



Older People Active Lives

BREAKTIME

Issue 14: August 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 return visit for a tour of Aldford and a talk about local Bee Keeping. 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

Match the words to complete the phrases

- | | |
|----------------------|---------|
| • Swim like a | Bee |
| • As cold as ... | Gold |
| • Smoke like a | Horse |
| • Sing like an | Ox |
| • As good as | Ice |
| • Run like the.... | Fish |
| • Sleep like a | Chimney |
| • Strong as an .. | Angel |
| • Busy as a ... | Baby |
| • Hungry as a | Wind |



Snow Angels is a social enterprise which supports people over 70 in Cheshire to live independently. They are currently able to offer free help with benefits checks and filling in application forms. They can also provide support if you are being discharged from hospital.

Contact them to find out more on:
0300 666 6226

Something to make you smile...

My husband told me to stop impersonating a flamingo. I had to put my foot down!

A man walks into a pet shop.
"Have you got any dogs going cheap?" he asks.
"Sorry, all our dogs go woof."

What did the computer mouse say to the keyboard?
"You are just my type!"

OPAL Breaktime Plus Activities August 2023

Wednesday 2 nd August	Walk Mill, Walk Mill Lane, Waverton, CH3 7BF	12-2	Lunch made with bread from the working flour mill, and a Summer stroll by the mill stream (B)
Thursday 3 rd August	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30-12.30	Morning coffee or a late breakfast, and wonderful shops and farm animals to visit, including alpacas!
Tuesday 8 th August	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL (We will have sole use of the Members' Lounge. Entrance is left side of car park)	10.30-12	A golfer's breakfast or morning coffee in the very attractive club house with a view of the course. (Bacon sandwiches are excellent!)
Wednesday 9 th August	Kelsall Hill Equestrian Centre Cafe, Middlewich Road, Kelsall, CW6 0SR	2.30 - 4	Tea or coffee, cake and a chat with a view of the horses.
Wednesday 16 th August	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)	2-4	A fascinating talk about Bee Keeping with a view inside an empty hive, and a taste of local raw honey. Followed by tea or coffee and cake. A good opportunity to meet new members.
Wednesday 23 rd August	The Lost Barn, Old Hall Farm, Tilston SY14 7JE (off the main road between Tilston and Stretton. Please use google maps)	12-2	Something delicious from the Brunch menu, and a view of the Coffee Roasters in action (B)
Thursday 24 th August	Storyhouse, Hunter St, Chester, CH1 2AR (Come early for complimentary refreshments courtesy of Carers Trust)	11-1	Relaxed viewing of The Little Mermaid . Free for carers and those they care for.
Wednesday 30 th August	Lily's Coffee Shop at Aldford Village Store, Green Lake Lane, Aldford, Chester Cheshire CH3 6HW (First right after the Grosvenor Arms)	12-2.30	We couldn't resist going back to try the lunch menu and for more of the legendary cakes and scones. Followed by a tour by car of the beautiful village of Aldford including a visit to the Church. (B)
Friday 1 st September	Ashton Hayes Village Hall, Church Road, Ashton Hayes, CH3 8BG. (Park in car park next to the Village Hall)	2-3.30	A short preview of the Janice Anderson School of Dancing summer production of the musical Matilda , with talented dancers and singers age 5-18. Complimentary refreshments.

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