



Older People Active Lives

BREAKTIME

Issue 8 FEBRUARY 2023



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 February. Hope to see you soon!

Debbie, Maria & Joy

Introducing Debbie Hello, I am Debbie, and will be taking over from Joy this month as Carer Support Organiser. Joy is leaving OPAL at the end of February to take care of her grandchildren, but still hopes to pop in to see us from time to time. I have met many of you at the Christmas party, or on some of the outings in the last few weeks, and I hope to meet everyone else very soon. I am delighted to be working for OPAL, and Joy and I have planned some lovely activities during the next few weeks. As you may also know Joanne is now focussing on the OPAL club and another project in Tarporley and will no longer be coming to the Tuesday coffee mornings, but we will still see her on our regular visits to the Tarporley Club. Maria will still be working with me, and focussing on the sitting service. I would love to hear about any ideas you have for future outings and activities, and will look forward to having lots of fun together this year!

This is a photo of me on the far left with two of our lovely volunteers- another Debbie and Lesley, along with Joy & Maria. The photo was taken by a carer attending our Christmas Party at Cuddington.



February Quiz

1. Which King of England died in February 1952?
2. What type of accident killed Buddy Holly, Ritchie Vallens and the Big Bopper in February 1959?
3. What major online social networking service was founded in February 2004?
4. In February 1964, which country did the Beatles perform in for the very first time?
5. Who was released from prison after 27 years in February 1990?
6. Shrove Tuesday is a Christian festival that occurs in February or March on the day immediately preceding Ash Wednesday. This day is also known by other names - can you name them?



To make you smile..... *If money doesn't grow on trees, how come banks have branches?*

OPAL Breaktime Plus Activities February 2023

Tuesday 31st January	Rose Farm, John Street, Utkinton CW6 0LP	12 - 2	Lunch and a visit to the farm shop.
Thursday 2nd February	Deeside Ramblers Hockey Club, Tarporley CW6 9NA	10.30 - 12	Meeting with OPAL Club for music
Wednesday 8th February	Blakemere Restaurant & Coffee Bar, Blakemere Village. CW8 2EB	12 – 2	Join us for the £10 Pensioners special carvery and hot pudding with a walk round the independent shops
Thursday 9th February	Lockgate cafe, Beeston CW6 9NJ	10.30 -12.30	Morning coffee with a view of the canal
Wednesday 15th February	Tarporley Chapel, High St. Tarporley CW6 0AX	1-3	Classic Film Afternoon - 1949 Little Women starring Elizabeth Taylor with complimentary refreshments. Park in the church car park or Tarporley community centre.
Thursday 16th February	Castle Park Arts Centre, Frodsham, WA6 6SE	10.30 - 12.30	Late Breakfast in the café and a chance to look at the current art exhibition "Art from the Square"
Tuesday 21st February	Cuddington and Sandiway Village Hall CW8 2LA	1-3	Pancake party and history afternoon. Enjoy a journey through the fifties and sixties with Virginia from the Grosvenor Museum, followed by pancakes!
Weds 22nd February	The Lost Barn, Tilston, Malpas. SY14 7JE	12 - 2	Enjoy something from the Brunch menu and see an artisan coffee roaster at work
Tuesday 28th February	Cotebrook Shire horse Centre CW6 9DP	10.30 -12	Coffee and a Chat

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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maria.hudson@opalservices.org.uk 07547 508324

debbie.deKock@opalservices.org.uk 07547 508280 (Joy's number until the end of February)

Answers:-

- 1) King George VI
- 2) Plane Crash
- 3) Facebook
- 4) USA
- 5) Nelson Mandela
- 6) Pancake Day or Fat Tuesday

OPAL thanks the following sources in this edition: credit Golden Carers. pixabay.com images

Think about me, not my age