



REACH



The Queen's Award
for Voluntary Service

Older People Active Lives

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

HAPPY BIRTHDAY REACH

It's hard to believe that we are now one year old! To celebrate we are printing out in 'full technicolour' for our postal recipients—we do hope you enjoy. In this edition we are taking a look back at some of the things we have covered over the last twelve months and also highlight our fabulous team members who ensure we can produce and deliver Reach to you each week. We will be back with another edition (and a new look!) on 15th April.

STILL 'REACH'ING OUT...

Thank you for all who have participated so far in our Reach survey which will really help us ensure we are producing a useful and enjoyable newsletter. Please do take the survey if you haven't already <https://www.surveymonkey.co.uk/r/KVZFRZG> (postal recipients can do this through their telephone befrienders or your organiser). Closing date is 1st April.

REMINDER!

Clocks go forward 1
hour this Saturday
28th March.



BLAST FROM THE PAST...this week in history

- 1306 Robert the Bruce crowned Robert I, King of Scotland.
- 1848 Niagara Falls stops flowing for 30 hours owing to an ice jam in the upper river.
- 1953 Dr Jonas Salk announces that he has successfully tested a vaccine to prevent polio.
- 1974 Chinese farmers, near Xi'an, discover the "Terracotta Army" of 8,000 clay warrior statues.
- 2017 Prime Minister Theresa May sends a letter to the EU invoking Article 50 of the Lisbon Treaty, formally triggering BREXIT.
- 2020 First edition of OPAL Reach Newsletter is issued.

To give a nod to international poetry day on 21st March, the Reach team has reflected on our year by writing an ode.

AN ODE TO 12 MONTHS OF OPAL REACH

In March we provided numbers and advice,
Light-hearted quizzes and riddles to entice.
And with April came a bonus of Easter card greetings
And a sunflower seed instead of group meetings.
In May, VE Day celebrations were postponed
But we shared memories, and the befrienders phoned.
Then in June the volunteers received the Queen's award.
And with carers were given an afternoon tea reward.
Summer arrived, and things relaxed... just a bit,
Coffee outside, park strolls and in gardens we did sit.
August was a time to reflect on holidays past
Not easy to get away and the sun didn't last!
In September the first activity bags did arrive
With new things to try - keep those brain cells alive.
By October, plans were dashed by the rule of six
So more activities, quizzes and fun were our fix.
Then lockdowns and tiers were the news of the day
But Reach was still delivered, come what may.
Christmas saw more activities and goody bags
Knitted treats, chocs and a free supermarket mag!
2021 and January arrived with a whimper not a bang
So Reach included belly laughs and out the laughter rang.
February saw activities by post and the vaccine roll out
And the message was still "stay home, don't go out and about".
Now it is March again, and a whole year has gone by
Amongst the many lows but we hope OPAL Reach was a high!



Riddles

- 1) What goes to bed with its shoes on?
- 2) What has 13 hearts, but no other organs?
- 3) How many days in a week start with the letter T?
- 4) What room do ghosts avoid?
- 5) What kind of nut has no shell?

Quizzical

- 1) What is a baby Swan called?
- 2) What is the new name for Persia?
- 3) What are natives of New Zealand called?
- 4) The Panama Canal links which oceans?
- 5) Which US state starts with the letter 'P'?
- 6) In which UK city would you find Hyde Park?

LAST REACH ANSWERS: 1) GUINNESS 2) MCNAMARA 3) SMALL FAIRIES 4) MARY ROBINSON 5) GREEN, WHITE, ORANGE 6) GEORGE BERNARD SHAW. WHO AM I: STEVE MCQUEEN

With thanks to golden carers.com for quizzes

What's On?

Inside Kensington Palace - Sun 28th March, 4.30pm, C5
Finding Jack Charlton - Mon 29th March, 9pm, BBC 2
The Syndicate - Tues 30th March, 9pm, BBC 1
Britain's Tiger Kings - On the Trail with Ross Kemp - Tues 30th March, 9pm, ITV



Who Am I?

Born : 30th March 1968

Born into a large family from Quebec, I emerged as a teen star in my homeland during the 1980s. I gained international recognition by winning both the 1982 Yamaha World Popular Song Festival and the 1988 Eurovision Song Contest, where I represented Switzerland. After learning to speak English, I signed on to Epic Records. I remain the best-selling Canadian artist and one of the best-selling artists of all time with record sales of 200 million copies worldwide. My concert tours and Las Vegas residencies have grossed over \$1.4 billion, making me one of the most profitable live performers of all time.

Thank you to **everyone** who has contributed over the last year

REACH

Think about me, not my age