



Older People Active Lives

BREAKTIME

Issue 6: December 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 information and our list of OPAL carers events for December. Hope to see you soon!

Joy, Maria & Joanne

Quick Quiz: It Happened In December

- 1) How old was John Lennon when he was killed in New York in December 1980?
- 2) Which American entrepreneur and creator of Mickey Mouse was born in December 1901?
- 3) In December 1992, Buckingham Palace announced the separation of which royal couple?
- 4) Which British novelist and author of *Pride and Prejudice* was born in December 1775?
- 5) Which American big-band leader disappeared when his aeroplane crashed in the English Channel in December 1944?
- 6) Name the film starring Vivien Leigh and Clark Gable that had its world premiere in December 1939.
- 7) Which feared secret police organisation was abolished in December 1993 by Boris Yeltsin?
- 8) What devastating natural disaster occurred in the Indian Ocean in December 2004?



Donating Unwanted Equipment

Cheshire West and Chester Council is calling on anyone with equipment at home that they no longer need to return it so that it can be reused, reducing the need to buy new equipment in future. Items that can be returned include: hospital beds and hoists, walking frames, commodes, toilet surrounds, shower seats, bed transfer aids, crutches and furniture raisers. Anyone with equipment that is no longer needed is invited to call: 0151 653 6000 or email: ces@rosscare.co.uk to arrange a collection. The equipment will be picked up by a Ross Care engineer within five working days, free of charge.

Words in Words

Can you find a hidden word in each of these words?

- 1) Larceny (curved line)
- 2) Magnetic (fishing item)
- 3) Bracelet (tennis serve)
- 4) Passion (long-eared equine)
- 5) Porridge (long narrow hilltop)

OPAL Breaktime Plus Activities December 2022

Tuesday 6th December	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 7th December	Abbeywood Gardens, Delamere CW8 2HS	12 to 2pm	Carers Christmas Lunch! Two courses of delicious food for £15 per person. Advance booking is essential for this one, so please let Maria know if you plan to attend.
Tuesday 13th December	Cuddington and Sandiway Village Hall CW8 2LA	1 to 3pm	Carers Christmas Party! Join us for festive afternoon tea and musical entertainment!
Wednesday 14th December	Bellis Brothers, Holt LL3 9EU	10.30 to 12.30	Brunch in the café and a spot of shopping in the garden centre
Wednesday 21st December	Walk Mill, Waverton CH3 7BF	12 to 2pm	Join us for lunch in a working flour mill!



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
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Answers

Quick Quiz: 1) 40; 2) Walt Disney; 3) Prince Charles and Princess Diana; 4) Jane Austen; 5) Glen Miller; 6) Gone With The Wind; 7) KGB; 8) Boxing Day Tsunami

Words in Words: 1) Arc; 2) Net; 3) Ace; 4) Ass; 5) Ridge

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

Think about me, not my age