



Older People Active Lives

# BREAKTIME

Issue 1: July 2022



The Queen's Award  
for Voluntary Service

Welcome to our first monthly newsletter for carers from the Breaktime Plus team at OPAL! Each month we hope to bring you some fun activities to do at home over a cup of tea, a list of OPAL events to join in with if you can, plus some snippets of information that you might find useful along the way. Get the kettle on and enjoy! *Joy, Maria & Joanne*

## Quick Quiz: It Happened In July...

- 1) Who was playing the fiddle while the city burned in July 64 A.D.?
- 2) Name the first Lady of Argentina who died in July 1952 aged 33
- 3) Name the Zodiac symbol associated with July
- 4) Name the 14 year old Romanian girl who became the first female to score a perfect 10 in Olympics gymnastics in July 1976
- 5) Prince Andrew married a commoner in July 1986. What was her name?
- 6) The author of The Old Man and the Sea was born in July 1899. What was his name?
- 7) Name the Dutch artist born in July 1606 who created the famous oil painting 'The Night Watch'
- 8) Which pioneering female aviator went missing in July 1937?



## Riddles

What loses its head in the morning but gets it back at night?

What can be seen once in a minute, twice in a moment, and never in a thousand years?

Peter is a butcher. He is 5'10 tall. What does he weigh?

## Funding for Carers

We wanted to draw your attention to the **Carers Personal Budget** scheme, run by Cheshire and Warrington Carers Trust, which can award funds of up to £200 to unpaid carers to access a break of their choice. It can be used for days out, towards a gym membership, complementary therapies or supporting a hobby etc. You can apply once a year (although be aware that awards are not guaranteed). To find out more, please call 0300 102 0008 and speak to Maggie at the Carers Trust.

## Chester Zoo Memory Café

We have heard great things about the Memory Café run by Chester Zoo for people with dementia, their families and friends. It takes place on selected Mondays from 10.30 – 12 in the Bembe Coffee Shop, at the main Zoo entrance, is free to access and has plenty of free parking. The next session is coming up on 11<sup>th</sup> July and there is no need to book. You can find out more by visiting:

<https://www.chesterzoo.org/events/chester-zoo-memory-cafe/>

## OPAL Breaktime Plus Activities July 2022

Tuesday 5th July	Blakemere Village Coffee Bar CW8 2EB	10.30 to 12.30	Enjoy your morning coffee in the café, have a chat and then a potter around the shops
Wednesday 6th July	Frodsham Arts Centre WA6 6SE	12.30 to 2.30	Lunch in the café and a chance to take a look at the current art exhibition
Tuesday 12th July	Rose Farm Coffee Shop, Utkinton CW6 0LP	10.30 to 12.30	Join us for coffee and chat in the café, spot the don-keys and explore the lovely farm shop
Wednesday 13th July	Walk Mill, Chester CH3 7BF	12.30 to 2.30	Visit the cafe for lunch and take a short walk around the Flour Mill
Wednesday 20th July	Anderton Boat Lift CW9 6FW	Lunch at 12 Boat lift trip at 2pm	Meet for lunch in the café then take a trip on the Boat Lift (trip takes 1 hour)
Tuesday 26th July	Cuddington & Sandiway Village Hall CW8 2LA	1 to 3pm	Enjoy a fascinating talk from Guide Dogs for the Blind and meet a real Guide Dog!
Wednesday 27th July	Tarporley Garden Centre Café CW6 9EE	10.30 to 12.30	Join us for coffee and a natter in the Gardener's Retreat, then take a stroll around the garden centre
Thursday 28th July	Storyhouse, Chester CH1 2AR	11 to 12.30	Relaxed Viewing of Elvis with refreshments. Carers free, £6 for companions.

**New unpaid Carers over 60, or those caring for someone over 60 are always welcome.**

Contact an OPAL Carer Support Organiser to learn more about the support we offer:

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### Answers

Quick quiz: 1) Nero, Emperor of Rome; 2) Eva Peron (also known as Evita); 3) Cancer; 4) Nadia Comaneci; 5) Sarah Ferguson (Fergie); 6) Ernest Hemmingway; 7) Rembrandt; 8) Amelia Earhart

Riddles: 1) A pillow; 2) The letter 'm'; 3) Meat

OPAL thanks the following sources in this edition: credit Golden Carers

*Think about me, not my age*