



Older People Active Lives



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

CHRISTMAS FESTIVITIES

The recent welcome news is that families are able to meet up at Christmas please see the government website for the exact guidelines - www.gov.uk. We thought it would be nice to highlight some of the events our own villages have been busily preparing for over the festive season. So, over the next few weeks we'll keep you updated on what's happening in our areas:



Ellesmere Port and Neston are doing 'Light up the Port', starting from the 1st December, people will make a lantern and display it outside.

Instead of Ho Ho Helsby, **Helsby** are suggesting households decorate their house and garden with as many lights as they can, this starts 5th December.



Frodsham is having a number of events including a community lights switch on, also on 5th December. Santa's float will make its usual visits to **Tarporley** and surrounding areas this year commencing in **Bunbury** and **Tattenhall** on 11th and **Kelsall** on 12th December.

CARERS' RIGHTS DAY

Last Thursday was 'Carers' Rights Day' and Cheshire West and Chester were the first council to light up their Town Hall and bridge in recognition of the amazing work Carers do across the county.



At OPAL, we held a 'Know Your Rights' virtual Zoom meeting with visitors, including CWaC, answering questions and advising how to access information.

Thank you to all the attendees - including Sheila, one of our wonderful carers, who features in this week's Spotlight.

Xmas Facts Part 1

CAROL SINGING



Christmas carols have been sung in towns and villages for hundreds of years, with many places having their own local songs, based on folk tunes. As many people couldn't read or write, they learnt their carols by heart.

Many of the popular carols we sing today originate in the Victorian era as they were big fans of Christmas and encouraged families to enjoy carol singing as well as it being music associated with church. They composed hundreds of new carols and made some of the old carols more modern, so that today we can understand better what they mean.

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CHRISTMAS TREE SALES ON THE UP!

Lots of Christmas trees are up already – and so are sales. Growers have sold 24% more trees so far this year than at the same time in 2019, according to the British Tree Growers Association. Part of this is the rush to bring Christmas cheer into an uncertain year, but there are also concerns that due to the pandemic there will be fewer imported trees this year. However, although an artificial tree will stay looking fabulous throughout an extended Christmas season, a real tree is a perishable product so if you buy too early, you may have a needleless tree on Christmas Day!



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BLAST FROM THE PAST...94 YEARS AGO, THIS WEEK (1926)

- Prime Minister Stanley Baldwin ended martial law that had been declared due to the General Strike in May.
- Authoress Agatha Christie disappeared from her home in Surrey. She was found 11 days later in a hotel in Harrogate.
- The gas refrigerator was patented.
- Everton were beaten 5-3 by Aston Villa in Birmingham after leading 3-1.
- Benny Goodman & Glen Miller made their recording debuts as members of Ben Pollack's orchestra.



Quizzical

FIRST AND LAST QUIZ

All the answers start and end with same letter...

- | | |
|--|---|
| 1) Book of cartoon strips | 5) An American luxury car |
| 2) Chubby Checker's dance | 6) The capital of this US state is Columbus |
| 3) A paper container to enclose a letter, with a sealable flap | 7) Large bird of prey |
| 4) A brand name for a copying machine | 8) A woman who has lost her spouse |

LAST WEEK'S ANSWERS 1)d 2)a 3)e 4)b 5)c

In the spotlight....

SHEILA FROM WAVERTON

Where were you born?

Wensleydale North Yorkshire.

What's your earliest memory?

Haymaking and feeding the spring lambs on my Uncle's farm, lovely memories of my holidays there.

Where is one of your favourite places to be?

Far Arnside in South Lake District – Cumbria overlooking Morecambe Bay.

Who makes you laugh?

My husband Tom and our two whippets.

Tell us something we might not already know about you

As a teen my father wanted me to go into the police- (his father was a police officer) so I went along for an interview but was too young so they told me to re-apply, but much to my dad's disappointment I never did go back as wanted to be a nurse instead.

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

Nursing and I loved it – I became a midwife and then in later years I went into Occupational Health. Nursing was my calling.

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

I first met OPAL through the OPAL GoOnline service and through that I was recognised as a carer by Jean- who signed me up for carer support and at present I use the OPAL Carers Connect service.

Do you have a favourite quote or poem?

Not really but my philosophy is – Be helpful, be happy and enjoy life.



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Think about me, not my age