



Older People Active Lives

REACH

Issue 13

For comments, articles & info
contact your Organiser or
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LOCKDOWN EASING

Last week the Government announced that adults who live alone will be allowed to form a “support bubble” and spend time with the people in that bubble in their own homes. This has enabled many older people to see family and grandchildren, a welcome development. From Monday 15th June, people can visit any type of shop, and some outdoor attractions, BUT social distancing rules still apply. It is still recommended that you stay alert and limit your contact with others and if you are in a vulnerable group or shielding, the advice is to continue to shield until the end of June. The latest advice can be found at www.gov.uk and remember the rules for residents in Wales is different.

The local advice line for vulnerable people is 0300 123 7031.

STAY ALERT
CONTROL
THE VIRUS
SAVE LIVES

BLAST FROM THE PAST

- Circa 300 AD first recorded cookery book was written by Apicius in 4th century Rome.
- 1861 Mrs Beeton's 'Book of Household Management' first published.
- 1946 Philip Harben became the first TV chef with his BBC programme 'Cookery'.
- 1974 McDonald's opened its first UK restaurant in Woolwich SE London

A member of Farndon Foodie Friday Group has taken up our Acrostic Challenge!...

Love going to Foodie Fridays
Our volunteers make my day
Chat, laughs and Julie's quizzes
Keep us smiling and our brains buzzing
Due to Covid we are all locked up
Oh how good it will be to feel free again
Will we dare to go out and shop again?
Never fear Opal are here to get us back to normality

NATURE'S GIFTS

Many of us have enjoyed watching nature and the changing seasons either on regular walks, or from our windows. And the onset of summer is highlighted by the scents of the gardens and hedgerows. The scent of honeysuckle lingers in the air, and roses are stunning, both in beauty, and sometimes perfume. Those of you lucky to have a garden may also be starting to harvest (if you have rhubarb and strawberries) and during this month the fruit bushes begin to ripen - redcurrants, blackcurrants and gooseberries. This week, we attach a What's Cooking special, with lots of seasonal recipes you may like to try.



BAKING ISN'T HARD

One of our Volunteer cooks from Frodsham Opal, Kay, (this week's Spotlight star) started her own Facebook group called 'Baking Isn't Hard'. In Kay's Blog she shares recipes for leftovers, store cupboard ideas, baking tips, even dog friendly treat recipes. Take a look at www.facebook.com/bakingisnthard



Riddles & Teasers

1. What English word has three consecutive letters?
2. Which word in the dictionary is always spelled incorrectly?

LAST WEEK'S ANSWERS : 1) FIG ROLL 2) CUSTARD CREAM
3) HOB NOB 4) RICH TEA

What's On?

Johnnie Walker Sounds of the 70's Fathers Day Special, Radio 2, Sunday 21st June at 3pm
Match of the Day Live, Bournemouth V Crystal Palace, BBC1, Saturday 20th June at 7.20pm
or *Match of the Day*, 10.35pm, BBC 1

Quizzical

1. Dietary deficiency of vitamin C gives rise to which disease?
2. What is the newspaper of the Salvation Army called?
3. What is the name of the frog which appeared in the Muppet Show?
4. What is the most mentioned animal in the Bible?

LAST WEEK'S ANSWERS 1) HYDRANGEA 2) CLAUDE MONET 3) CROCUS 4) SOUND OF MUSIC 5) TULIP 6) CARNATIONS

In the spotlight....

KAY FROM HELSBY & FRODSHAM

Where were you born?

I was born in Sea Mills, Bristol.

What's your earliest memory?

One of my earliest memories was watching Concorde do its maiden flight as it went over my grandparents garden. Even more memorable as my Uncle was a painter of Concorde.

Where is one of your favourite places to be?

At our static caravan at Abergele, overlooking the sea. However with the lockdown we can't visit there so have to make do with our back garden and fish pond until we can visit again.

Who makes you laugh?

It has to be the old 'Carry On' films. Timeless and always funny!

Tell us something we might not already know about you.

I moved from Bristol to Llanelli at the age of 7 and had to do a Welsh paper for the 11 plus exam to get into Grammar School. Suffice to say that although I got into Grammar School I was not in the Welsh stream.

Which OPAL service do you volunteer for?

I'm a cook at OPAL Frodsham. I have been pleased to have been able to help out the past few years. I take my dogs Dobby and Ron along to the Clubs as members love to stroke them. I also take them to some Nursing Homes.

Do you have a favourite quote or poem?

Carpe Diem (Seize the day) - even more pertinent in the recent months. I had it tattooed on my wrist to remind me not to dwell on having cardiomyopathy with a possible shorter life span, but to make every day count for the days that are available.



Kindly printed by



FARRALL'S GROUP

Think about me, not my age

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