



Older People Active Lives

BREAKTIME

Issue 16: October 2023



Welcome to the monthly newsletter for carers from the Breaktime Plus team at OPAL. October has many adventures in store including visits to the Grosvenor Museum in Chester, the Storyhouse Elders Festival and a Pumpkin Patch! 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

In honour of National Poetry Day
on Thursday 5th October.



To Autumn

by John Keats

Season of mists and mellow
fruitfulness,
Close bosom-friend of the
maturing sun;
Conspiring with him how to
load and bless
With fruit the vines that round
the thatch-eaves run;

OPAL Online Security Talk

Wednesday 18th October
2-4, Kelsall Wellbeing Hub

Re-arranged from last month you are invited to come along to hear 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.

Storyhouse Elders Festival 16th-20th October 2023 Chester

Five days of art, film, singing,
dance, photography, workshops,
wellness activities and crafting all
celebrating ageing creatively.

For the full programme see:
[Storyhouse.com](https://www.storyhouse.com)

OPAL Breaktime Plus Activities October 2023

Wednesday 4 th October	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	Free hot drinks and cake followed by a talk by Jill Cox from The Hospice of the Good Shepherd, about how they and St. Luke's support carers. Also a visit from a Therapy Dog.
Thursday 5 th October	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 11 th October	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30- 12	A catch-up over breakfast or a hot drink - shops and animals to visit.
Thursday 12 th October	Grosvenor Museum, 27 Grosvenor St, Chester CH1 2DD (5 blue badge spaces in front of the museum or free parking in the Castle Square Car Park from 3pm)	3-4.30	A guided tour, complimentary refreshments and artefact handling. Lots of Roman history to explore, and a period house. (B)
Tuesday 17 th October	The Lion at Malpas, 1 Old Hall St, Malpas, SY14 8NE	11.30 -1.30	A delightful lunch in this elegant hotel. Small plates available as well as an extensive main menu. (B)
Wednesday 18 th October	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS –then– Delamere Farm Shop, Station Road, Delamere, CW8 2JB	10- 12.30	Breakfast or morning coffee followed by a visit to the Pumpkin Patch at Delamere Farm Shop (weather permitting) (B)
Friday 20 th October	Storyhouse Cinema, Hunter St, Chester CH1 2AR Part of Storyhouse Elders Festival (Most events are free)	11- 12.30 (arrive 10.45)	Memories of Chester in the 50's and 60's (images and personal stories) followed by refreshments in The Kitchen at Storyhouse. Option to stay for lunch and festival finale.(B)
Wednesday 25 th October	Alvanley Arms, Tarporley Road, Cotebrook, Tarporley, CW6 9DS	12.30- 2.30	We are returning to the Alvanley for delicious small plates or something from the wider menu (B)
Thursday 26 th October	Storyhouse Cinema, Hunter St, Chester CH1 2AR Arrive early for complimentary refreshments	11- 1.30	Relaxed viewing of "The Great Escaper" with Michael Caine and Glenda Jackson. Free.
Tuesday 31 st October	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL (Members' Lounge)	10.30- 12	An All Hallows Eve breakfast or morning coffee with a lovely view.

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