



REACH

Older People Active Lives

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

ADAPT AND CHANGE

In the last few months, everyone has had to adapt their lives due to the pandemic. Queues and one way systems in the shops are now the norm, and last weekend the news was all about haircuts and eating out with social distancing and wearing masks.

At OPAL, we're adapting services too. Our new 'Book of You' project is an exciting way of collating people's memories and creating digital story books. This is done one to one or in groups and we have been training some of our volunteers virtually (via Zoom) to begin creating the books with some members before we are able to meet up again and continue with the project together.



OPAL GoOnline used to meet in local cafes and pubs but is now available for all of the OPAL community via an online/telephone service. Since lockdown, OPAL have also been looking at new ways to get people connected - including helping people who have little or no computer skills - discover simple ways to use the internet to enhance communication with others, including virtual software to help people see each other face to face on a computer screen. It is easier than you may think so please let your Organiser know if you would like to try.



BLAST FROM THE PAST - 55 YEARS AGO, THIS WEEK (1965)

- The flashcube was introduced by the American camera manufacturer Kodak.
- The Rolling Stones scored their first US number 1 with '(I Can't Get No) Satisfaction'.
- The House of Commons voted by 200-96 to abolish the death penalty for murder.
- Mariner 4 flew by Mars making its closest approach and sending back first pictures.

BRITISH SUMMER

Whatever the weather, the British people will always do their best to make the most of the summer months – barbecuing in the rain, eating ice cream on windswept promenades. With people's holiday plans cancelled or delayed, this year the "staycation" or holidaying in Britain is how most of us will holiday.



Ice cream is another welcome sign of summer, and July is National Ice Cream month. But this summer, even ice cream sellers have had to be inventive – with an ice cream drive thru and click and collect making an appearance at local ice cream farms!

GARDEN WILDLIFE

This is a picture Sue from Tarvin sent us – a silver grey jackdaw that visits her garden.



FIRE SERVICE SCAM

Reports have been received of someone pretending to be a Fire Inspector from Cheshire Fire and Rescue Service saying he has to do a fire safety check in homes, and that anyone not letting him in is committing a crime. He does NOT work for the Fire Service. Please do not allow anyone into your home that you are not sure about.

Always check by asking their name, service number and then calling to check they are who they say they are. Suspicious activity should also be reported to Cheshire Police by telephoning 101.

Ice Cream Personalities

- A. Vanilla - good humoured, independent
- B. Chocolate - joyful and love life
- C. Strawberry—well loved, trusted
- D. Mint Choc Chip - generous, charming

LAST WEEK'S ANSWERS : 200-300 GOOD, 300 –400 - AMAZING, 500+ - GENIUS

Quizzical

1. Which month was declared to be National Ice cream month?
2. What flavours are in Neapolitan ice cream?
3. What is the most popular flavour of ice cream?
4. About how many licks does it take to finish a single scoop ice cream cone?
5. Rocky road was invented after what major historical event?

LAST WEEK'S ANSWERS : 1. b)11 hours 5 mins, 2. c) 8mm, 3) d) 1986

In the spotlight....

PAM FROM MALPAS CLUB

Where were you born?

I was born at Wrexham Hospital, I lived in Overton-On-Dee.

What's your earliest memory?

My brother was playing on an ice pit and he fell in. I can remember pulling him out. I also have a fond memory of dancing with Overton-On-Dee dance club.

Where is one of your favourite places to be?

Malpas Opal Club (formally Age Concern) I have been attending continuously for 26 years and very proud of it.

Who makes you laugh?

Mrs Browns Boys.

Tell us something we might not already know about you.

I love music and dancing I can still do the High Kicks, I also play the tambourine for the singing group at Malpas.

Did you have a career – if so what did you do?

I was a cleaner for the Doctors at the Polish Camp in Penley.

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

I am a member at Malpas Opal and love everything about it, the volunteers are so kind and you are well looked after. I also enjoyed being an OPAL model at last years fundraising fashion show.

Do you have a favourite quote or poem?

"Oh to be in England now that April is here" by Robert Browning.

Easy Ice Cream Recipe

Ingredients

½ a 397g can sweetened condensed milk
600ml pot double cream
1 tsp vanilla extract

Method

Put the condensed milk, cream and vanilla into a large bowl. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream. Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid.

Recipe from Good Food magazine, August 2010



Kindly printed by



Think about me, not my age

OPAL Services (Rural West Cheshire)

PO Box 161, Whitchurch, SY13 9BG

www.opalservices.org.uk

© 2020. OPAL Services (Rural West Cheshire)

Registered Charity No: 1143753
Registered Company No. 7521625