have arrived and we will be distributing them to the OPAL community over the next few months...



## KEEP ON MOVING...

Although lockdown rules are beginning to be eased, the main government advice is still to stay at home as much as possible. Many of our OPAL Reach readers may be feeling cautious about venturing outside and meeting up with other people. Only do what you feel is right for your circumstances. You might like to take OPAL REACH outside and read it in your garden....

We all know and appreciate the importance of keeping in touch and keeping busy so we have focussed on trying new activities and ways to boost our spirits - such as listening to bird song and music, but how many of us have a regular movement or exercise routine?

Not everyone is able to take a daily walk, but our bodies do benefit from moving more, even if it is only stretching and standing during TV adverts or after reading a chapter of a book.

Why not try an exercise whilst you are waiting for the kettle to boil? Here are some you may like to add to your daily routine (from Keeping Well At Home).

### Shoulder circles

*Warms muscles and prepares for movement.*

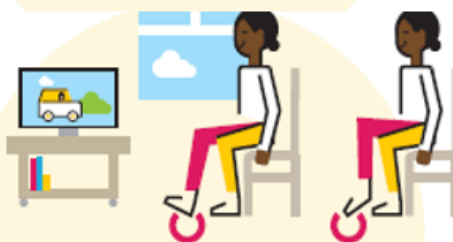


#### WHAT TO DO

- SIT TALL WITH ARMS AT YOUR SIDES
- LIFT BOTH SHOULDERS UP TO EARS, DRAW THEM BACK THEN PRESS THEM DOWN.
- REPEAT SLOWLY FIVE TIMES AND FEEL THE SHOULDER JOINTS LOOSEN.

### Ankle loosener

*Loosens ankles, improves heel to toe walking action, keeps us stable.*



- SIT TALL AT THE FRONT OF THE CHAIR
- PLACE THE HEEL OF ONE FOOT ON THE FLOOR THEN LIFT IT AND PUT THE TOES DOWN ON THE SAME SPOT
- REPEAT FIVE TIMES ON EACH LEG

## Riddles & Teasers

### NAME THE BISCUITS...

1. Fruit on the move
2. 2 pudding toppings
3. Top of oven & oven switches
4. Wealthy & hot drink

LAST WEEK'S ANSWERS : 1) PENNY 2) DAVID 3) THE LETTER 'M'

## What's On?



*The Queen's Official Birthday with Huw Edwards from Windsor,*

Sat 13th June, 10.30-11.30am, BBC1

*Dead Ringers,*

Saturday 13<sup>th</sup> June, Radio 4, 12.30pm

## Quizzical

1. Which flower can change its colour by adding acid to the soil?
2. Which famous artist painted water lilies?
3. Saffron is extracted from which flower?
4. From which film does the song Edelweiss come from?
5. In Holland which bulb was once worth more than gold?
6. Which flowers were known as Gillyflowers?

LAST WEEK'S ANSWERS : 1) 240 2) 12 3) POLISH 4) AN EGG 5) THE RED ARROWS

## In the spotlight....

### STEPHEN—OPAL BREAKTIME CLIENT

#### Where were you born?

Northwich in my Grandmother's house.

#### What's your earliest memory?

Living on our smallholding in Norley with my father – my mother died when I was 18 months old. We had no running water, one cow which we milked, a pig, chickens and turkeys.

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

At my home—I love my garden and the village.

#### Who makes you laugh?

Most people but mostly the old comedians like Tommy Cooper and Les Dawson.

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

Prince Charles came to the village during a bowls match and I played against him.

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

I was a gardener for the Duke of Westminster for 25 years and loved it.

#### Which OPAL service do you use?

I am a carer to my wife and we have been supported by the OPAL BreakTime since March 2018. We have a lovely volunteer called Carol who was visiting before the virus every week. Kate, my wife, loves her and they get on so well. When the weather is nice she takes Kate out for coffee. I also love chatting to her and it is so nice knowing that she is around for us. When she is visiting, weather permitting, I spend the time either in my garden or at a friend's house helping him with his gardening project.

#### Do you have a favourite quote or poem?

*The Snowdrops* - Annie Matheson.



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**FARRALL'S GROUP**

**Think about me, not my age**

OPAL Services (Rural West Cheshire)

PO Box 161, Whitchurch, SY13 9BG

www.opalservices.org.uk

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