



Older People Active Lives

BREAKTIME

Issue 13: July 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 an afternoon tea in Aldford and a visit to The Lion Salt Works museum. Please let us know if you are planning to come, especially for outings marked (B) for booking. You are welcome to attend all our events with the person you care for.

Hope to see you soon!

Debbie and Maria

Summer Time Riddles

- What has many keys but cannot open a door?
- What belongs to you but others use it more?
- What can you catch but never throw?
- What has to be broken before you can use it?
- What is full of holes but still holds water?
- What gets wet whilst drying?



Blue Badge Microchip

Did you know you can get a microchip to attach to your blue badge from Cheshire West and Chester Council? It will allow you to use pay on exit car parks in Chester (except Delamere St) for up to four hours. You can apply online by searching for microchip Cheshire West, or just take your blue badge to your local council office Monday to Friday 9-12.30, and they will apply on your behalf to the parking department.

Carers Emergency Card

Have you planned for an emergency?

What would happen if you suddenly could not look after the person you care for?

Carers Trust can help you set up a Carers Emergency Card, which is free and will entitle you to help in an emergency including emergency respite care.

Contact Michelle on 0300 102 0008

OPAL Breaktime Plus Activities July 2023

Wednesday 5 th July	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN (First road left off Chester Rd, as you drive down the hill from the Co-op. Turn in at The Willows, Beech Grove Homes)	12.30- 3pm	Come at 12.30 for a seated exercise session with Emma from Chatter Chairs. This is excellent for helping prevent falls. Or join us at 1.30 for refreshments and a chat. A good opportunity to meet new members.
Thursday 6 th July	Castle Park Arts Centre Courtyard Café, off Fountain Lane, Frodsham, WA6 6SE	10.30- 12.30	Enjoy musical elevenses entertainment in the courtyard and the new art exhibition. Also a good opportunity to visit the Market.
Thursday 13 th July	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 £8 (B)
Friday 14 th July	The Cottage, Lower Lane, Aldford, CH3 6HP (Second house on the right about half way down the lane. Parking available on the drive or in the layby opposite)	2-4	An afternoon tea in the beautiful garden of Steve and Kate Worthington, who are Breaktime members. Suggested donation to OPAL of £5. (B)
Tuesday 18 th July	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL (Club House is left of the Wedding Venue)	10.30- 12	A golfer's breakfast in the very attractive club house with a view of the course. (B)
Wednesday 19 th July	The Albanley Arms, Tarporley Road, Cotebrook, Tarporley, CW6 9DS (next to The Shire Horse Centre)	12-2	A lovely lunch with friends in a beautiful pub with a varied menu. Smaller portions of Fish and Chips, Scampi or Gammon from £8 (B)
Wednesday 26 th July	Lion Salt Works, Ollershaw Ln, Marston, Northwich CW9 6ES (This museum is near the centre of Northwich, and there is good level access. One wheelchair is available to borrow if you book it with us in advance)	1.30-4	A short guided tour of the fascinating museum, and an opportunity to handle some artefacts. All followed by delicious refreshments in the modern café. £5.80 entrance. FREE for carers (B)
Thursday 27 th July	Storyhouse, Hunter St, Chester, CH1 2AR	11-1	Relaxed viewing of Indiana Jones and the Dial of Destiny. Come early for complimentary refreshments

Credit: Golden Carers, Pixabay. Riddles: 1. A Piano 2. Your Name 3. A Cold 4. An Egg 5. A Sponge 6. A Towel

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