



Older People Active Lives

REACH



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

ADAPT AND OVERCOME

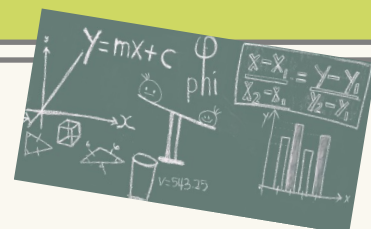
Coronavirus infections are increasing across the country and although Cheshire has not been highlighted as an area requiring extra intervention, cases are increasing locally too. We are aware that this is having a big impact on your lifestyle and although we are not able to provide the social opportunities OPAL would usually offer, we have adapted what we offer to the ever changing circumstances and, in addition to Reach, OPAL offers :-

- ◇ **Telephone befriending** – a regular phone call from a volunteer for a friendly chat
- ◇ **Garden visits** – where the garden and weather is suitable!
- ◇ **GoOnline** – support on how to use technology – mobile phones, tablets, laptops
- ◇ **Activity packs** – craft, creative writing, reminiscence, puzzles,
- ◇ **Book of You** – a digital book recording memories of OPAL members

If you are not already involved in any of the activities we provide, and are interested in trying one of them, please let your Organiser know.

BLAST FROM THE PAST - SCHOOL SPECIAL...

- Est. 597 – The King's School at Canterbury is Britain's oldest public school.
- 1249 – University College founded – the first Oxford college.
- 1552 – Christ Hospital School in London is believed to have been the first school to use a school uniform.
- 1987 – GCE O-Levels came to an end to be replaced the following year by the GCSE examination.



A WELCOME BOOST



According to research, there are 5 things we can do to boost our mental wellbeing – *“connect, be active, keep learning, give to others, be mindful”*. Our OPAL community are certainly embracing these tips through the projects we have arranged this year.

We have loved receiving the photos of your sunflowers and for those of you who successfully germinated the seed, it is a great example of a simple way to be mindful about your surroundings.

We have over 30 people “Knitting for OPAL”, a lovely way to give back to the wider community, and we are sure the finished items will be as well received as the Easter cards and the Kindness cards Branching Out completed.

And the activity packs recently delivered to our OPAL Club Members are a great opportunity to try something new. We would now like to extend the invitation to receive Activity Packs so please do get in touch if you are interested in receiving any of the packs mentioned above. Finally, we would also welcome ideas for future activities to offer to all our Members and Volunteers, so please get in touch, whether it is a craft idea or something completely new!



Riddles & Teasers

What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

LAST WEEK'S ANSWERS : GOOD : 200, EXCELLENT : 400, GENIUS : 615

Quizzical

1. Name the first husband of Catherine of Aragon?
2. Which American time zone is between the Pacific Time Zone and Central Time Zone?
3. Name the 3rd most common gas in the Earth's atmosphere after Nitrogen and Oxygen?
4. Women in the UK were given the vote in 1918 - however, over what age did they have to be to vote?
5. How many lines are there in a sonnet?

LAST WEEK'S ANSWERS : 1. PICKLED 2. NEW YORK 3. ROSES 4. MARS 5. QUEBEC 6. ORANGUTAN

In the spotlight....

DOUGLAS & BARBARA - OPAL KELSALL CLUB

Where were you born?

D- Llandudno, North Wales. B - Connah's Quay, North Wales.

What's your earliest memory?

D- My father holding me up to wave at my mother in maternity hospital window holding my day old sister in 1946.

B- As a 3/4 year old playing in Grosvenor Park, Chester with my older brother, John and sharing a picnic with him and my parents.

Where is one of your favourite places to be?

D- Anglesey, opposite Puffin Island. B- Italian Lakes :- sailing on a lake on a warm, sunny day.

Who makes you laugh?

D- Miriam Margolyes. B - My husband, Douglas.

Tell us something we may not already know about you.

D- Once arrested and finger-printed in South Africa. It was a case of mistaken identity. I was released when they realised the mistake. I was very frightened.

B- Being involved in a bank raid at RBS, Knutsford in 1971. I was held up at gun point and, to satisfy the assailant, I handed him £3000. This being a great deal of money in those days!!

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

D- History teacher; University lecturer; High school teacher in Humanities; Year 6 teacher in primary school; Private tutor. I worked until I was 73.

B- I worked for the RBS for 44 years until retirement in 2008.

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

D- Driver for day centre. It gives me a mental lift helping older people and knowing they enjoy the social contact.

B- Key volunteer. I love being with and helping the attendees, volunteers included. I always leave on a high as the elderly people really show their appreciation of what we do for them.

Pet's Corner

Here's OPAL Organiser Sam, with her cute Jackawawa, Cooper.

Please do send us your pet photos to feature in our new Corner of Reach!



Kindly printed by



FARRALL'S GROUP

Think about me, not my age

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