



Older People Active Lives

REACH

Issue 68



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10 MINUTE TALKS - UNPAID CARERS

OPAL carers are invited to join our BreakTime Plus organiser, Joy Walker, at the Storyhouse in Chester on Saturday 20th November between 1 and 2pm for these 10 minute talks featuring short, engaging stories from unpaid carers including Welsh television and radio broadcaster Beti George. She presented The Dreaded Disease – David's Story on BBC Radio Wales. Beti will be joined by Bethan Grimes who found herself to be an unpaid carer for her husband after a violent unprovoked attack on his way home and you will also hear from Young Carer Jayde (Storyhouse Young Leaders). Cheshire and Warrington Carers Trust will also be present and will provide some key information about how as a charity they are supporting unpaid carers today. Please contact Joy on 07567 508280 for more information or to reserve a space (if you have already booked a place with Joy, there is no need to ring).



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

- 1558 Queen Elizabeth I ascends the English throne at the age of 25.
- 1605 The Gunpowder Plot is foiled. 8 Catholic conspirators, including Guy Fawkes, are later executed.
- 1848 WH Smith opens its first railway bookstall, at Euston Station in London.
- 1918 An Armistice is signed between Germany & the Allies ending the hostilities of WW1.
- 1936 The BBC begins the world's first regular high-definition TV broadcast service from studios at Alexander Palace, North London.
- 1963 US President John F Kennedy assassinated while riding in an open-topped motorcade in Dallas, Texas.
- 1994 First trains for the general public run in the Channel Tunnel.
- 2003 16-year-old Lionel Messi makes his debut for FC Barcelona when he comes on as substitute in a friendly against Porto.
- 2010 The engagement is announced between Prince William and Catherine Middleton at Clarence House.

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CENTENARY CELEBRATIONS



For 100 years the Royal British Legion has been helping serving and ex-serving personnel and their families. From those who served in the First World War to the men and women of our Armed Forces today, they believe no-one should suffer for having served others.

They are the country's largest Armed Forces charity, with 180,000 members, 110,000 volunteers providing expert advice and guidance, to recovery and rehabilitation, through to transitioning to civilian life. We were delighted that the President for the Bunbury Royal British Legion, Mike Rogers, has agreed to be 'In The Spotlight' this edition.

In their centenary year, 40,000 volunteers across the country will be back on the streets collecting donations for the Poppy Appeal and many villages are now displaying large red poppies in their area - have you spotted any near you?



PLEASE NOTE THE NEXT EDITION OF REACH WILL BE SENT OUT 2ND DECEMBER 2021.

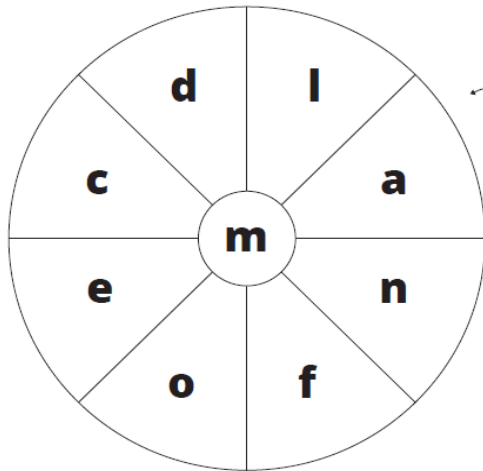
FUN & QUIZZES

WORD GAME

How many words can you make with the letters in the wheel?

Instructions

1. All words must contain the letter inside the inner circle
2. The inner circle letter can be in any order. E.g. **men**, **fame**
3. Each letter can only be used once.



- 1) What was Guy Fawkes real first name?
- 2) Which 'P' is the technical term for making and displaying fireworks?
- 3) Which gingerbread cake, traditionally made with oatmeal and black treacle, is associated with Guy Fawkes Night?
- 4) What is the name for the fear of loud sounds like those caused by fireworks?
- 5) Who wrote the poem 'Remember, Remember the 5th of November'?



In The Spotlight...

GROUP CAPTAIN THE REVEREND MIKE ROGERS

Where were you born? I was born in Luton Bedfordshire.

What's your earliest childhood memory? My earliest vivid childhood memory is attending Nursery School and being forced to have a nap on a canvas camp bed. A pub has since been built on the site of the Nursery School – a far more attractive use of the land!

Tell us about your career. On leaving school I became an Apprentice Electronics Engineer with GEC Telecommunications in Coventry. I stayed with the company for 5 years before being commissioned as an Engineer Officer in the Royal Air Force. I served for 28½ years. Amongst other tours of duty, I have served in the Outer Hebrides, on two front-line Squadrons, 54Sqn and 617Sqn, on two tours in Germany and as the Chief Engineer at RAF Lossiemouth before ending my service career at Headquarters Logistics Command at RAF Wyton as a Group Captain. During the First Gulf War I was in Germany managing the upgrading and preparation of the Tornado GR1 aircraft prior to their deployment to the Gulf; for this work I was awarded the OBE.

I left the Royal Air Force in 1999 to train for an ordained ministry in the Church of England. After training at Ripon College, Cuddesdon, I became the Curate at St John's Bromsgrove before being appointed as the Rector of a group of very rural parishes on the Worcester, Gloucester and Hereford county borders. I retired from there to Bunbury in 2013. My mixed military and clerical background gives rise to my unusual formal title (which I seldom use) of Group Captain the Reverend M A Rogers.

Tell us about your role with the Royal British Legion. I joined the Royal British Legion on leaving the Royal Air Force and I was the Branch Chaplain of the Bromsgrove Branch during my time there. Soon after arriving in Bunbury, I was asked to be the President of the Bunbury Branch and I have been such since. My involvement allows me to repay in a small way the enormous debt we owe to those who have suffered as a result of service to this country and that includes not just those who have paid the ultimate sacrifice, but also those whose service has meant that they and their families have had to cope with life-changing disabilities, both physical and mental.

Do you have a favourite poem or quote? I do. Given my Royal Air Force background and Christian convictions it will come as no surprise to learn that my favourite poem is *High Flight* by John Gillespie Magee Jr.



LAST EDITION'S ANSWERS: TIME QUIZ 1)The Hitchhiker's Guide to the Galaxy 2)Twenty minutes to nine 3)Benjamin Franklin 4) Gnomon 5)Horology 6)Prague. WHO AM I: William Hartnell.

OPAL thanks the following sources in this edition : pixabay.com, goldencarers.com

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

Think about me, not my age

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