



Older People Active Lives

BREAKTIME

Issue 18: December 2023
For unpaid Carers in rural West Cheshire



Welcome to the monthly newsletter for carers from the Carer Support team at OPAL. We hope you will join us to celebrate this wonderful season at some of our exciting range of Christmas events and outings. Please take note overleaf of those you need to book for. You are welcome to attend all our events with the person you care for if the outing is suitable for them.

Hope to see you soon!

Debbie and Maria

What's the next line of the Christmas Song?

- 1 Joy to the world...
- 2 Away in a Manger
- 3 O Christmas tree, O Christmas tree
- 4 I saw Mommy kissing Santa Claus
- 5 O come, all ye faithful,
- 6 I'm dreaming of a White Christmas
- 7 Have yourself a Merry little Christmas,
- 8 You better watch out. You better not cry.



To make you smile...

What does Santa suffer from if he gets stuck in a chimney?
Claus-trophobia!

What do you call an obnoxious reindeer? Rude-olph!

The Silver Line
helpline for older people
Run by  ageUK

0800 4 70 80 90
Call Free

The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. Friendship, conversation and support 24 hours, 7 days a week.

OPAL Breaktime Plus Activities December 2023

Wednesday 6th December	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN (First road left off Chester Rd, down the hill from the Co-op.)	1.30-3.30	Come and enjoy a festive afternoon with homemade mince pies and Christmas biscuits, a Christmas memory box from The Grosvenor Museum and an opportunity to make a Christmas-themed craft. Free
Thursday 7th December	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-2	A delicious homemade Community Christmas lunch open to all at OPAL Breaktime. Roast Turkey and all the trimmings. Suggested donation £8. Booking essential by Tuesday 5th Dec.
Tuesday 12th December	Cuddington & Sandiway Village Hall, 93 Norley Road, Cuddington, CW8 2LA	12.30 -3	OPAL Breaktime Christmas Party with Food for Thought. A light lunch, followed by musical entertainment and a visit from Tosca the therapy dog in her Christmas outfit. Suggested donation £3. Please book by Friday 8th December
Wednesday 13th December	Tarporley Chapel, High St, Tarporley, CW6 0AG	1.30-3.45	Viewing of the classic Christmas film "It's a Wonderful Life" with light refreshments. Free
Thursday 14th December	Malpas OPAL Club, Craddock Court, Craddock St, Malpas, SY14 8QY	10-11.30	Musical entertainment, poems and carol singing served with mince pies and sherry with our friends at Malpas OPAL Club. Limited numbers. Please book by 12th December. Suggested donation £5.
Tuesday 19th December	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL	12-2	OPAL Breaktime Christmas lunch (menu attached – choose from 1, 2 or 3 courses). Booking essential by Friday 8th December with menu choices and any dietary requirements.
Thursday 21st December	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1.15	A relaxed viewing of the new Wonka film about Willy Wonka's early life. Come early for complimentary refreshments
Friday 5 th January 2024	Storyhouse Theatre, Hunter St, Chester, CH1 2AR	10.15-12.20 (arrive 9.45)	A New Year trip to the Storyhouse Christmas Show, Cinderella (relaxed/accessible performance). Price: £15 (normally £18.15) or free for carers if you attend with the person you care for. Book by 12th December please.

Unpaid Carers over 60, or those caring for someone over 60 in rural West Cheshire are always welcome.

Contact an OPAL Carer Support Organiser to learn more about the support we offer:
 debbie.dekock@opalservices.org.uk 07547 508280
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Answers: 1.The Lord has come! 2. No crib for a bed 3. Thy leaves are so unchanging 4. Underneath the mistletoe last night 5. joyful and triumphant 6. Just like the ones I used to know 7. Let your heart be light 8. Better not pout I'm telling you why. Santa Claus Is Coming To Town!

Credits: Golden Carers & Pixabay

Think about me, not my age