



REACH



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

Older People Active Lives

HALLOWEEN



With Wales in firebreak lockdown until 9th November and many neighbouring areas like the Wirral, Liverpool and Manchester in Tier 3 which advises against travel, many of the usual half term plans have had to be changed. Halloween dressing up and trick or treating are often a highlight for youngsters but this year it will be more of a family affair, with pumpkin carving and apple bobbing with household members.

Malpas has found an alternative to trick or treating, with a Halloween trail run by Malpas Alport's Parent Teacher Association (PTA). Moe Hutson, the PTA chair (and also featuring in our Spotlight this week) tells us they are fundraising by selling trail maps showing the 25 decorated homes and businesses. Look in local press or on Facebook for other activities which include a Wild Scarecrow trail in Helsby and a spooky trail in Stoneyford Cottage gardens.

YOUR OPINIONS MATTER

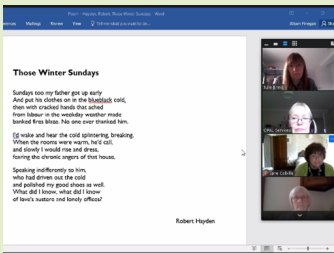
The Citizens Focus Panel is looking for opinions on health and care issues from a set group of Cheshire residents on a regular basis. You would be sent short surveys throughout the year, which you can complete on your computer, tablet or phone. So, if you have 5-10 minutes at home, on a coffee break or even on your commute, it is easier than ever to have your say on your local NHS and care services. You may also be invited to get involved in online events and consultations. If you would like to participate more information is available at <https://healthwatchcwac.org.uk/get-involved/citizens-focus-panel> or by calling 0300 323006.



BLAST FROM THE PAST... Halloween Special

- 7th century – The creation of All Saints' Day on 1st November has been attributed to Pope Boniface IV.
- In medieval Britain – Halloween was the eve of the Catholic festival of All Saints or All-Hallows (from the old English 'Holy Man').
- 1511 – The tradition of 'Souling' can be traced back to the 16th C. It was popular in Cheshire and the north of England.
- 1840's – Scots and Irish settlers brought the tradition of mischief visiting or 'guising' to USA where it became known as 'trick or treat'.
- 1978 – Release of the classic film 'Halloween'.

WHAT HAVE OPAL BEEN UP TO?



Last week was 'Get on Line week' promoting digital inclusion and Jean Toyn led an OPAL coffee morning and an afternoon tea Zoom session with guests - Alison from The Reader and Kathy from Book of You. The OPAL GoOnline volunteers work very hard to support people with technology, often those with very little or no experience so it was fantastic to see several members joining these zoom sessions including new Zoomers, Harry from Tarvin and Heather from Farndon. Pictured right is a screen shot from the morning session.

The Knit for OPAL project has also been well received with both members and volunteers returning to knitting, and supported by regular knitters. The crochet and knitted squares are being returned thick and fast and we have our first OPAL blanket completed.



60 second quiz...

WHO WROTE.....

1. Frankenstein
2. The Woman in White
3. Dracula

Pet's Corner

Here are Dobby and Ron in their Hogwart's costumes, getting ready for Halloween! Thanks Kay for sending these through to Reach.



Quizzical

1960'S INSTRUCTIONS ON HOW TO MAKE A GUY – WHAT WORDS ARE MISSING?

1. Stuff a sack with _____ (or balls of _____) until it is firm. Put a long stick into the sack to keep it rigid and close up sack.
2. Stuff 4 _____ for his arms and legs and a small _____ for the head in the same way.
3. Attach to the body by sewing or tying with _____.
4. Paint a face on a piece of _____ and attach to the guy.
5. Then dress it in old _____ and a funny _____.



LAST WEEK'S ANSWERS 1) Horse chestnut 2) Oak 3) Holly 4) Rowan/Mountain Ash 5) Hawthorn 6) Beech

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In the spotlight....

MOE FROM MALPAS

Where were you born?

I was born on the Wirral where I lived until I was about 32 when I moved to Northwich to be near my husband's family and then Malpas.

What is your earliest memory?

I remember bouncing on my bunk bed and getting scissors stuck up my nose!! I remember going to the local chippy 'Mr Santi's ' being the highlight of a week especially if we were allowed to get potato fritters or a battered banana!

Where is one of your favourite places to be?

My favourite place to be is New Brighton, along the promenade as it reminds me of learning to ride my bike alongside my sister with crazy knitted blue & purple bobble hats!

Who makes you laugh?

By far my kids make me laugh the most! When they're all playing nicely and get a bit crazy telling jokes and rolling around giggling so hard they just can't stop.

Tell us something we may not already know about you.

I can't say the word 'cutlery' and I once spent 3 hours on Manchester Airport runway painted green and dressed as the Statue of Liberty!

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

I used to work for Unilever R&D as Capital accountant for Europe. Maybe not a career but by far my longest job other than being a parent.

What's your role at OPAL?

I do Finance and Administration for OPAL. I've never worked for a charity before joining OPAL and I love seeing the passion my colleagues have for what they do and the services they provide to the OPAL community. It makes me proud to know I can support them to do that in the background.

Do you have a favourite quote or poem?

"The nicest thing about the rain is that it always stops. Eventually." Eeyore x



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Think about me, not my age