



Older People Active Lives

# REACH



For comments, articles & info  
contact your Organiser or  
[opalreach@opalservices.org.uk](mailto:opalreach@opalservices.org.uk)

## NEW GUIDANCE

Earlier this week, the Government announced plans to move Cheshire West and Chester and Cheshire East into the 'high alert level' of the new coronavirus lockdown measures. Essentially this means that people must not meet with anybody outside their household or support bubble in any indoor setting—whether at home or in a public place. People must not meet with more than 6 outside, including your garden or public spaces. Levels are continually being assessed and changed according to levels in each area of the country. For the latest information visit [www.gov.uk/find-coronavirus-local-restrictions](http://www.gov.uk/find-coronavirus-local-restrictions)

## GET ONLINE WEEK (19 – 25TH OCTOBER)

OPAL have been aware for some years that many older people need extra support to feel confident using technology and this is why OPAL GoOnline was developed. Since lockdown, people of all ages have valued using online methods of communication to keep in touch not only with friends, but with amenities and services too, and a way to find new activities and social groups.

OPAL has now joined with Age Friendly Cheshire West and CWAC libraries in a special promotion to 'Go online' and try something new. On Wednesday 21st October we are offering a Zoom get together, a chance to have a virtual cuppa and a chat, as part of a Cheshire wide programme. Please see attached leaflet for details, and if you would like to know more before venturing into the world of digital inclusion, please contact Jean Toyn (Organiser for OPAL GoOnline) on 07923 425 239.



## BLAST FROM THE PAST—17 YEARS AGO, THIS WEEK (2003)

- 15 Oct – China launches its first astronaut into orbit aboard the Shenzhou 5 spacecraft.
- 15 Oct – Steven Gerrard becomes captain of Liverpool at the age of just 23 years.
- 16 Oct – Apple launches its iTunes Music Store.
- 19 Oct – Pope John Paul II beatifies Mother Teresa in a ceremony in St. Peter's Square.
- 21 Oct – Outbreaks of locusts are reported in Mauritania, Niger and Sudan.

## RAISING A SMILE

OPAL have been delighted with the response to Knit for OPAL, and whilst we did consider a yarn bomb (where you decorate trees and railings with knitting and crocheting to promote an event), we would never have been able to compete with the recent efforts of knitters with People's Friend magazine. They covered a bus and have been touring the country, visiting older people's accommodation and bringing a smile to many faces. If you are online why not visit [www.thepeoplesfriend.co.uk](http://www.thepeoplesfriend.co.uk)



The next OPAL Activity bag will be going out to OPAL Club members later this month. We are grateful to Cheshire West and Chester Community fund for their support with this project. The activities range from reminiscence to creative writing, colouring to craft and we know members have enjoyed trying new things whilst Clubs aren't meeting. If you are a member of another OPAL Service, or a volunteer who feels they would enjoy receiving one of the packs, you are welcome to try one – just let your Organiser know.

## TV Picks

Saturday 17th Oct -  
New Series of 'Strictly Come Dancing' BBC1, 7.50pm  
9.00pm ITV 'Million Pound Cube Celebrity' ITV, 9.00pm



## Pet's Corner

Thank you to Gillian and Keith for sending us this beautiful photo of Madge and Marley waiting for their tea!

## Quizzical

### THE ALPHABET QUIZ

- S,T,U,V,W,X,Y OR Z are used at the beginning of each answer but not necessarily in alphabetical order...

- 1) One of the three peaks
- 2) A girl dressed in mauve maybe?
- 3) What comes before pot but follows afternoon?
- 4) What would you be looking at if you saw an Equus Quagga?
- 5) What word goes with hammer, stone, river and submarine?
- 6) What marks the spot?
- 7) Features a badger, a mole, a toad and a washerwoman.
- 8) And finally, always go out in clean.....

ISSUE 26'S ANSWERS 1) Stale 2) 007 3) Six runs 4) Where the Great Fire of London started 5) England, 6) Bovril

## In the spotlight....

### JAN AND KEITH FROM KELSALL

#### Where were you born?

J – Chesterfield Derbyshire.

K – Davyhulme Manchester.

#### What's your earliest memory?

J- 5th birthday when the delivery man came on his bicycle cool box ringing his bell wearing an apron to deliver my ice cream gateaux, a real ice cream treat for my party.

K – When I was around 6/7 years old setting out to get the milk but overawed by the ginger haired milkman who served the milk from a churn and poured it into a jug. The money was in the bottom of the jug!!

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

J- Auckland New Zealand – so peaceful and uncomplicated, so much space and so little traffic.

K – Waverton where I played sport and took part in community activities like making floats for the village carnival.

#### Who makes you laugh?

J – Peter Kay and Sarah Millican when they both first started not so much now.

K- Tommy Cooper – actually that made Jan laugh! Just like that!

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

J—I had a New Forest pony from when he was 18 months old and he lived until he was 32!

K – I loved swimming and snorkelling on the Great Barrier Reef.

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

J – I was an accountant in industry.

K—I worked for electricity companies as a Transmission Protection Engineer.

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

We are both OPAL GoOnLine Clients and have been since Nov 2017 – we normally go to Oakmere/Kelsall venues and use the remote support offered by the GOL volunteers.

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

J – I'm not really into poetry but I love reading Thrillers.

K – 'Jabberwocky' by Lewis Carroll.



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**FARRALLSGROUP**

**Think about me, not my age**

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