



Older People Active Lives



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

CALLING ALL CARERS

Groups that support carers in West Cheshire are coming together to ask, 'What's it like to be an unpaid carer in 2020?' This year, because of Coronavirus, people across the area are continuing to face new challenges and carers are under more pressure than ever. If you're a carer living in the Borough, the Council and Cheshire Clinical Commissioning Group want to hear from you as part of a consultation to inform the next strategy for carers in West Cheshire.

Because of COVID 19 traditional methods of consultation will not be possible. The Council and CCG will be writing to carers, running focus groups on the phone and online and asking people visit www.cheshirewestandchester.gov.uk/carersstrategyconsultation

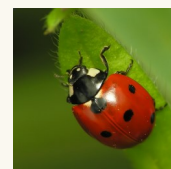
You can request a paper copy of the consultation via email from CarersStrategyConsultation@cheshirewestandchester.gov.uk or by telephone on 0300 123 8123. The consultation will run until 18th of October 2020.

TRAVEL UPDATE

Last weekend saw another further easing in the lockdown rules in England, but there are still several areas that are not able to take full advantage of this due to localised lockdown rules. Travelling abroad remains a risky business, with travel and quarantine rules liable to short notice changes, as holiday makers in France recently discovered, needing to return home immediately to avoid two week lockdown rules....

BLAST FROM THE PAST

- 1662 – First version of Punch (and Judy) was performed in Covent Garden on 9th May.
- 1814 – The Isle of Wight's Ryde pier was opened in July.
- 1841 – On 5th July Thomas Cook arranged his first excursion – a train journey from Leicester to Loughborough.
- 1908 – The Helter-Skelter on Frodsham Hill was built by Mrs Parker Hoose.
- 1931 – Chester Zoo was opened by George Mottershead and his family.
- 1936 – Billy Butlin open his first holiday camp at Ingoldmells near Skegness.
- 1976 – The hot, dry summer saw swarms of ladybirds infest towns and cities in the UK.



SUNSHINE AND SUNFLOWERS



It has been fantastic to receive updates on how your sunflowers are doing; many are starting to come into flower. At a farm in Tarbock, Lancashire, they took the planting of sunflowers to a new level. Earlier in the year, inspired by the clap for carers, they planted 500,000 so that from the sky (they are under the flightpath to Liverpool

airport) that reads 'NHS'. They also created a maze and have been raising money for NHS charities. Our OPAL sunflowers are blooming beautifully too - as shown in these photos from Margaret in Tarporley and Bert.

The weather may have changed, but we hope the enclosed stories of OPAL Members' and Volunteers' holiday favourites, will bring a smile to your face and maybe some memories too.



Out & About....

Eddisbury Fruit Farm,
Yeld Lane, Kelsall is
open daily
10am - 4pm

PICK YOUR OWN....

Kenyon Hall Farm, War-
rington – check to select
and book a time slot
online.
www.kenyonhall.co.uk

Hawarden Estate Farm Shop,
Chester Road, Hawarden –
pick your own plums. Call
01244 533442 for information.

LAST WEEK'S RIDDLE 'HOW MANY WORDS' SCORES 20 - GOOD 28- EXCELLENT 32—GENIUS!

Quizzical

CAN YOU NAME THESE FAIRLY LOCAL PLACES WITH GREAT BEACHES

1. There are iron men knee deep in the sand.
2. The Point of Ayr lighthouse dominates this beach.
3. There is a marine lake and you can walk out to Hilbre if the tide is out.
4. There are lots of sand dunes and red squirrels amongst the pine trees.
5. Where the mountains meet the sea, with views over the Menai straits .
6. There is a pebbly north shore and a sandy west shore.



LAST WEEK'S ANSWERS 1) Lebanon 2) Nepal 3) Bangladesh 4) Malta 5) Sweden 6) Switzerland

In the spotlight....

BARBARA & MIKE FROM HELSBY

Barbara and Mike- married 47 years after meeting on the beach at Abersoch

Where were you born?

B- Whiston, Liverpool, some would call me a 'woolly back' as I was born just outside the city.

M- Twilight Street Nursing Home, Chorlton-cum-Hardy in 1928.

What's your earliest memory?

B- Hiding under the stairs during bombing raids on Liverpool during the war.

M- Being evacuated to North Wales, it was hard as I didn't speak any Welsh. Also tying a firework to my best friend Basil's bike, as he pedalled it went off with a bang.

Where is one of your favourite places to be?

B- Goa in India.

M- Abersoch in Wales and Italy

Who makes you laugh?

B- Ken Dodd, we have seen him several times, watching into the early hours.

M- Bob Hope

Tell us something we might not already know about you.

B- I started aerobics classes in Manley to raise money to have the tennis courts revamped, we had such a lot of fun and laughter.

M- I played cricket as school boy and managed to score 100 runs at Lords on one occasion, as an adult I played for Cheadle. I can also play the mouth organ.

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

B- Mike and I love being involved with Opal through Helsby Opal Club and BreakTime/Carers Connect. It has really given me a breather and I have felt well supported.

M- I enjoy my time at the Club, it's very good.

Do you have a favourite quote or poem?

B+M- 'What is this life if full of care, we have no time to stop and stare', Leisure
by William Henry Davies



Kindly printed by



Think about me, not my age

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