



Older People Active Lives

BREAKTIME

Issue 22: April 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 looking forward to our trip to the Weaverhall Museum in Northwich, with a fascinating tour by Virginia Kettle, and getting together for refreshments and a catch up in some of our favourite places. 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

April Quiz



1. Who is the Patron Saint of England who is remembered on the 23rd of April?
2. Which flowers are linked to April?
3. What is the name of a poem written by William Wordsworth about Daffodils?
4. What would a person's Zodiac sign be if they were born on the 15th of April?
5. What International Day is recognised on the 22nd of April?
6. Which important treaty was signed by 12 founding nations in April 1949?

To make you smile...

What did the grape do when it got stepped on?

It let out a little wine (whine)

New Day Care Service opening at Tarporley War Memorial Hospital

We have heard this week that Eternity Care Services are opening a dementia friendly day care service on Thursdays and Fridays from 10-3. This is in partnership with Tarporley War Memorial Hospital Trust, which is helping subsidise the sessions to £30 per day to include lunch, refreshments and activities.

To find out more please contact:
01606 212550 or
info@eternitycareservices.co.uk

Please note this is for information, and does not constitute a recommendation

OPAL Breaktime Plus Activities April 2024

Tuesday 2nd April	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL (Members' Lounge)	10.30-12	A catch up over breakfast or morning coffee with a lovely view of the Golf course. *
Thursday 4th April	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 April
Wednesday 10th April	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	A talk on Chocolate Making by Charles Hardy who used to run the Chocolate Shop in Tarporley followed by free refreshments (including some chocolate!) *
Thursday 11th April	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30-12	A catch up over breakfast or a hot drink and cake, and the opportunity to visit the animals and shops. *
Wednesday 17th April	Weaver Hall Museum, 162 London Rd, Northwich CW9 8AB (large car park at side and at back of the museum)	2-4	A fascinating tour of this former Work House with many interesting displays about local history. Free entry and refreshments. Please Book by 16th April (fully accessible with lift to upper floor)
Friday 19th April	Tarporley Chapel, High St, Tarporley, CW6 0AG (Use Chapel Car park on left, or Community Centre 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 visit from Tosca the PAT dog. Free refreshments. *
Tuesday 23rd April	The Lion, 1 Old Hall St, Malpas SY14 8NE (Cholmondeley room)	12-2	Come and enjoy a delicious lunch in this beautiful hotel. Book by Monday 22nd April please
Thursday 25th April	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent comedy "Wicked Little Letters" starring Olivia Colman. Certificate 15 with very strong language. Come early for complimentary refreshments, Free. Please book by 24th April
Tuesday 30th April	Blakemere Village Restaurant, Blakemere Village, Chester Rd, CW8 2EB	10.30-12	Morning coffee and cake or breakfast and a catch up, and an opportunity to visit the shops.*

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.dekock@opalservices.org.uk 07547 508280 (Tuesday – Friday)
 maria.hudson@opalservices.org.uk 07547 508324 (Tuesdays & Wednesdays)
 fiona.barry@opalservices.org.uk 07923 425239 (Tuesday – Friday)

Answers: 1. St. George 2. Daisies and Sweet Pea 3. I wandered lonely as a cloud 4. Aries. 5. World Earth Day
 6. NATO (North Atlantic Treaty Organisation) 7. Titanic

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