



Older People Active Lives

# REACH

Issue 74



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## OPAL NEWS



With all OPAL Clubs open, it is great to hear what activities are happening. In Frodsham, they welcomed in the Chinese New Year with craft activities and then identified their birth sign animal whilst munching on fortune cookies and prawn crackers.



The Carers recently enjoyed an informative talk from the PCSOs at Tiverton on personal and home security as well as receiving information about the Herbert Protocol.

OPAL is holding a SOUP LUNCH FUNDRAISER on **Friday 18<sup>th</sup> March**, 12.30 – 2.30 at the Frodsham Community Centre. Tickets are £5 for soup, followed by cake and a hot drink. Please contact your organiser or Jo on 01928 787899 for tickets.

## ARMCHAIR TRAVEL – WALES



In honour of the St David's Day on 1<sup>st</sup> March, armchair travel focuses on Wales. With Wales on Cheshire's doorstep, many of you will have visited many times but have you visited all these record breaking places?



1. The **smallest city** in the UK by population is St David's in Pembrokeshire.
2. Built in the mid-13th century, Caerphilly Castle covers a massive 30-acre site, making it Britain's **second largest castle**, behind the royal residence at Windsor.
3. The village of Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch is the second **longest place name** in the world. The name of the town means "St Mary's Church in the Hollow of the White Hazel near a Rapid Whirlpool and the Church of St. Tysilio near the Red Cave."
4. Swallow Falls at Betws-y-coed is the **most visited waterfall** in the United Kingdom
5. The Menai Bridge in Anglesey was the **first suspension bridge in the world constructed** to take heavy traffic. Designed by Thomas Telford, the bridge was opened on 30 January 1826. At the time it was also the longest bridge in world measuring 386m (1,265 ft).
6. The **largest single-span glasshouse** in the world is the great glasshouse which is the centrepiece of The National Botanic Garden of Wales, near Carmarthen.
7. Wales officially has **more castles** per square mile than any other country in the world (and if you think you have visited quite a few.....there are over 600!)
8. Pontcysyllte Aqueduct is 12 ft (3.7 metres) wide and is the **longest aqueduct** in Great Britain and the **highest canal aqueduct** in the world.





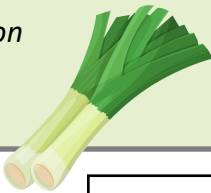
## POEM

### My Country

My Country is beautiful, lovely and fair,  
 With flowers and woods, and quarries there.  
 I dream of my country, with castles and hills,  
 And dragons and leeks and daffodils.  
 Beneath the earth there is coal and gold  
 We have mountains and lakes, and cultures so old.  
 Our language and song rings over the vales,  
 And this wonderful country is known as Wales.



Anon



## QUIZ

### Famous David's Quiz:

1. Patron Saint of Wales?
2. Son of Princess Margaret?
3. Photographer from the sixties?
4. Pop star with a county name?
5. A Dickens novel?
6. Former British prime minister?
7. Juke Box jury presenter?
8. Footballer who can 'bend it'?
9. Played Hutch in Starsky and Hutch?
10. Zoologist with a beard?

## IN THE SPOTLIGHT

### In The Spotlight... Ainsley Harriot, one of the UK's favourite TV chefs

#### Where were you born?

Balham, South London.

#### What is your earliest memory?

Making little fairy cakes with my mum when I was 4 or 5, I remember the smell filling the kitchen as they baked.

#### How did you learn to cook?

My late mum, Peppy, was a wonderful cook and she was my first teacher. My dad, Chester, was in show business and we were always entertaining at our house. I later went on to study at Westminster College in London.

#### Who or what makes you laugh?

Nobody specific -if you're funny, you're funny. I always have a smile on my face!

#### Where is your favourite place to be?

Either out at The Arsenal Grounds or walking the dog in the countryside - The River Dee on a sunny winter's day.

#### Tell us something we may not already know about you?

I love playing backgammon with my mate John - his father taught us both to play when we were teenagers and we are still playing to this day.

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

"...people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou



ANSWERS 1.St.David, 2.Viscount David Lindley, 3.David Bailey, 4.David Essex, 5.David Copperfield, 6.David Lloyd George, 7.David Jacobs, 8.David Beckham, 9.David Soul, 10.David Bellamy

OPAL thanks the following sources in this edition: Golden carers, Great British Bucket List, Ainsley Harriot

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

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## Think about me, not my age