



Older People Active Lives

BREAKTIME

Issue 5: November 2022



Welcome to the monthly newsletter for carers from the Breaktime Plus team at OPAL! Read on for some brain exercise, useful snippets, plus our list of OPAL carers events for November. Hope to see you soon!

Joy, Maria & Joanne

Quick Quiz: It Happened In November

- 1) Name the author of Dracula who was born in Dublin in November 1847.
- 2) Which American President was elected to an unprecedented 4th term in November 1944?
- 3) In November 1867, a major eruption of which volcano in Italy occurred, lasting several months?
- 4) Which award winning actress, born in November 1929, left Hollywood in 1956 to marry Prince Rainier?
- 5) Author Margaret Mitchell, born in November 1900, wrote a romantic novel about the American Civil War which was made into one of the most popular films of all time. What was it called?
- 6) Who became Ireland's first female president in November 1990?
- 7) Which King was crowned the King of England aged 8 in November 1429?
- 8) Who is the best known member of the failed 'Gunpowder Plot', which sought to blow up the Houses of Parliament in November 1605?



Spirit of the Herd Pony Sanctuary

We have heard lovely things about this pony sanctuary just outside Helsby, who run sessions for over 50s every Friday from 10am till 11am. It's called 'Cuppa with Cobs' and it's an opportunity to enjoy some time with the horses, have a cup of tea or coffee, a few biscuits and make new friends. The cost is £5pp with refreshments included. You can find them at The Ridgeway, Alvanley, WA6 6XQ.

Main Street Memory Café, Frodsham

Based within Main Street Community Church, Frodsham, this new Memory Cafe launches on Wednesday 2nd November and will run weekly as a free drop-in session for anyone who is impacted by memory loss or dementia across Frodsham, Helsby & Elton. There is no need to book, just pop in from 12—2pm on Wednesdays for coffee and cake. If you would like more information, contact Becky on 07772 582740.

OPAL Breaktime Plus Activities November 2022

Tuesday 1st November	Cuddington and Sandiway Village Hall CW8 2LA	1 to 3pm	Gentle tai chi for beginners with Annette
Wednesday 2nd November	Kelsall Methodist Hall CW6 0QS	10.30 to 12.30	Falls Prevention workshop with Age UK Cheshire
Tuesday 8th November	Cotebrook Shire Horse Centre CW6 9DS	10.30 to 12.30	Coffee and chat with a view of the beautiful horses
Thursday 10th November	Deeside Ramblers Hockey Club, Tiverton CW6 9NA	10.30 to 12	A relaxed cup of tea and some musical entertainment with the Tarporley OPAL Club
Thursday 17th November	Cheshire Military Museum The Castle, Chester CH1 2DN	11:00 to 12.30	Learn about the Regiments of Cheshire from 17th Century right through to the present day
Tuesday 22nd November	Kelsall Equestrian Centre CW6 0SR	10.30 to 12.30	Tea and cake overlooking the horse-riding arenas
Wednesday 23rd November	The Lost Barn, Tilston, Malpas. SY14 7JE	12 to 2pm	Lunch and see an artisan coffee roaster at work.
Tuesday 29th November	Tarporley Garden Centre CW6 9EE	10.30 to 12.30	Coffee and a chat with a stroll around the garden centre
Wednesday 30th November	Marks and Spencer Cheshire Oaks CH65 9GZ	10.30 to 12.30	Enjoy time in the café and a spot of Christmas shopping!

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) Bram Stoker; 2) Franklin D. Roosevelt; 3) Mount Vesuvius; 4) Grace Kelly; 5) Gone With The Wind; 6) Mary Robinson; 7) King Henry VI; 8) Guy Fawkes

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

Think about me, not my age