



Older People Active Lives

# BREAKTIME

Issue 4: October 2022



The Queen's Award  
for Voluntary Service

Welcome to the monthly newsletter for carers from the Breaktime Plus team at OPAL! Read on for fun quizzes, useful bits and bobs, plus our list of OPAL carers events for October. Joy will be away on her holidays this month, so if you need to get in touch just contact Maria or Joanne instead.

*Joy, Maria & Joanne*

## Quick Quiz: It Happened In October

- 1) Name the first film featuring 'Agent 007' from October 1962
- 2) Which Agatha Christie play opened in the West End in October 1952, and is still running today?
- 3) Which car, designed for the masses, went on sale in October 1908?
- 4) Which influential Spanish artist was born in October 1881?
- 5) Which radio broadcast caused mass panic in the USA in October 1938?
- 6) What traditional holiday do Canadians celebrate in October?
- 7) Which Hollywood couple remarried in Botswana in October 1975?
- 8) Which divided country was reunited on 3rd October 1990?



## Riddles

What starts with the letter T, is filled with T, and ends in T?

What can you hold without touching?

I can be cracked, I can be made, I can be told, and I can be played. What am I?

## Malpas Community Kitchen

Every Wednesday, starting from 28th September, Malpas Community Kitchen will be offering a free lunch, coffee and cake to anyone who would like to join them and meet others in the local community. No need to book, just go along to the Victoria Jubilee Hall from 11am to 2.30pm for a warm welcome!

## Carers Essentials Fund

Cheshire and Warrington Carers Trust have funding available to assist with the cost of new, essential items for carers. You could apply for up to £250 towards one item or service that would be of practical benefit and ease the workload of your caring role. For example, this could be for new white goods, decorating or gardening. If you would like more information, you can call the Carers Trust on 0300 102 0008 or visit their website: <https://cheshireandwarringtoncarers.org/ourfunds/> You must be registered with the Carers Trust in order to apply for funds, which you can do online or on the phone.

# OPAL Breaktime Plus Activities October 2022

Tuesday 4th October	Blakemere Village Coffee Bar CW8 2EB	10.30 to 12.30	Morning coffee and a wander around the shops
Wednesday 5th October	Kelsall Methodist Hall CW6 0QS	1pm to 3pm	Gentle tai chi for beginners with Annette
Tuesday 11th October	Rose Farm Coffee Shop, Utkinton CW6 0LP	10.30 to 12.30	Coffee and chat, spot the donkeys and explore the lovely farm shop
Wednesday 12th October	The Lion, Malpas SY14 8NE	12 noon	Join us for a delicious pub lunch!
Thursday 13th October	Storyhouse, Chester CH1 2AR	11 to 12.30	Dementia friendly screening of West Side Story
Wednesday 19th October	Tarporley Garden Centre CW6 9EE	12 noon	Lunch in the Gardener's Retreat Café and a stroll around the garden centre
Thursday 20th October	Storyhouse, Chester CH1 2AR	11 to 12.30	Relaxed Viewing of 'See How They Run' with refreshments.

## Music for An Autumn Afternoon - Castle Park Arts Centre, Frodsham

If you are in the mood for something a bit different, on Sunday 3rd October, the arts centre are hosting an afternoon of harp music from Jess Hughes of the Royal Northern College of Music. Tickets cost £10 and are available to buy from Castle Park Arts Centre or over the phone on 01928 735832. The arts centre are keen to make this event welcoming to people who might not normally feel able to take part, so if you are interested in attending but have concerns about how you would manage, then give them a call or chat with an OPAL organiser.

## 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:

Joy.walker@opalservices.org.uk 07547 508280  
maria.hudson@opalservices.org.uk 07547 508324  
Joanne.patel@opalservices.org.uk 07856 095611

## Answers

Quick quiz: 1) Dr No; 2) The Mousetrap; 3) Ford Model T; 4) Pablo Picasso; 5) The War of The Worlds (Orson Welles dramatization); 6) Thanksgiving; 7) Elizabeth Taylor and Richard Burton; 8) East & West Germany

Riddles: 1) A teapot; 2) Breath; 3) A joke

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

**Think about me, not my age**