



Older People Active Lives

REACH



For comments, articles & info  
contact your Organiser or  
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## NATIONAL DAYS

According to the list of national days and awareness weeks, there are roughly 1,500 national days, weeks and months ranging from the informative to the bizarre! **World Older People's Day** is 1st October - the day is an opportunity to acknowledge the long-term contribution and dedication of older people, and to ensure that we're doing our best to give something back to older people.

In the UK, the charity **Silver Sunday** use the first Sunday in October to bring people together and change the story around loneliness. Last year members of OPAL joined in the first event to be held in Frodsham and enjoyed a free afternoon of tea and entertainment,

Also, 1st October is **National Poetry Day** and is a UK-wide celebration of poetry. This year they are hoping for a good response with various virtual events in addition to the usual forums, having observed a rise in enthusiasm for poetry, particularly online, over the lockdown period. See below on how 'The Reader' can bring poetry to your own home ...



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## TRACK AND TRACE

The Government's Track and Trace system has now gone live with texts and emails being sent to the public with details of how to download the App. But there are still teething problems with the system for some mobile phone models.

**NUMBER ERROR** - our apologies, but last week we issued an incorrect number for reporting a Scam. The correct number is **0300 123 2040**.

## BLAST FROM THE PAST—POETRY FACTS....

- The oldest written poem is the Epic of Gilgamesh originating from Babylon circa 4,000 years old.
- Mahabharata is the longest poem in the world. It is an Indian epic poem which has around 1.8 million words.
- The three biggest-selling poets in the world are Shakespeare, Lao-Tzu, and Khalil Gibran.

## PLEASE NOTE

**THERE IS NO REACH  
NEXT WEEK, NEXT  
EDITION WILL BE  
15TH OCTOBER.**

## BE PART OF A BIGGER STORY

The Reader is a national organisation, which works to bring people together and books to life. This is done through Shared Reading, where people get together to read aloud a short story, book or poem and then have a chat about it. It's a simple yet powerful tool to get everyone talking and moods lifted, bringing people together to talk, laugh and share.

During the COVID-19 outbreak, the way in which they deliver Shared Reading has been transformed. They are now using Zoom, telephone, social media and email to offer company and connection wherever they can and are currently able to offer the following:

- Shared Reading groups via Zoom – the opportunity to sit down with a cuppa and enjoy exploring a good story or poem with others;
- Shared Reading over the Phone – a trained volunteer will call you for a chat and the chance to share a story or poem over the phone;
- Lifelines packs – reading activity packs consisting of a story, a poem and a puzzle.

As CS Lewis once said 'We read to know we are not alone.' To find out more about any of the above, then please email [alisonfinegan@thereader.org.uk](mailto:alisonfinegan@thereader.org.uk) or speak to your Organiser.



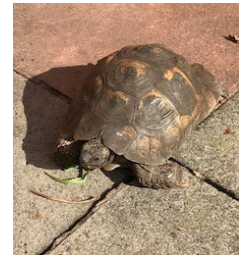
**HAIKU POETRY IS A TRADITIONAL FORM OF JAPANESE POETRY CONSISTING OF 3 LINES. LINE 1 HAS 5 SYLLABLES, LINE 2 HAS 7 AND LINE 3 HAS 5.**

*White, sandy beaches  
Ocean waves from far away  
Warm sun shining down*

**CAN YOU CREATE YOUR OWN?**

### Pet's Corner

Pictured is Jim Wilkinson's tortoise, Robbie. He's 60 years plus and getting ready for hibernation!



### Quizzical

1. If an egg floats in water is it fresh or stale?
2. What number do we associate with James Bond?
3. A cricket umpire holds up both arms to indicate what?
4. The Monument in London commemorates what?
5. What country is sometimes known as 'Blighty'?
6. What product was originally marketed as 'liquid beef'?

LAST WEEK'S ANSWERS - 1) Swiss roll 2) Cheesecake 3) Madeira cake 4) Dundee cake 5) Victoria sponge 6) Black Forest Gateau

### In the spotlight....

**ANDREW RUDD**

**CHESHIRE POET LAUREATE 2006**

#### Where were you born?

In London, but we left while I was still a baby. I've lived most of my adult life in Manchester and then Cheshire. My Dad was a baker, and we moved around a lot.

#### What's your earliest memory?

When I was three, I had an accident with a pair of scissors that went into my eye! I have faint memory of being rushed down a hospital corridor. Amazingly, that eye is fine – even now!

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

There is a lovely footpath going down right from Ryley Bank on Manley Road. It's a place of extraordinary peace – just the sound of a robin or a raven. Once I saw a hollow tree trunk with 3 or 4 Tawny Owl chicks. Poetry can capture places like that, and take you back there at any time.

#### Who makes you laugh?

My Grandchildren - Olly (5) and Isla (7) are always trying out variations of my dreadful Dad jokes – hysterical!

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

Primary teacher, Lecturer in Education at MMU. I've taken poetry seriously over the past 25 years or so, and was Cheshire Poet Laureate in 2006. Weaver Words in Frodsham has been very successful – I have often done the Opening Night. Our Poetry Competition at Manchester Cathedral has had a record number of entries this year. People find it so helpful to write and read poetry in these difficult times. It can be really healing.



#### The Baker

By Andrew Rudd

the baker went out  
when the night was darkest  
through silhouette streets  
and ginnels he crept  
and fired up the ovens  
and hoisted down flour  
and set the dough proving  
while everyone slept

his wife was sleeping  
his son was sleeping  
the world was sleeping  
it was half past four  
the marmalade cat  
yawned in from the rooftops  
and settled itself  
on a sack by the door

the oven rolled out  
like a train from the siding  
in slid the tins  
and the iron doors closed  
and into our dreams stole  
the promise of new bread  
the smell of the morning  
before the sun rose

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**FARRALL'S GROUP**

**Think about me, not my age**

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