



Older People Active Lives

# BREAKTIME

Issue 12: June 2023



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 cream tea to spoil you in Carers Week and a visit to Abbeywood Gardens. Please let us know if you are planning to come, especially for outings marked (B). You are welcome to attend all our events with the person you care for.

Hope to see you soon!

*Debbie and Maria*

## How well do you know your food and drink?

1. Which Masterchef presenter was formerly a greengrocer?
2. What is James Bond's favourite drink?
3. What type of meat is used in a shepherd's pie?
4. What is the national dish of Spain?
5. What type of food is pumpernickel?
6. What is the name of the Italian dessert made with mascarpone cheese, sponge fingers and coffee?



## Something to make you smile ☺

Why are coffee beans such trouble makers?

They always end up in hot water!

**CARERS TRUST**

Cheshire and Warrington



[carersweek.org](http://carersweek.org)

### Tuesday 6<sup>th</sup> June, 1-3pm

A free celebration afternoon tea with live music and a talk on saving energy, at Cheshire View, Plough Lane, Christleton, CH3 7PT. Book via Carers Trust on 0300102 0008 or via us.

### Friday 9<sup>th</sup> June, 12-5pm

A carers information event at CHAPS ARK Café, Navigation Rd, Northwich, CW8 1BE. Drop-in. OPAL staff will be at both events.

\*\*\*Events are for Carers only\*\*\*



## Wednesday Talks, 2-3pm

**14<sup>th</sup> June** – Emily Jones from **Alzheimer's Society** on dementia services and what to do after diagnosis.

**28<sup>th</sup> June** – John Pughe from **Cheshire Later Life** on care at home, financial and legal advice, mobility products etc.

Kelsall Wellbeing Hub, 7 Green Hill Rd, Kelsall, CW6 0SN. All welcome.

# OPAL Breaktime Plus Activities June 2023

|                                    |  |             |   |
|------------------------------------|--|-------------|---|
| Thursday<br>1 <sup>st</sup> June   | Shire Horse Centre, Eaton Lane,<br>Cotebrook, CW6 9DP  | 10.30-12    | A late breakfast or morning coffee, and a catch up.   |
| Wednesday<br>7 <sup>th</sup> June  | Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN<br><br>(First road left off Chester Rd, as you drive down the hill from the Co-op)  | 2-4         | Come and join us for a free Cream Tea to spoil you in carers week (B)<br><br>(Turn in where you see the sign for The Willows, Beech Grove Homes)                        |
| Thursday<br>8 <sup>th</sup> June   | Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS  | 12-2        | Community Lunch – A lovely home cooked meal and a choice of a delicious dessert, with tea or coffee for a donation of £6 (B)  |
| Wednesday<br>14 <sup>th</sup> June | Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS  | 10-12       | Morning coffee and a visit to the beautiful gardens. £5.50 for garden entrance – and a special free ticket for OPAL carers if accompanying the person you care for. (B) |
| Thursday<br>15 <sup>th</sup> June  | Bellis Brothers, Wrexham Road Farm, Holt, LL13 9YU   | 10.30-12.30 | Late breakfast or coffee and cake and a stroll around the amazing shop.   |
| Wednesday<br>21 <sup>st</sup> June | The Boathouse Café, Newton Lane, Tattenhall Marina, CH3 9NE<br><br>Access is via the car park opposite The Ice Cream Farm. Keep left of the water for disabled parking next to the café.                           | 12-2        | A summery lunch with a view of the canal boats. Almost like being on holiday! (B)   |
| Thursday<br>22 <sup>nd</sup> June  | Deeside Ramblers Hockey Club, Whitchurch Rd, Tiverton, CW6 9NA.<br><br>Please note this is not signposted. Enter through the Gardenhurst Estate entrance by the black and white gatehouse which says private road. | 10.30-12    | A chance to see Tosca the lovely PAT dog again and visit our friends at the Tarporley OPAL Club.  |
| Wednesday<br>28 <sup>th</sup> June | Rose Farm, John St. Utkinton, CW6 0LP  | 10.30-12    | Morning coffee or a late breakfast, a wonderful farm shop and donkeys!  |
| Thursday<br>29 <sup>th</sup> June  | Storyhouse, Hunter St, Chester, CH1 2AR  | 11-1        | Relaxed viewing of a recent film. Come early for complimentary refreshments   |

Credit: Golden Carers, Pixabay.Quiz:1.Greg Wallace 2. Vodka Martini 3. Lamb 4. Paella 5. Bread 6.Tiramisu

**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**