



Older People Active Lives

# REACH

Issue 15

For comments, articles & info  
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## LOCKDOWN EASING - STAYING SAFE...

The UK Government has announced the lifting of restrictions from 4th July. However, they have stated that 'people 70 and over, those with certain underlying conditions and pregnant women may be more clinically vulnerable', so have advised them to take particular care to avoid contact with others. Although this means you can meet people outdoors and, from 4 July, indoors, please be especially careful and be diligent about social distancing and hand hygiene.

## SPORTS - BUT NOT AS WE KNOW IT

This week would have been the start of Wimbledon, and for many of us, more than a few hours spent watching the tournament on television. The 2020 summer of sport has been affected like all aspects of our lives, but for football fans, the recent resumption of matches has been welcome, even if the teams are playing to empty stands. And under these unusual circumstances, Liverpool were crowned 2020 champions after only 31 games played....in June!



## BLAST FROM THE PAST - sporting memories....

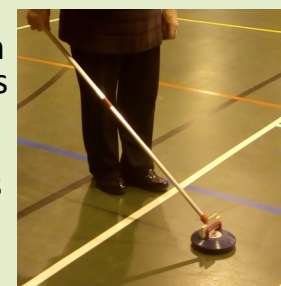
- 1954 – Lester Piggott rode his first Derby winner on Never Say Die.
- 1961 – Angela Mortimer beat Christine Truman in an all British Wimbledon Ladies Final.
- 1969 – Tony Jacklin won the British Open Golf Championship at Royal Lytham.
- 1975 – West Indies won the inaugural ICC Cricket World Cup Final at Lords.
- 1977 – Emlyn Hughes captained Liverpool to their first European Cup Final win in Rome.
- 1980 – Actor Hugh Laurie rowed for Cambridge in the Oxford vs. Cambridge Boat Race.

## OPAL FIT

All the OPAL Clubs and services are unique – they are made special by the combination of the members and the volunteers but one thing they all enjoy and are currently missing is the wide range of activities to maintain their physical and mental fitness. All do chair based exercise, led by Grace, Maureen or Trish, each bringing a different way to flex, stretch and relax.

Malpas OPAL Club also regularly play carpet boules, a game every one can have a go at, whatever their skill and ability. In Frodsham, many members of OPAL Branching Out at the library join in a session of Kurling before joining the drop in for a cuppa and a chat. Kurling is a form of the original curling game, but adapted so that it can be played indoors on any smooth, flat surface, such as a sports hall, rather than on ice. Both able-bodied and disabled people of all ages can play and thanks to Kevin - who introduced OPAL to the game - it is very popular. Carers Connect have enjoyed gentle Tai Chi with Annette and this is now offered to Branching Out members too.

Whilst OPAL may not be able to offer these activities at the moment, we know from our recent survey that the quizzes and puzzles are very popular so this week, we have a sporting puzzle extra page for a mental keep fit session!



## Riddles & Teasers

How many words can you make from :-

### PREMIER LEAGUE

LAST WEEK'S ANSWERS 1) KITE 2) KINGFISHER 3) MALLARD  
4) MERLIN 5) ROOK 6) GOLDENEYE

## What's On?

*Sue Barker—Our Wimbledon—BBC 1,  
Saturday 4th July 3.15pm*

*Formula 1 with Steve Jones—Channel 5,  
Sunday 4th July 6.30pm*

## Quizzical

### WIMBLEDON MOMENTS...

1. How long was the longest match (between John Isner and Nicolas Mahut in 2010)?  
a) 8 hours 13 minutes b) 11 hours 5 minutes c) 14 hours 1 minute d) 19 hours 59 minutes
2. To what precise length is the grass on Wimbledon Courts mowed?  
a) 1mm b) 5mm c) 8mm d) 12mm
3. When did Wimbledon start using yellow tennis balls?  
a) 1972 b) 1976 c) 1982 d) 1986

## In the spotlight....

### BILL—MEMBER OF FARNDON FOODIE FRIDAY

#### Where were you born?

I was born at home in Broadgreen, Liverpool.

#### What's your earliest memory?

All my early memories are about wartime in Liverpool – my street being bombed, relatives coming to stay because they had been bombed out. But one memory that makes me smile is when my father returned from Burma after the war. All my family supported Everton, but as a small boy I decided to support Liverpool. When my mother and I went to meet my father at Lime Street Station, I remember him picking me up off the ground and the first thing I told him was that I supported Liverpool!

#### Where is one of your favourite places to be?

Anfield

#### Tell us something we might not already know about you

I have always enjoyed playing sport, and continue to walk and do exercise every day. I love the outdoors and for a number of years I was on the panel for the Snowdonia Duke of Edinburgh Gold awards.

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

I was a teacher, firstly in Kirkby, then for many years in Ellesmere Port where I taught History and Government, and later became an examiner for A Level History for the Southern Board.

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

I go to Farndon Foodie Friday and really like the social side, and all the interesting discussions. I don't really cook any more. However, I am an expert mash maker as my late wife Barbara, who I cared for, asked for it every night!

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

I think because my father was in Burma, I have always liked "We'll Meet Again" by Vera Lynn.



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**FARRALLSGROUP**

**Think about me, not my age**

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