



Older People Active Lives

REACH



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

CARERS RIGHTS DAY

Thursday 26th November is 'Carers Rights Day' and in recognition of Carers this year Chester Town Hall is being lit up. This is a fitting tribute to the pressures and challenges carers have faced during the pandemic and going forward Cheshire West and Chester Council intend to do this annually, with the next year of planning lighting up areas in Ellesmere Port, Winsford and Northwich.



OPAL are running a 'Know Your Rights' coffee morning zoom session on the day and have invited guests – Janice from Carers Trusts and representatives from CWaC who will be able to answer any questions you may have. All carers are very welcome to attend— please contact your organiser for more information.

BLAST FROM THE PAST - 61 YEARS AGO THIS WEEK (1959)

- Britain becomes a founder member of the European Free Trade Association.
- The Declaration of the Rights of the Child was passed unanimously by the United Nations.
- The Daily Herald revealed a plot to kidnap 11-year-old Prince Charles from his boarding school (Cheam School).
- Prestwick & Renfrew Airports became the first in the UK with duty-free shops.
- Cliff Richard & the Shadows were top of the UK singles charts with 'Travellin' Light'.

VIRTUAL ACTIVITIES

We know it isn't everybody's cup of tea to join a zoom meeting, but technology is a gateway to being able to do a wide range of things that the pandemic has hindered. "Digital technologies help people keep connected with friends and family and to access activities they enjoy or need" (Ageing Better May 2020). People who only used their smart phone or tablet to enjoy reading their kindle or playing games to exercise their mind have moved on to learn how to seek information, access services and shop as well as communicating with loved ones.

Whilst OPAL are offering activities to try at home in our activity packs, the Royal Voluntary Service (RVS) have gone one better and are offering a wide range of activities on their Virtual Village Hall. www.royalvoluntaryservice.org.uk/virtual-village-hall



There are a wide range of activities to either join in live or follow at leisure via special YouTube videos. They range from music to gardening, craft to cookery. Why not try step by step breadmaking to go with one of the soups in our Reach extra? www.royalvoluntaryservice.org.uk/virtual-village-hall/activity/how-to-make-bread-white-bread-recipe

Pets Corner

This week we feature Milly Fifoot waiting for her ball...



What's On?

Great British Bake Off Final, 24th November, 8pm, Channel 4
Series 4 of *The Crown*, streaming from 15th November, Netflix



Quizzical

RHYMING QUIZ—ALL THE ANSWERS RHYME WITH **BEST**

- | | |
|----------------------|---------------------------------|
| 1) Bird's home | 7) Where the sun sets |
| 2) Made holy | 8) Lemon peel |
| 3) Top of a mountain | 9) Invited visitor |
| 4) Cut of poultry | 10) Hero's journey |
| 5) Banter, joke | 11) Apprehend, detain |
| 6) Under pressure | 12) International cricket match |

In the spotlight....

HEATHER FROM FARNDON

Where were you born?

I was born in a maternity home on Hoole Road in Chester.

What's your earliest memory?

I can remember being very young and sitting on a seat which was on the cross-bar of my Dad's bike, and enjoying travelling for miles.

Where is one of your favourite places to be?

Italy – I love holidaying in the Italian Lakes. But in this country, anywhere with family and friends.

Who makes you laugh?

My husband, Pete.

Tell us something we might not already know about you.

When I first left school, I joined the Cheshire Police Cadets, but this didn't turn out to be my career, but I did meet my future husband!

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

I spent most of my working life working in Banks and Building Societies, but 10 years before I retired, I decided on a complete career change and started working in the community supporting people with mental health problems. I loved it and I really wish I had moved to work in this field earlier.

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

Before lockdown, I attended Farndon Foodie Friday (What's Cooking) and I really enjoyed all the brain stretching, quizzes and chat as well as the social side and the food. During lockdown, I took the plunge to learn how to Zoom, and with the support of OPAL GoOnline I am proud to say I can now join in zoom groups.

Do you have a favourite quote or poem?

I love my very small book of T S Elliot's "*Old Possum Book of Practical Cats*". I like them all but I think my favourite is "*Skimbleshanks, the Railway Cat*".



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FARRALLSGROUP

Think about me, not my age