



Older People Active Lives

REACH



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

HARVEST TIME

This year, we have been made more aware perhaps of the vital role UK farms play in feeding our nation, while the food shortages we experienced in the early days of the COVID-19 lockdown reminded us how fragile the supply chain can be. Unable to go out, many people have been cooking and baking more than in the past, and some are growing fruit and vegetables at home for the first time. All of this has resulted in a more conscious appreciation of the food we eat and where it has come from.



Our usual Harvest Festivals have had to be rethought this year, many places of worship offering virtual services for the first time, others holding outdoor services whilst some are creating orchards with tree planting being sponsored by the congregations.

As part of our Activity Packs being delivered to our Club members this week, we included a cooking apple donated from our volunteers' gardens, along with a recipe so we do hope you enjoy! We've also used our Spotlight section overleaf to focus on some Harvest related recipes for you to try.

FUNDING FOR REACH



ANNE DUCHESS OF WESTMINSTER'S CHARITY

We are delighted to have been awarded a contribution towards the cost of producing OPAL Reach by the 'Anne Duchess of Westminster's Charity Fund'. The recently approved grant of £4,000 is a contribution towards the production costs which will help us to continue OPAL Reach into the new year.

BLAST FROM THE PAST - 48 years ago this week...

- North Yemen and South Yemen signed a peace agreement which would lead to unification of the two republics in 1990.
- The Airbus A300, the first airliner built by Airbus, flew for the first time in France.
- Mariner 9 was switched off after transmitting 7329 images of Mars since its arrival in orbit in November 1971.
- The Washington Post continued its investigation of the Watergate scandal.

CARERS STRATEGY

Cheshire West and Chester Council and NHS Cheshire Clinical Commissioning Group want carers of all ages in the borough to feel valued, empowered and have access to the right support at the right time and are writing a strategy to improve support for carers. Whilst the deadline for individual online consultation has passed, we are running a Carers' Group consultation on Wednesday 28th October at 11.00 a.m. If you are a carer and use OPAL services, please do try and join us. Further information can be obtained from your organiser.



ACTIVITY PACKS

"The cure to boredom is curiosity. There is no cure for curiosity." – Dorothy Parker.



Our volunteers have now commenced delivery of our latest activity packs to our OPAL club members and we know there is curiosity about the contents starts as soon as they are received. As we said last week if you are a member of another OPAL Service and you would like to try any of the activities, please do contact your organiser.

What's On?

Autumn Watch, BBC 2, starts Tuesday 27th Oct , 8-9pm, for the next 8 days

Murder Mystery- The Sister, ITV, Monday 26th-Thursday 29th, 9pm



Pet's Corner

Helen from Helsby, sent this gorgeous photo of her miniature Shetland, Pip and said 'Pip would love to have her photo in the edition. She's 14 years old very cheeky and loves going for walks'.



Spotlight on....

HARVEST - ORCHARD FRUITS

Cheshire once had a great name for growing fruit, supplying Liverpool and Manchester, but after the Second World War, demand waned and as supermarkets expanded, local varieties fell out of popularity. In the 1990's, Cheshire Landscape Trust instigated a project to save local varieties from dying out, with Norton Priory in Runcorn, Tatton Park and Eaton Hall working with the Cheshire Orchard Project on preserving some of the specific Cheshire varieties.

They also helped plant community orchards, some in school grounds and some in open public spaces where the local communities can enjoy the fruit. There are community orchards in Frodsham, Delamere primary school, and Weaverham (where the Wareham russet originates from) to name a few.



NATIONAL TRUST ERDDIG APPLE SCONES

Ingredients – 450g /1lb SR flour, 1 teaspoon salt, 110g/4oz butter, 50g/2oz caster sugar, 450g/1lb desert apples, milk to mix

Method Pre heat oven to 200degrees c/gas mark 6, grease a baking tray

Rub flour into sifted flour and salt until it resembles breadcrumbs. Stir in the sugar.

Peel and core apples – course grate or finely dice, add to mixture. Add sufficient milk to make a dough. Knead lightly on a floured board, flatten, cut out scones

Brush tops with milk, sprinkle with sugar and bake for 15 – 20 minutes.

PEARS

Unlike apples, it is harder to judge when a pear is perfectly ripe. They seem to sit in the fruit bowl rock hard for ages. As Ralph Waldo Emerson famously observed, there are only 10 minutes in the life of a pear when it is perfect to eat, and if you don't happen to be there, napkin at the ready to mop up the perfumed juice, then you have missed your moment! The solution to this dilemma is to poach them. Whilst poaching a pear in a pan in water, lemonade or wine produces a softened pear, a quick way to poach a pear is to use the microwave. The What's Cooking groups at Frodsham, Helsby and Farndon all enjoyed this recipe last year.

Poached pears with maple syrup and cranberries

Peel, core and slice the pears and place in a microwavable dish. Cover with a spoon of maple syrup, add a few dried cranberries and cover with cling film – cook for 3 minutes. Leave to cool slightly and eat, or sprinkle with pecan nuts and a dollop of natural yogurt.



Quizzical

Can you identify these leaves from trees you find in the UK?



LAST WEEK'S ANSWERS 1) Snowden or Scafell 2) Violet 3) Tea 4) Zebra 5) Yellow 6) X 7) Wind in the Willows 8) Underwear

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Think about me, not my age

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