



Older People Active Lives

# REACH

Issue 55



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**OPAL MEETS UPS** are looking more and more possible as the weeks go on. With the confirmation that our driver volunteers can once again start providing lifts for our members (one person per car unless from the same family unit), we are working hard behind the scenes to start some small group indoor meet ups in the next few weeks. Your organiser will be in touch soon with further details.

**ACTIVITY PACKS** have been sent out with this week's Reach and include quizzes, puzzles, reading, colouring and healthcare information. We do hope you enjoy!



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

## HOW TO ATTRACT BENEFICIAL AND POLLINATING INSECTS INTO YOUR GARDEN

- Consider planting marigolds, dahlias, daisies, asters, cosmos, calendula, coreopsis, tansies, yarrows, zinnia or sunflowers. These types of plants appear to be attractive and beneficial to pollinating insects such as bees, wasps and ladybirds, etc and may also help to keep them in your garden and out of your home.
- Peppermint oil spray (3 drops to 1 gallon of water) is a good deterrent to stop bugs attacking your young vegetable seedlings including aubergines, peppers, cucumbers and sweetcorn to name a few, but be aware that they will also deter pollinating insects such as bees and wasps and natural predators such as ladybirds that keep pests in check.
- Healthy plants and healthy soil are the key to avoiding pests in your garden; If a plant is distressed it will attract bugs and pests, however, pollinating insects will help boost your harvest!

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## NOTES FROM A CHESHIRE BEE KEEPER

Hi, I'm Graham Fifoot, I'm one of over 700 beekeepers living in Cheshire. I've been keeping bees for over 10 years now, currently managing six hives that are located in a quiet location by a pond in our garden in Kelsall. As you might imagine I frequently get asked a variety of questions about the bees. Here are just a few:

**What are the main challenges of keeping bees?** Beekeeping has changed significantly over the years with changes in farming significantly reducing the available forage, growing threats from invasive pests and diseases, and changes in weather patterns posing particular challenges for the bees.

**How much honey do you harvest and what do you do with it?** Depending on spring and summer weather conditions and the forage available from surrounding flowers and trees we can hopefully harvest honey in June and August. If the weather is unsettled for long periods the bees can't collect large amounts of nectar to make honey and will eat most of what they do make. In a very good year I may harvest as much as 500 lbs and in a poor year just 30 lbs or so. Family, friends and neighbours are always happy to accept a jar or two and if there's any surplus I can sell it via local shops and garden centres.

**Does honey have different flavours?** The special thing about unadulterated natural honey is that the flavour and consistency depends entirely on the flowers that the bees visit, so every season its different and not controlled by me!

**RHS GARDEN BRIDGEWATER** in Salford finally opened to the public last week. The 154-acre garden is the biggest horticultural project undertaken in Europe since planning permission was granted in 2017. Around 7.8 million people live within an hour's journey time of the garden and it is the first ever RHS Garden to be located in an urban area. You may remember we featured the history of the Worsley Hall site in the Gardening Special last year.



## FUN & QUIZZES

### Name the word...

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

- 1) A mollusc with eight arms?
- 2) A tool to turn a nut or a bolt?
- 3) A large livestock farm in North America Ranch?
- 4) A severe headache caused by alcohol?
- 5) Write something down so it can be used again?
- 6) Give to a good cause?
- 7) Characteristic of a distant, foreign country?
- 8) Indian thin flat bread, cooked on a griddle?
- 9) A piece of land surrounded by water?
- 10) Sensation of spinning around, losing balance?

### What Am I?/Who Am I?/Where Am I?

Do you recognise this row of shops?



## In The Spotlight..

### JILL FIFOOT

#### Where were you born?

In Lytham St Annes, Lancashire, in 1961

#### What's your earliest memory?

My dear brother, David, became my translator within the family. As an infant nobody but he could understand what I was saying! I also recall very fondly all the annual family camping holidays up to Clachtoll in the far north west of Scotland. The epic journey of 500 miles, much of it along single track roads with passing places, was purgatory for us kids, but oh the freedom and the unbridled joy when we finally arrived.



#### Where is one of your favourite places to be?

I love our regular escapes to the caravan plot we've had in the family for over 50 years by the shores of Lake Coniston in the Lake District.

#### Who makes you laugh?

My husband Graham is the funniest man I know. When I met him I thought he was a dead ringer for the comedian, Bob Mortimer. And here we are, 25 years later, still laughing together.

#### Tell us something we might not already know about you.

I adore Colmans English Mustard and as a child I even used to spread it on cakes.

#### Did you have a career?

I worked in Business Development for 30 years and had the opportunity to travel and see a lot of the world, setting up and visiting clients worldwide.

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

I'm a volunteer driver with OPAL for Kelsall, Helsby and Frodsham clubs. During the pandemic I've been a phone friend. I love what OPAL does and I know how much the club means to its members. In normal times it gives me such a buzz when I pick OPAL members up and they're excitedly chatting about the day ahead.

#### Do you have a favourite quote or poem?

"It'll be reet lass".

LAST WEEK'S ANSWERS : FIFTH SON—Peter, WHO AM I? Laurence Olivier 1)Tarzan 2)Peter Sellers 3)As Time Goes By 4) Elizabeth Taylor 5)Siam 6)The Roof 7)Butch Cassidy & The Sundance Kid 8)Austria

OPAL thanks the following sources in this edition : Where Am I? image courtesy of Cheshire Archives & Local Studies. Bee image : pixabay.com/users/yabayee-907690

For comments, articles & info contact your Organiser or [opalreach@opalservices.org.uk](mailto:opalreach@opalservices.org.uk)

**Think about me, not my age**