



Older People Active Lives

# BREAKTIME

Issue 15: September 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 short day trip on a Canal Boat and a visit from Tosca the therapy dog. 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*

## The Answers Start with an S

- Type of Whisky
- To give oneself up
- Second Largest Planet
- Cane Product
- Marine Predator
- Slow Moving Mammal
- North European Area
- Part of Great Britain
- Frozen Figure
- Popular Yellow Flower



### OPAL Online Security Talk

Wednesday 27<sup>th</sup> September  
10-12, Kelsall Wellbeing Hub

Before our lunch outing to Blakemere you are invited to come along to hear Stu Champion from Cheshire Police talk about staying safe online. There will also be an opportunity to find out about other OPAL services such as OPAL Clubs, Branching Out, and Go-Online/OPAL in Touch. Please bring your mobile phone or tablet if you need help with it.

### Something to make you smile...

What did the Buffalo say to his son when he dropped him off at school?

**Bison!**

What did the Llama say when he got kicked out of the zoo?

**Alpaca my bags!**

# OPAL Breaktime Plus Activities September 2023

|                                    |                                                                                                                                                                                          |          |                                                                                                                                                                                                     |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wednesday<br>6 <sup>th</sup> Sept  | 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. Turn in at The Willows, Beech Grove Homes) | 1.30-4   | A visit from Tosca the Golden Retriever, our favourite therapy dog. Also an opportunity for a supportive chat with other carers, and of course tea and cake.                                        |
| Thursday<br>7 <sup>th</sup> Sept   | 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)                                                                        |
| Wednesday<br>13 <sup>th</sup> Sept | Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS                                                                                                                              | 2.30 - 4 | Tea, amazing cakes and a catch up (B)                                                                                                                                                               |
| Thursday<br>14 <sup>th</sup> Sept  | Cheshire Cat Pub, Whitchurch Rd, Christleton, Chester CH3 6AE<br><br>(Park in the pub car park, but away from the pub building. Please arrive at 10.45)                                  | 11-3     | Accessible Narrowboat trip from the Cheshire Cat to Tattenhall and back along the glorious Shropshire Union canal. Half way stop for a drink at the café at Tattenhall Marina. Packed lunch £5. (B) |
| Tuesday<br>19 <sup>th</sup> Sept   | Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL<br><br>(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. (Legendary Bacon sandwiches!)                                                                   |
| Thursday<br>21 <sup>st</sup> Sept  | Deeside Ramblers Hockey Club, Whitchurch Rd, Tiverton, CW6 9NA.<br><br>Enter through the Gardenhurst Estate entrance by the black and white gatehouse which says private road.           | 10.30-12 | A fascinating talk about the voluntary rapid response Blood Bike service in Cheshire with our friends from the Tarporley OPAL club.                                                                 |
| Wednesday<br>27 <sup>th</sup> Sept | Blakemere Village Restaurant, Sandiway, CW8 2EB                                                                                                                                          | 12-2     | £10 Pensioners' special roast and hot pudding, or a la carte, and a chance to visit the shops (B)                                                                                                   |
| Thursday<br>28 <sup>th</sup> Sept  | Bembe Café, Chester Zoo, Upton by Chester, CH2 1EU<br><br>(Plenty of disabled parking at entrance)                                                                                       | 2-4      | Refreshments at the free to access Bembe Cafe at the entrance to the zoo, and an opportunity to see the elephants, and rhinos.                                                                      |

Answers: 1. Scotch, 2. Surrender, 3. Saturn, 4. Sugar, 5. Shark, 6. Sloth, 7. Scandinavia, 8. Scotland, 9. Snowman, 10. Sunflower. Credits: Golden Carers, Pixabay

**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**