

HAPPY NEW YEAR



Older People Active Lives

BREAKTIME

Issue 19: January 2024
For unpaid Carers in rural West Cheshire



The Queen's Award
for Voluntary Service

Happy New Year! Welcome to the monthly newsletter for carers from the Carer Support team at OPAL. As 2024 gets underway we would be delighted to have you join us for our exciting programme of events and outings. Please take note overleaf of those you need to book for and let Debbie know by email. 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

January Quiz

- If you were born on 1st January what is your star sign?
- Which flower is the symbol of January?
- What is the most popular song people sing at New Year?
- Which city translates as River of January?
- The author JRR Tolkien was born on 3rd January 1892. What is he famous for writing?
- In which Shakespeare play did Perdita say "You'd be so lean that blasts of January would blow you through and through"?



To make you smile...

What can you say on the 1st of January?

I remember last year like it was yesterday!

My New Year's resolution is to stop procrastinating, but I will start tomorrow...

New for 2024! CARER FRIDAY

Once a month on a Friday afternoon we will be holding a session aimed at providing support and information for Carers. While Carers enjoy a relevant talk, relaxation session or the opportunity to chat with others, there will be a separate activity for those you care for, if you are unable to attend without them.

Starts 19th January

OPAL Breaktime Plus Activities January 2024

Thursday 4 th January	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-2	A delicious homemade Community lunch. All OPAL Breaktime members welcome. Suggested donation £8. Please book by Tuesday 2nd January
Friday 5 th January	Storyhouse Theatre, Hunter St, Chester, CH1 2AR (meet in foyer)	10.15- 12.20 (arrive 9.45)	A New Year trip to Cinderella, the Storyhouse Christmas Show (relaxed/accessible performance –contact Debbie for last minute booking. £15 or Free for Carers)
Tuesday 9 th January	Kelsall Hill Equestrian Centre Organsdale Farm, Middlewich Rd, near Kelsall, CW6 0SR	10.30- 12	Breakfast or morning coffee in the Primrose Suite, a private room overlooking Primrose Woods and a chance to see some horses in action. * (Upstairs next to Urchin's Kitchen - Lift available)
Wednesday 10 th January	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	Free hot drinks and cake followed by a talk from Suzanne from EOLP on the 'All About Me' Booklet, which helps you keep a record in one place of your memories, important information, and future wishes.*
Wednesday 17 th January	Abbeywood Café and Gardens, Chester Rd, Delamere, CW8 2HS	10.30- 12	Breakfast or morning coffee in this beautiful setting with a log fire, and a chance to catch up with friends. *
Friday 19 th January	Tarporley Chapel, High St, Tarporley, CW6 0AG Opposite the Community Centre at bottom of High St. Parking available in Chapel Car park on left of Church, on the street, or in Community Centre car park	2-3.45	New Carer Friday support group, with an activity in a different room (separated by a glass screen) for those you care for if you cannot attend alone. This month Virginia from Grosvenor Museum will lead a dementia-friendly memory box session. Meanwhile Carers will be treated to a short relaxation session, and a chance to chat. Free refreshments. *
Tuesday 23 rd January	The Lion, Malpas 1 Old Hall St, Malpas SY14 8NE	1.30 -3	Come and enjoy a wonderful afternoon tea in this beautiful hotel. £10 a head (normally £12.50). Please book by Monday 22nd January
Thursday 25 th January	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of new film release "One Life" starring Anthony Hopkins. Come early for complimentary refreshments. Free. *
Wednesday 31 st January	Blakemere Village Restaurant, Chester Road, CW8 2EB	10.30- 12	Join us for a delicious late breakfast or morning coffee, and an opportunity to visit the shops. Please book by Tuesday 30th January.

Answers: 1. Aquarius 2. Snowdrop 3. Auld Lang Syne 4. Rio de Janeiro 5. Lord of the Rings 6. The Winter's Tale

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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Credits: Golden Carers & Pixabay. * Booking not necessary but it is helpful if you can let Debbie know if you plan to attend.

Think about me, not my age