



Older People Active Lives

REACH

Issue 76



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OPAL NEWS



The **OPAL Soup Fundraiser** at Frodsham Community Centre was well supported and has raised over £500 for OPAL funds. Thank you to everyone who supported the event, and a special thank you to all the volunteers on the day who ensured it all ran smoothly (see photo).

OPAL training - OPAL carers, volunteers and staff attended a session with an Admiral Nurse from the End of Life Partnership in early March held at Kelsall Hill Equestrian Centre. She provided an excellent overview of the different types of Dementia, and gave lots of practical advice for those caring for loved ones with the disease, of which many people connected with OPAL are, and those attending really benefitted from the session. Whilst there, everyone was also able to watch horse jumping from the windows of the venue at the same time as enjoying refreshments and conversation in very pleasant surroundings. (See below for more details of the café). And that leads us on nicely to the rest of this edition which has a Horse focus.



HORSE RACING

Even if you are not a big racing fan, you may enjoy the Grand National – “the people’s race”. On the 9th April Aintree hosts the Randox Grand National, attracting more attention across the world than any other steeple chase.

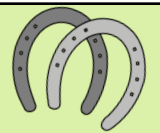
Chester Race fixture start on the 4th, 5th and 6th May with the grand May Festival. Chester Race Course is in the Guinness Book of Records as the oldest race course in the country, it is also the shortest racecourse of significance at 1mile and 1 furlong. The site was once a harbour for the City during the dark ages, but closed as the ground silted up.

Bangor on Dee, affiliated to Chester, has fixtures throughout the year. Established in 1859, Bangor is a left handed jumps racecourse set in the beautiful countryside overlooking the Welsh Hills. It is the only racecourse that doesn't have a bandstand. They hold a family fun day this year on the 14th May



DAYS OUT

If a day out at the races doesn't appeal, here are a few other ideas for equestrian places to visit:



Cotebrook Shire Horse Centre, has over 30 shire horses and other wildlife to see. Sadly the well-known owner and breeder Alistair King passed away recently after a short illness, but his family are determined to carry on his legacy.

Urchins Kitchen Café is based in Kelsall Hill Equestrian Centre, diners can sit in the elevated café overlooking the training ring.

Manor House Farm, Malpas is home to many famous race horses including Michael Owens and Tom Dascombes, in conjunction St Luke's Hospice you can buy tickets and take a tour of the Stables when they open their doors annually.

Cheshire Polo Club is situated next to The Hollies Farm Shop, near Tarporley. Visitors are welcome to come and watch with a picnic, free of charge. The successor to a number of Clubs, Manchester being one of them, it can rightly claim to be the oldest in England. It now has 90 members and is known for its great parties and fun atmosphere.

Spirit of the Herd Sanctuary, Helsby, founded in 2018, rescues and rehabilitates horses and ponies to help children, young people and adults with learning needs as therapy. You can support the charity by sponsoring a horse or booking a £13 pamper and wellness session, no riding just spending time with the horses and grooming them.

FILL THE GAPS

Fill in the missing vowels to make
10 of the 60 UK Racecourses

1. R _ D C _ R
2. A S C _ T
3. C H _ P S T _ W
4. E P S _ M D _ W N S
5. C _ R T M _ L
6. O
7. U T T _ X _ T _ R
8. R _ P _ N
9. S _ N D _ W N P _ R K
10. E X _ T _ R

QUIZ

Famous Horses from Fact and Fiction

1. Ridden by Dick Turpin from London to York
2. TV's talking horse
3. 1981 Derby winner, kidnapped 2 years later
4. The Lone Ranger's horse
5. Title of Anna Sewell's 1877 novel
6. Winged stallion in Greek mythology
7. The Wonder Horse
8. The War Horse



SPOTLIGHT ON THE SPIRIT OF THE HERD SANCTUARY and DAPHNE



The Spirit of the Herd currently have 23 horses that live in herds and graze freely in the fields. Many of the horses come to the Sanctuary after suffering neglect and abuse, and the team of volunteers work hard to give them the love and care they need. It has long been known that spending time with horses and learning to care for them and groom them helps people to improve their confidence, self-esteem and reduce stress. Horses are very good at reading human emotions and being able to offer comfort.

See their Facebook page for biographies of many of their horses. Here is Daphne's story

Daphne

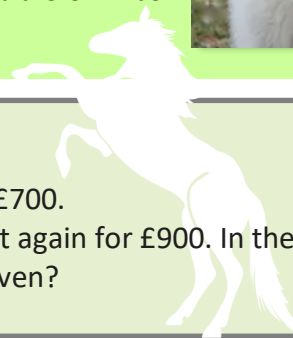
Daphne is a 16 year old Shetland who is a popular part of our mini herd and often used for the sessions with children. When she first came she was rather head-shy and didn't like to be caught, but she has improved a lot over time. Daphne loves children and having attention from people, and you'll often find her getting as close as possible to people and then having a snooze next to them!

If you would like to find out more about the herd, they are holding a fundraiser at St Paul's Church Hall, Helsby on Saturday 9th April, 10am – 2pm. Entrance is free, and there will be ponies to meet plus craft stalls and refreshments.



LOGIC PUZZLE

A man buys a horse for £600, and then sells the horse for £700.
He then buys the horse back again for £800, and then sells it again for £900. In the end, how much money did the man make or lose? Or did he break even?



QUIZ Answers – 1. Black Bess 2. Mr Ed 3. Shergar 4. Silver 5. Black Beauty 6. Pegasus 7. Champion 8. Joey
FILL THE GAP Answers: Redcar, Ascot, Chepstow, Epsom Downs, Cartmel, Uttoxeter, Ripon, Sandown Park, Exeter, Sedgefield
LOGIC PUZZLE Answers: He made £200.

OPAL thanks the following sources in this edition: Credits – Ken's Quiz, Spirit of the Herd

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

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Think about me, not my age