



Older People Active Lives

REACH

Issue 49



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LOCKDOWN restrictions have started to be lifted which is good news and as many of the OPAL community have had or are about to have the second COVID vaccination, we can at last start to think about meeting up with friends and family. At OPAL we are now working on doorstep catch ups and garden visits and organisers will be in touch with members and carers over the next few weeks to discuss further.

REACH has had a little revamp following the results of our recent survey. Thank you to everyone who participated. The Reach team were overwhelmed with the lovely messages of support and compliments.

You may notice we have made some minor changes to our layout (so that we can fit more in!) and we will also be providing some new regular items including gardening tips, animal spotlight and tech talk. Our Blast from the Past has moved monthly and our Who Am I? column will alternate with What Am I? and Where Am I? We've tried to make room for more quizzes too! We couldn't do all this without your input so please do contact your organiser or email us with any articles, photos, ideas or feedback.

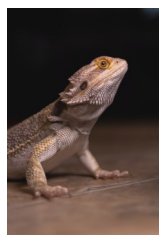
CENSUS DAY was Sunday 21 March. But don't worry, there is still time to complete your questionnaire. Although this year's census is being run predominantly online, paper forms are available along with plenty of telephone and online support available for anyone who needs it. See the inset box for more details or contact your OPAL organiser.

CENSUS SUPPORT

Below are some helpline numbers and the link to the census website.

- ◇ Request a paper questionnaire by calling **0800 876 6276**
- ◇ Call the contact centre on **0800 141 2021** for support and alternative formats – for example, a Large Print questionnaire pack or a Braille guidance booklet.
- ◇ Visit www.census.gov.uk

ANIMAL WATCH GARDEN TIPS THIS MONTH IN HISTORY TECH TALK **ANIMAL WATCH**



HIBERNATION, BRUMATION AND SPRING STEPS...

April brings lots of fabulous changes to the animal world - tortoises peeking out of their shells, hedgehogs roaming for food and dormice playing in the sun. Even bees can hibernate huddling close to one another to stay warm or burrowing in the ground. Did you also know that reptiles, such as the bearded dragon, will come out of brumation (similar to hibernation) - and seek their basking bulbs or similar?

So as the weather starts to get warmer, watch out for new animals - as well of course as enjoying the beauty of spring lambs, baby birds and many more of nature's wonders for us all to enjoy.



ANIMAL WATCH GARDEN TIPS THIS MONTH IN HISTORY TECH TALK **ANIMAL WATCH**

GARDEN TIPS TECH TALK THIS MONTH

THIS MONTH IN HISTORY TECH TALK

EASTER ACTIVITY PACKS - were delivered by OPAL organisers and volunteers to our members and carers. Inside were activities such as reading, colouring, quizzes, recipes etc. as well as a beautiful hand knitted Easter chick with cream egg inside knitted by our fabulous OPAL knitters. Along with all of this was a pack of yummy hot cross buns or Easter cakes to enjoy over the bank holiday! Thank you to everyone who helped make this happen. If you are new to OPAL or currently don't receive an activity pack but would like to be added to the list for the future please contact Julie on 07512 632515.



FUN & QUIZZES

WORD TRAIN QUIZ

Hint – The last letter of each answer is the first letter of the next answer!

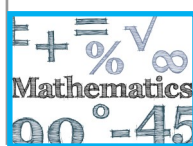
- 1) A Spanish alcoholic drink
- 2) The last word of the Bible
- 3) Something that is the standard
- 4) Pasta in the shape of narrow tubes
- 5) Pretend to be someone else in order to deceive
- 6) A piece of paper you get after buying something
- 7) An artificial underground passage for transport
- 8) Evergreen shrub related to the bay tree
- 9) Italian pasta dish
- 10) A tombstone inscription

WHO AM I?/WHERE AM I?/WHAT AM I?

- 1) I am the most common piece on a chess board
- 2) I have black and white keys and can be grand
- 3) I have rungs
- 4) I live in water but end up in a cocktail
- 5) I am made of wick and wax
- 6) I have a grass box

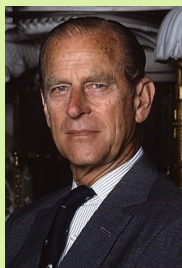


MENTAL MATHS



How many times does the digit 5 occur in numbers 1 to 100?

This is Your Life - PRINCE PHILIP, DUKE OF EDINBURGH



Tributes have been coming in from all over the world for Prince Philip, who passed away peacefully aged 99 at Windsor castle last week. OPAL would like to offer their sincere condolences to the Queen and Royal family at this sad time.

The Duke's funeral will be a family ceremony limited to 30 guests and will be televised. The start of the ceremony will be marked by a minute's silence at 3pm on Saturday 17th April. There are two books of condolence for members of the public to record their messages, both are online at www.royal.uk or www.churchofengland.org.uk. A selection of messages will be shared with the Royal family.

The Duke visited Cheshire a number of times over the years including taking part in a polo match with a young Prince Charles in 1967 at Little Budworth, where the Prince ended up scoring the winning goal with a 30-yard shot, drawing huge cheers from the 1,000 strong crowd.

In addition, the Duke visited people rock climbing at Mow Cop, a tour of Vauxhall's in Ellesmere Port and the opening of the Blue Planet Aquarium in 1998. Most recently, he visited Chester Zoo in 2012.

Have you met Prince Philip or any other members of the Royal family? We would love to hear any of your memories.



LAST EDITION'S ANSWERS : Riddles 1)horse 2)deck of cards 3)Four– Today, Tuesday, Thursday, Tomorrow 4)Living Room 5)Doughnut. Quiz 1)Cygnet 2)Iran 3)Maoris 4)Atlantic & Pacific 5)Pennsylvania 6)London WHO AM I: Celine Dion.

OPAL thanks the following sources in this edition : goldencarers.com, wikipedia.com, chesterandcheshirewest.gov.uk, unsplash.com

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

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Think about me, not my age