



BETTER TO BE SAFE... at OPAL we always put safety first so due to COVID numbers still being high across our area we have delayed reopening some of our services. This is for the safety of our members, volunteers and staff. We are all keen to get back to face to face services and you may find services in some areas opening before others. Please bear with us and be assured that as soon as your Organiser has news of your club reopening they will be in contact with you.

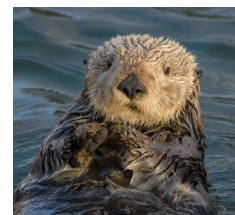
SEWING SQUARES TO SHOW SHE CARES - as part of her Duke of Edinburgh Bronze Award scheme Alice Jawara, who is 14 years old, decided to have a go at making some dementia fidget squares. As you can see these are very colourful and tactile and can bring comfort to some people with dementia who will sit and feel and look at them for a long time. Alice has now gained her award and has kindly offered 4 of the squares to OPAL. If you would like one, or know someone with dementia who might want one, please make contact with Sam Moggan on 07856 095611 or with your Organiser.



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

This month, OPAL volunteer Tom Joyner (15 years) explores our local wildlife...

Hockenhull Platts, also known as 'the Roman Bridges', is a nature reserve which sits by the River Gowy and is in walking distance of Chester and Tarvin. Otters have recently been seen swimming in the river and walking along the banks and it is hoped that the newly created wetlands may also encourage these secretive river dwellers to settle down. Otters are known to take over abandoned burrows that have been created by other animals and make them their own by adding their own nesting materials. In the River Gowy itself, there are many other species including the Wheatear bird. The Wheatear is a summer visitor with black cheeks, white eye stripes, a blue black and a pale orange chest. Another species is the Little Grebe - a duck-like creature that is a fantastic diver but its feet are placed towards the back of its body making it rather clumsy on land! Luckily it only really comes ashore to breed. Also to be found is the Little Egret - once a rare visitor to our shores but now they can be regularly spotted. The Little Egret belongs to the Heron family.



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OUT AND ABOUT - living in Cheshire West and Chester area, we are very fortunate to have beautiful countryside, but also easy access to wonderful waterways and coastline. Both National Maritime and National Marine week take place at this time of year so we have put together a supplement this week with a closer look at some of our local waterways and coasts. The Wildlife Trust nationwide is celebrating all things marine between the 24th July - 8th August 2021.



You will notice this is longer than a week, but this is so everyone can take full advantage of the changing tides!

CANAL MEMORIES - for several years many OPAL club members have enjoyed an annual canal boat trip, departing from the Cheshire Cat Pub in Christleton, travelling up the canal to Tattenhall and returning after a picnic lunch.



They have travelled on two adapted boats that the Wirral Community Narrowboat Trust sail, navigated by their volunteer crew. We really look forward to being able to hold these trips again soon.



