



Older People Active Lives

BREAKTIME

Issue 11: May 2023



The Queen's Award
for Voluntary Service

Welcome to the monthly newsletter for carers from the Breaktime Plus team at OPAL. We've got some lovely events planned this month including a Coronation Afternoon Tea, and a visit to the new Kelsall Wellbeing Hub. Please let us know if you are planning to come, especially for outings marked (B).

Hope to see you soon!

Debbie and Maria

Coronation Word Search

J	L	R	L	L	A	N	D	R	E	W	E	R	S
A	A	O	F	O	P	N	P	A	L	K	D	Y	A
M	N	M	U	U	Q	P	J	O	I	R	W	N	R
W	N	P	E	I	D	N	P	B	Z	W	A	C	A
K	E	B	H	S	S	A	T	H	A	R	R	Y	H
A	Z	L	G	E	O	R	G	E	B	P	D	C	D
T	K	J	P	W	C	Z	Q	G	E	H	W	H	F
H	Z	M	E	G	H	A	N	L	T	I	B	A	U
E	K	E	T	G	A	R	M	B	H	L	H	R	T
R	M	O	E	U	R	A	D	I	L	I	V	L	H
I	M	J	R	C	L	N	Y	D	L	P	Z	O	M
N	U	E	U	G	E	N	I	E	A	L	P	T	A
E	G	Z	Q	A	S	M	N	Q	N	C	A	T	C
U	O	U	Y	O	B	E	A	T	R	I	C	E	R

Find the Royal Family names

Andrew	Anne
Charles	Charlotte
Eugenie	George
Katherine	Louis
Peter	Philip
Beatrice	Camilla
Edward	Elizabeth
Harry	James
Louise	Meghan
Sarah	Zara



New! Free Dementia Friendly Art Class

Every Tuesday, 2-3pm, starting on 2nd May at Kelsall Wellbeing Hub. People can choose from a variety of mediums, to explore creativity through reminiscence, conversation, collage & painting. Pre-booking is essential with Alison Jones on 07596 234 666 on jonesalimac@gmail.com

OPAL Go-Online

A drop-in service which helps older people and carers in rural West Cheshire learn how to access the internet, and use devices such as smart phones and ipads. Monthly in Elton, Frodsham, Helsby, Farndon, Kelsall, Malpas, Tattenhall and Oakmere. Also home visits. www.opalservices.org.uk/go-online/ or bev.stubbs@opalservices.org.uk. 07549173185.

OPAL Breaktime Plus Activities May 2023

Tuesday 2nd May	Bluebell Café, Barrowmore Estate, off Barnhouse Lane, Great Barrow, CH3 7JA	10.30-12	A late breakfast or morning coffee, and a lovely opportunity to see the Bluebells in bloom around the café
Wednesday 3rd May	Walk Mill, Walk Mill Lane, Waverton, CH3 7BF	12-2	Enjoy Lunch made with bread from the working flour mill, and a stroll by the mill stream (B)
Tuesday 9th May	Cuddington & Sandiway Village Hall, 93 Norley Rd, Cuddington, Northwich CW8 2LA	1-3	Come and join us for our Coronation Afternoon Tea Party. Minibus available
Thursday 11th May	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-2	Community Lunch – A roast and choice of a delicious dessert, with tea or coffee for a donation of £6 (B)
Wednesday 17th May	Tarporley Garden Centre, Tarporley Road, Cotebrook, CW6 9EE	12-2	Join us for a Carvery or light lunch and a chance to visit the garden centre (B)
Thursday 18th May	ARC Cafe, Lady Heyes, 3 Kingsley Rd, Frodsham WA6 6SU	10.30- 12.30	Late breakfast or coffee and cake and a stroll around the antique and craft shops
Wednesday 24th May	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN (next to new medical centre. First road left off Chester Rd, as you drive down the hill from the Co-op)	1-3	Find out about the history of the new Wellbeing hub, and what is on offer each week, with refreshments from the café. Car Park available or park next to the Morris Dancer and walk across the green.
Thursday 25th May	Storyhouse, Hunter St, Chester, CH1 2AR	11-1	Relaxed viewing of a recent film. Come early for complimentary refreshments
Tuesday 30th May	The Lost Barn, Old Hall Farm, Tilston, SY14 7JE (off the main road between Tilston and Stretton. Please use google maps rather than Sat Nav)	10.30-12	Brunch and a chance to watch the coffee roasters at work in a wonderful location (B) Minibus available from Malpas.

Credits: Golden Carers

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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Think about me, not my age