



HAPPY BIRTHDAY NHS - the NHS turned 73 on Monday 5 July and, in recognition of the achievements of the NHS, the Queen awarded the George Cross to the National Health Services of the UK. A well deserved accolade to everyone who works within this vital service.



WE WILL MEET AGAIN - following the update from the Prime Minister on Monday, it looks as though many of the restrictions in place will soon be lifted - paving the way for us to open our clubs and services and get together on a regular basis once more. Your organiser will be in touch over the next few weeks to update you further. Meanwhile, social strolls continue in the parks of Frodsham and Helsby and our BreakTime Plus carers enjoyed an afternoon out at the Marina in Tattenhall.



NIFTY FINGERS - our very own Knit for OPAL group have been busy of late, creating really useful purses to keep hand sanitisers, masks etc. to hand. Thank you to the group for producing these gifts which will be given to club members when they return.



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



If you are thinking of making raised beds to grow your vegetables then why not consider Carbon Sequestration by using the Hugelkultur (mound culture) method and help save the world from global warming. Practised by German and Eastern European vegetable growers for many years it incorporates organic permaculture principles and involves laying old rotten logs, tree branches and twigs and even whole trees in your raised bed along with any other organic matter you have such as compost, hay grass clippings, old leaves, pulled plants, vegetable food waste and lastly, some topsoil to finish on top.

As you lay down the logs and branches (put the newest and biggest at the bottom of the mound), mix in your organic matter and soil into the crevices between the logs and branches to eliminate any dry areas and help retain moisture. You can make your beds as long as you want and as high as you want (3 foot is ideal as it is easy to plant and harvest your vegetables without too much bending). After the first year as the wood rots down it acts as a giant sponge slowly releasing nutrients for your vegetables and you do not need to water them very often, if at all. Depending on how much organic matter you incorporate into your Hugelkultur bed and how much topsoil you put on top (about 4 inches should be ok), you may have a nitrogen deficiency in the first year as any new wood is high in carbon and will consume nitrogen as it is rotting down before eventually releasing it back again. (Author : *Simon Traynor*)

GARDENS AND FESTIVALS

Just like the folk tune, "Meadowsweet and lady smocks. Gentian lupine and tall hollyhocks, roses, foxgloves, forget me nots," English Country gardens are blooming! This week is the RHS Hampton Court Palace garden Festival, and if you are looking for inspiration and stunning displays, RHS Tatton Park is from 21 – 25th July.

Do you remember Liverpool Garden Festival in 1984? In the early 80s, the environment secretary Michael Heseltine was behind the idea of offering a 2 yearly garden festival in different cities to promote the cultural regeneration of derelict industrial land.

Liverpool hosted the first one, built in Otterspool, near the derelict industrial site south of Herculaneum Dock. Do you have any memories or pictures of visiting the Festival between May and October 1984? Please get in touch if you do.



Fun & Quizzes

Cat Quiz



- 1) What do you call a group of cats?
- 2) What is a female cat called?
- 3) How high can a cat jump?
- 4) To grin like a Cheshire
- 5) What breed of cat doesn't have a tail?
- 6) What is the largest member of the cat family?
- 7) Which artists released the single 'Year of the Cat'?

onelottery

Last week we held our first online lottery draw with Mrs H. winning £20. Don't miss out on your chance to win (and help raise funds for OPAL). Simply call 01865 678679 OR VISIT <https://www.onelottery.co.uk/support/opal-services>

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

Can you guess what this image is?



Number and Letter Quiz

Example: 2000 L U the S =
2000 Leagues Under the Sea

- | | |
|-------------------|-------------------|
| 1) 16 O in a P | 4) 7 S on a F P P |
| 2) 10 C | 5) 13 L in a B D |
| 3) 9 P in the S S | 6) 7 B for S B |

In The Spotlight...

DAVID FROM MALPAS



Where were you born?

In 1945 on a 25 acre smallholding called Top House Farm just outside Malpas.

What is your earliest memory?

In 1954 our first tractor which was a Fordson Standard and it replaced our carthorse Dolly.

Where is one of your favourite places to be?

With my wife Wendy at home in our big garden entertaining family and friends with games, BBQ and Bubbles to drink!!

Who makes you laugh?

Morecambe and Wise, The Two Ronnies, Victoria Wood, Billy Connolly and Peter Kay.

Something that we may not already know about you?

From 1989 to 2010 I was a Rugby Union referee in my leisure time with the Liverpool Society. During those years I visited and officiated at many clubs, schools, colleges and universities local to our society and around the country including the Isle of Man. Having played some rugby and helped with coaching minis/juniors my refereeing years completed a long association with a very enjoyable sport and I found it very exciting and rewarding.

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

In normal times I am a Community Bus driver ferrying OPAL members to and from their club activities at Craddock Court on Tuesday/Thursdays. My age limits how long I can continue as a CB driver after which I hope to help out as an escort. During the whole of the pandemic I have very much enjoyed keeping in touch and befriending 4 of our Malpas members with a telephone call and/or visit when allowed.

Do you have a favourite quote or poem?

Someone once told me that it takes 33 muscles to frown and only 13 to smile – so why waste energy!!

LAST ISSUE'S ANSWERS : WHERE AM I? - High Street, Tarvin. Number Cruncher - 24. Engineering Quiz : 1) Suspension Bridge 2) Amps (amperes) 3) Atlantic and Pacific 4) Catapult 5) 1889 6) Computer Aided Design.

OPAL thanks the following source in this edition : bbc.com. For comments, articles & info contact your Organiser or opalreach@opal-services.org.uk

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Think about me, not my age