



Older People Active Lives

BREAKTIME

Issue 20: February 2024
For unpaid Carers in rural West Cheshire



Welcome to the monthly newsletter for carers from the Carer Support team at OPAL. This month we are excited to introduce Fiona Barry, who has joined the Carer Support Team, and also delivers Go-Online sessions for OPAL. Hopefully you will meet her soon if you haven't done so already. We would be delighted to have you join us for our exciting programme of events and outings this month. 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, Maria and Fiona

February Quiz

1. Which King of England died in February 1952?
2. Who was released from prison after 27 years in February 1990?
3. Which life-saving medication was discovered in February 1929?
4. How often does February have 29 days?
5. The 16th President of the United States was born in February 1809. What was his name?
6. Which country celebrates New Year on the new moon that appears between 21st January and 20th February?



To make you smile...

How does the moon cut his hair?

Eclipse it!

Why did the golfer bring an extra pair of trousers?

In case he got a hole in one!



The Carers Trust offer Advice, Support, Activity Groups, Coffee Mornings, and Funds to help in your Caring Role. Rachel Lord will be available to tell you more at our outings on 7th February in Kelsall and 15th February in Aldford. You can contact them on 0300 102 0008.

Answers: 1. King George VI 2. Nelson Mandela 3. Penicillin 4. Every 4 years 5. Abraham Lincoln 6. China

OPAL Breaktime Plus Activities February 2024

Thursday 1st February	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-2	A delicious homemade Community lunch. All OPAL Breaktime members welcome. Suggested donation £8. Book by Tuesday 30th January.
Tuesday 6 th February	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30	A catch up over breakfast or a hot drink, and the opportunity to visit the animals and shops. *
Wednesday 7 th February	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 Wirral based photographer Roger Ellison on his photography including landscapes, animal portraits and arial photographs.*
Tuesday 13 th February	Frodsham Methodist Church, Kingsley Rd, Frodsham WA6 6BA	2.30-4	A pancake party to celebrate Shrove Tuesday, and a catch up with friends. * Free. (Please note this is NOT in the town centre, but on your right on your way out of Frodsham towards Kingsley)
Thursday 15 th February	Lilly's Coffee Shop, Aldford Village Store, Green Lake Ln, Aldford, Chester CH3 6H	2.30-4	A free afternoon tea for carers, (with some of the best scones in West Cheshire!) and a chance to find out about what the Carers Trust has to offer. Sponsored by The Carers Trust. £12 for those you care for. Places limited. Please book by 13th Feb.
Wednesday 21 st February	The Alvanley Arms, Cotebrook, Tarporley CW6 9DS (next to Shire Horse Centre)	12.30-2.30	Join us for a delicious lunch with friends in this attractive pub. Small plates available as well as a more extensive menu. Booking by 20th February.
Thursday 22 nd February	Weetwood Brewery and Distillery Taproom, Common Lane, Kelsall, CW6 0PY	10.30	Following on from our visit in November we are going back for tea, coffee and cake, and a chance to browse the Weetwood range in the Taproom shop. Please book by Tuesday 20th Feb
Tuesday 27 th February	The Lost Barn, Old Hall Farm, Tilston SY14 7JE (off the main road between Tilston and Stretton)	12-2	Come and enjoy something delicious from the Brunch menu, and see the coffee roasters in action. Please book by Monday 26th February Please use google maps not sat nav.
Thursday 29 th February	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A leap day viewing of new film release "The Holdovers". Come early for complimentary refreshments. Free. Please book by 28th Feb.
Friday 1 st March	Tarporley Chapel, High St, Tarporley, CW6 0AG (Parking in Chapel Car park on left, on the street, or in Community Centre car park opposite.)	2-3.45	Carer Friday support group, with an activity in a different room (separated by a glass screen) for the person you care for if you cannot attend alone. *Free refreshments. More details to follow.

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