



Older People Active Lives

REACH



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

KEEPING YOU UPDATED...

...isn't always easy with the ever changing environment we all find ourselves in and we sometimes have to adapt or amend our services at very short notice. But please be assured OPAL is constantly reviewing what we can and can't offer safely. The enclosed copy of our sister publication, OPAL Matters, features information for all our stakeholders on where we currently are, and where we are hoping to head in terms of services, funding and partnership working.

SCAMS UPDATE

In order to stay safe and protected please be ever vigilant, here are some of the latest scams to look out for:

- Track and Trace Scam- the caller says they are from the NHS, that you have been in contact with somebody with COVID 19 and need a test, they end up charging £500. If you do receive a test in the post from the NHS after requesting one, it will always be free.
- Doorstep NHS Scam- the scammer knocks on the door claiming to be from your GP or the NHS doing door-to-door testing. They will never do this; it is simply a way to get into your home.
- Pension Scams- beware of unexpected or unwanted pension advice and the offer of free pension reviews. Pension advice is never free.
- Green Homes Grants Schemes- scammers cold calling saying they will be able to help you fill out forms for this.
- HMRC, calls, voicemails, texts. HMRC will always write to you first.
- A text scam, the scammer claims to be from the DVLA saying your car tax payment has been declined, pay now or risk your car being towed away.

To report a scam you can call
0300 123 2020, or visit
www.actionfraud.police.uk
Remember to block and report a
spam text messages to your
phone too.

BLAST FROM THE PAST—CHARITY EVENTS

- 1980 - First *Children In Need* event held by the BBC.
- 1998 - First ITV *Telethon* held – live fundraising for 27 hours.
- 2011 - OPAL Services was formed.
- 2020 - Captain Tom Moore raises £33 million for the NHS.

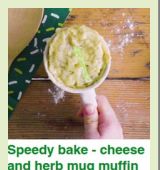


MACMILLAN
CANCER SUPPORT

Friday 25th September is this year's Macmillan Coffee Morning, and a majority of you will have attended or hosted this popular annual event over the years. With social distancing paramount, this year events will be fewer and smaller or even on Zoom.

The first Coffee Morning was held in 1990, when a local fundraising committee held a coffee morning where the cost of the coffee was donated to Macmillan. The first nationwide Coffee Morning took place in 1991 with 2,600 supporters taking part. Since then, the World's Biggest Coffee Morning has come a long way; it is now the largest and longest-standing fundraising event of its kind in the UK.

On their website are lots of recipe ideas, mostly cakes and desserts but there are other recipes including this intriguing cheese and herb savoury muffin you make in a mug, with a video to watch. <https://coffee.macmillan.org.uk/baking-recipes>



GREAT BRITISH BAKE OFF 2020 ...

...started on Tuesday 22nd September on Channel 4 BUT did you know that due to Covid 19, in order to film the series, the contestants, cast and crew lived together for 6 weeks in a hotel - a big bubble of 130 people!



Recipe

Chocolate Mug Cake

¼ cup of chocolate spread, 1 large whisked egg, 2 tbsp plain flour, mix in a large mug, cook in the microwave for 45 seconds- 1 minute, keep an eye on it, be careful it will be hot! Can add raisins, choc chips, nuts, top with ice cream or marshmallows.

LAST WEEK'S ANSWER : NOON

Pet's Corner



Here is one of our OPAL Organisers, Zoe's beautiful feline friends, Tinkerbelle and Willow. If you would like to feature your pet in Reach please contact your Organiser.

Quizzical

Can you add some vowels to make these cakes?

- | | |
|--------------------------|--------------------------------------|
| 1) S W _ S S R _ L L | 4) D _ N D _ _ C _ K _ |
| 2) C H _ _ S _ C _ K _ | 5) V _ C T _ R _ _ S P _ N G _ |
| 3) M _ D _ _ R _ C _ K _ | 6) B L _ C K F _ R _ S T G _ T _ _ _ |

LAST WEEK'S ANSWERS : 1) ARTHUR, PRINCE OF WALES, 2) MOUNTAIN TIME ZONE, 3) ARGON, 4) 30, 5) 14

In the spotlight....

JOHN WEBB - OPAL TRUSTEE & VOLUNTEER

Where were you born?

The Cliffe maternity hospital , Wybunbury, Cheshire.

What's your earliest memory ?

The warm, energetic wriggling of our Labrador puppy 'Judy'. I'd be about 3.

Where is your favourite place to be?

An early morning mist over Windermere, at Waterhead, Ambleside, takes some beating.

Who makes you laugh?

Peter Kay, Spike Milligan, Lee Mack and Paul Merton.

Tell us something we might not already know about you.

My first wife died of cancer when she was only 33. Macmillan nurses were hugely supportive to Anne and us all, at that dreadful time.

Did you have a career, if so what did you do ?

I was a social worker, starting my career as a care assistant and retiring as Director of Adult Services in 2010. I am currently Chair of Age UK, Cheshire.

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

I'm a trustee and was a volunteer Minibus driver in Malpas, until my heart had a wobble. I love the enthusiasm of our staff and volunteers.

Do you have a favourite quote or poem?

My Dad always said, 'Don't say can't, put ry on the end and say can try'
On a more philosophical note Kahlil Gibran's 'The Prophet'.



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FARRALL'S GROUP

Think about me, not my age

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