

A TRIP DOWN MEMORY LANE...



Peter Willis is 77 years old and has lived in Tarporley for 74 of them. A successful signwriter, teacher and artist, Peter continues to paint and sell his pictures during his retirement. Not one to sit on his laurels however, Peter was keen that the history of Tarporley, and in particular the memories of the villages' many characters, were documented. Over a number of years, Peter gathered initial research but lockdown gave Peter the spare time and opportunity to bring the project together.

One of the hardest parts of the project was trying to make sure no one was left out "originally we had 12 people we couldn't fit into book – but we managed to get that down to 9" Peter explains. Maybe a sequel perhaps? "Yes, indeed I intend to publish another book in November – featuring more characters and also a chapter on some of the buildings that have been demolished over the years – for instance, did you know Tarporley once had a windmill, Organ Hall and Pepperpot Hall?"

One to look out for but in the meantime, Peter's current book *Memories of Tarporley* can be purchased from Tarporley Post Office and, once reopened, the Fire Station Chocolate Shop. At £5 all profits to Tarporley War Memorial Hospital.

TOP TIP...

A Kelsall volunteer has found using e-Books is a great solution for when you are unable to actually visit your local library and has used them constantly over the last year. She explains 'you can download the cloud library app from App Store on to your iPad or Kindle, then search for and sign in to your local library using your card number and password. You can then borrow 3 books at a time, from your chosen theme and you are also able to pre-order particular books. Magazines are also available.'

BY ROYAL APPOINTMENT.. THE DUCHESS OF CORNWALL'S READING ROOM

In January 2021 Camilla Parker Bowles, the Duchess of Cornwall launched her Reading Room, where she recommends and explores her favourite books, including chats with the authors. Her first 4 recommendations were:



- ♦ The Mirror & The Light - Hilary Mantel
- ♦ Where the Crawdads Sing - Delia Owens
- ♦ Restless - William Boyd
- ♦ The Architect's Apprentice - Elif Shafak

And to kick off the project, in a special film The Duchess invited one of the OPAL Reach team's favourite author and artist, Charlie Mackesy to talk about his book, *The Boy, The Mole, The Fox and The Horse*.

You can follow the **Reading Room** on Instagram, Twitter, YouTube and Facebook.

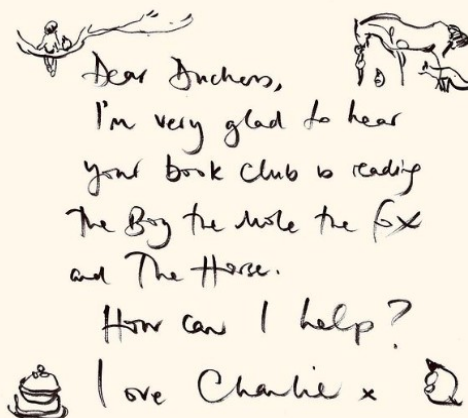
READ ALL ABOUT IT!



An interesting book to look out for because the author wrote it as an aide to her father writing down his memoir/life story- life writing is *The Accidental Memoir*. She reflects 'the idea came all of a sudden to create a

notebook filled with life writing prompts that would get him to write about his life and get him communicating, because he doesn't talk much. I know he's had an interesting life, as most people have, so I wanted to get his stories from him, and thought this would be a good way.

Everybody can do life writing because everybody has had a life and everybody is an expert on their own life. There's nothing more heartfelt than life writing.' *The Accidental Memoir*, by Eve Makis & Anthony Cropper.



SAY IT WITH WORDS....

Four reasons to write a letter

1. **You'll make someone happy**—the receiver of your letter is going to get a burst of excitement and know that you care. This, in turn, will make you feel good about yourself.
2. **It's fun** : handwriting stimulates creativity and encourages you to explore. Experiment with doodles or stickers, use scented pens and decorate the envelope to really unleash your inner playfulness.
3. **It promotes mindfulness** : just like colouring-in creates calmness and relieves anxiety, so too does handwriting. It asks you to slow down and take care in the process - you can't backspace anything so you are required to put thought into what you write. Plus the rhythmic movement of pen-on-paper encourages clarity and peace.
4. **It generates self-reflection**: because you are carefully considering what you are writing about, your mind is able to focus on the content. This means you are given time to think about your job, relationship, hobbies or whatever else you are jotting down.



Info from mindfood.com

Yours

'Yours' magazine have two long established pen pal support groups, one for carers and one for people who have been bereaved - *Carers in Touch* and *Forget Me Not*. Group members can choose to communicate by letter with another person on the postal list, somebody they feel they have something in common with. Some great friendships have been formed and some members even communicate by phone or meet up for coffee.

An OPAL volunteer from Helsby has recently joined the '*Forget Me Not*' group and told us: 'especially with lockdown, the housebound, those new to an area, or the recently bereaved, can sometimes find it hard to meet new people and make new friends with similar interests. The Forget Me Not group has helped me to meet new people in a safe way. It is nice to share experiences and the feelings of loneliness at being newly single'.

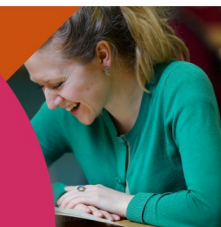
Full information of how to join the groups can be found in 'Yours' Magazine.

The Reader

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SHARED READING

Shared Reading is a unique experience that helps thousands of people to connect, feel good and live well.



My name is Jo Preston and I am a volunteer with the OPAL Breaktime team. Last year I saw a poster in Frodsham Library and almost simultaneously there was an article in the OPAL Newsletter about Shared Reading. I have always had a love of reading and been a member of various book clubs over the years; so what is this Shared Reading all about I wondered?

I went on the 'The Reader' website which is run by a charity based in Calderstones Park, Liverpool and has reading groups set up all over the world. I decided I liked the look of what they offered and after discussions with the staff discovered that *"Shared Reading is for everyone to share and discuss novels, stories and poems. A group of people, one of them a trained Reader Leader, reads a section of a great novel, short story or poem aloud. Then they stop and talk about what has been read"*. This sounded just up my street and before long I was booked onto a Reader Leader course and by December last year I qualified to lead a Shared Reading Group. I enjoyed the course, which whilst challenging, gave me the skills and confidence to share a piece of literature with others. On one occasion a certain text took me back to my first meeting with my husband which occurred through our love of heavy horses. As they say, that is another story.

I have recently started a group within OPAL. Although on line at the moment there is no need to have a Zoom account; the only requirement is to be able to use emails. In the Summer when government rules allow we will hopefully be meeting face to face in a local hall. We are looking for a few new members so please contact Jo Preston on 01928 787899 for further information.

Think about me, not my age

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