



Older People Active Lives

BREAKTIME

Issue 21: March 2024

For unpaid Carers in rural West Cheshire

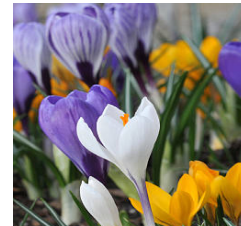


Welcome to the monthly newsletter for carers from the Carer Support team at OPAL. This month we are particularly excited about the Afternoon Tea and Musical Afternoon at Tarporley Community Centre on 12th March, and also the delicious Easter Lunch at The Goshawk in Mouldsworth on the 26th. Please take note overleaf of those outings you need to book for and let Debbie know by phone or 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

The Answer begins with MAR

1. An area of soft, wet sand usually between water and land
2. Germany's currency before the Euro
3. Music of Mexico
4. Famous African American civil rights activist
5. Uniformed and rhythmic walking
6. An alcoholic cocktail decorated with olives
7. Shaken musical instrument used in Central and South America



To make you smile...

What do you call cheese that is not yours?
Nach-o cheese!

What do you call two birds in love?
Tweethearts!



Your Vision, Our Support

**Cheshire Sight Loss
Information Line**

01244 478910
Support and help if you or a loved one has an eye condition.

Answers: 1. Marsh 2. Mark 3. Mariachi 4. Martin' Luther King Jr. 5. Marching 6. Martini 7. Maracas

OPAL Breaktime Plus Activities March 2024

Tuesday 5 th March	Kelsall Hill Equestrian Centre, Organsdale Farm, Middlewich Road, nr Kelsall, CW6 0SR	10.30-12	A catch up over breakfast or a hot drink and cake, and the opportunity to see some Show Jumping. We will have use of the private Primrose Suite upstairs next to Urchin's Kitchen Café. Lift available *
Thursday 7 th March	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 5th March
Tuesday 12 th March	Bellis Brothers, Wrexham Rd, Holt, LL13 9YU	10.30-12	A late breakfast or coffee and cake in the Strawberry Fields Restaurant and a chance to do some Easter shopping in this beautiful garden centre and farm shop. Please book by Friday 8th March
Tuesday 12 th March	Tarporley Community Centre, High St, Tarporley, CW6 0AY	2.30-4.30	An afternoon of "Tea and Music" with solo singer Sheila Callaghan who will be performing songs from the musicals and lots of favourite "oldies". Tea, cake and scones. £5 per person. Funds raised to benefit children in Rotary International's projects in Ukraine and South Africa. Bookings by Friday 8th March
Wednesday 13 th March	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS	10.30-12	Morning coffee or a breakfast catch up in this beautiful café with a view of the gardens where Spring flowers will be starting to bloom. Please Book by 12th March
Wednesday 20 th March	Jubilee Hall, High St, Malpas, SY14 8NN	11.30-1.30	Come and join OPAL staff and other carers at the Malpas Community Lunch. A delicious home cooked meal with a choice of main course and dessert. Open to All OPAL Breaktime Carers. Donations welcome. Please Book by 18th March
Friday 22 nd 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 activities in a different room (separated by a glass screen) for the person you care for, including a Museum Memory Box with Virginia Kettle and a visit from Tosca the PAT dog. There will be a short talk for Carers on "Supporting your Caring role" and a chance to chat. Free refreshments. *
Tuesday 26 th March	The Goshawk, Station Rd, Mouldsworth, CH3 8AJ (Level access from car park at the back of the pub, and some parking in front)	12.30-2	Join us for an Easter lunch in a private dining room at this charming former Coaching Inn. Choose from the "Cosy Lunch" menu – 2 courses for £14.45 or £10 for carers. The new menu will be circulated on 11 th March. Booking and pre-orders by 20th March please. Payment on the day, and last minute cancellations will not be charged.
Thursday 28 th March	Storyhouse Cinema, Hunter St, Chester, CH1 2AR (please note this film is 2hours 20 long if using 3 hour parking)	11-1.30	A relaxed viewing of new film release "The Color Purple". Come early for complimentary refreshments, Free. Please book by 26th March

Unpaid Carers over 60, or those caring for someone over 60 in rural West Cheshire are always welcome. If you would like to join us please contact:
Debbie at debbie.dekock@opalservices.org.uk 07547 508280

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