



Older People Active Lives

REACH

Issue 57



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CARERS' WEEK - this week OPAL were part of the Inter Agency Carer Group who planned three events on Thursday 10th May to bring carers across the area together. These took



7 - 13 June 2021
Make Caring
Visible and Valued

carersweek.org

place in Ellesmere Port, Winsford and Tiverton, near Tarporley.

We also organised a coffee and catch up for carers and the person they care for at Tiverton earlier in the day and delivered picnic boxes to those who couldn't make any of the events. It was really nice to be able to see so many of our carers and the person they care for in person once again.

REACH UPDATE

With some of our face to face services starting to reopen we will be producing REACH fortnightly after this edition during the summer months.

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

Nature is providing us all with some beautiful colours at the moment. One clever reptile is the chameleon—they are able to adapt their skin tones to their environment producing an array of colours. There are many types of chameleon—the Yemen chameleon come in shades of greens and browns and are easily recognised by their distinctive veil on top of the head which gives them their pet name, veiled chameleon. Originally from Saudi Arabia, they normally live for around 12 years in captivity. Panther chameleons come in all sorts of colours such as greens, reds, pinks, blues and oranges and are originally from Madagascar. They can grow up to 20cms and only live between 2-5 years in captivity.



Interesting fact—did you know chameleons can swivel their eyes around in two different directions simultaneously?

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ENJOYING THE SUMMER WEATHER - after a wet and cold May, the sun shone again for the Bank Holiday weekend and we continue to be blessed with weather to enjoy the outdoors. Although regular club meetings are not yet scheduled, across the rural area we are managing a few meet ups and garden visits and from this week, a few members and volunteers are meeting up at the parks in Helsby and Frodsham for a "social stroll" – a chance to catch up with old and new friends - and either walk or sit on a park bench to chat.



WALKING - organised health walks are restarting in some areas; the Grosvenor Park gentle walking group has restarted. The U3A have several walking groups restarting across their areas, so if you would like to find out more – visit their websites. In Frodsham, the Natural Health Service and Primary Care Cheshire have set up a walking activity which runs each Thursday: 10 -11am, meeting outside Costa Coffee in Frodsham. All places must be booked—please text or call Becky 07384 119656 or Kay 07931 556694.

ROUGH AND TUMBLE - *'as the days lengthened, and the sun shone, previous generations of children played outdoors and enjoyed the freedom of unsupervised play'*. If this brings back memories for you, then a community project called Rough and Tumble in Frodsham might be something you would like to get involved with.

The aim of the project is to gather stories and experiences of playground games and outdoor play across all ages within the community, through conversations, workshops and activities via the library. A paper questionnaire is available at Frodsham Library or an online questionnaire at <https://emilyosheacompany.com/roughandtumble>.

FUN & QUIZZES**Animal group names**

Can you match the animal to the collective noun?

- | | |
|--------------|------------------|
| 1) Seagulls | a) a pod |
| 2) Lions | b) a parliament |
| 3) Crows | c) a pride |
| 4) Dolphins | d) a tower |
| 5) Flamingos | e) a murder |
| 6) Camels | f) a flock |
| 7) Giraffes | g) a flamboyance |
| 8) Owls | h) a caravan |

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

1st June 1934

I am an American singer, composer, and actor. I was popular in the 1950s and 60s and competed with Elvis Presley on the Billboard charts. I also had my own TV show that ran for 115 episodes.

My first hit film was Bernadine in 1956. Even more popular was April Love the following year. Some of the other movies I made were Journey to the Centre of the Earth, All Hands on Deck, and Goodbye Charlie.

Some of my hit songs include Two Hearts, Ain't That a Shame, I'll Be Home, Love Letters in the Sand and Speedy Gonzales.



How many words (3 letters or more) can you make out of 'CHAMELEON'?

In the Spotlight...**DAVID HARVEY - CEO, CHESHIRE AND WARRINGTON CARERS TRUST**

Where were you born?

Canterbury.

What's your earliest memory?

Holidays by the seaside.

Where is one of your favourite places to be?

Scottish Highlands.

Who makes you laugh?

My children.

Tell us something we might not already know about you.

I spent 5 weeks in Croatia on a community project in 2004 supporting a small charity developing tourism initiatives around conservation.

What is your career and how are you involved with OPAL?

I have been in the voluntary sector for 28 years and will be for a few more hopefully. I am CEO of Cheshire and Warrington Carers Trust and have worked with OPAL for almost 10 years. I have always found staff and volunteers totally committed to older people and very enthusiastic about their services.

Do you have a favourite quote or poem?

'If at first you don't succeed, try, try again'.



LAST WEEK'S ANSWERS : WHAT AM I: Metal Detector, QUIZ 1)Beach 2)Butterfly 3)Beer 4)Bucket 5) Barbecue 6)Bikini 7)Barefoot 8)Bees.

OPAL thanks the following sources in this edition : goldencarers.com, Chameleon photo by Pierre Bamin on Unsplash.com

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

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Think about me, not my age