



Older People Active Lives

# BREAKTIME

Issue 23: May 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 a fascinating talk on the stars by local Astronomer Rodger King and a garden visit to Abbeywood. 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*

## May Quiz



1. May in the Southern Hemisphere is similar to which month in the Northern Hemisphere?
2. Which iconic US bridge was officially opened on May 27, 1937?
3. Which British explorer sighted Australia in May 1770?
4. Which volcano erupted in May 1980 in Washington, USA?
5. Which clock chimed for the first time in London in May 1859?
6. In May 1970, The Beatles announced their final album. What was it called?
7. What went on sale for the first time in England in May 1840?

## CAREFREE

You may like to register with Carefree who organise free hotel rooms for unpaid carers and a companion to take a short break from your caring role. It costs £33 to register and you have to pay for your own transport and food, and arrange interim care.

[www.carefreespace.org/take-a-break/](http://www.carefreespace.org/take-a-break/)



## Manley Knoll Open Garden for The National Garden Scheme

ON SUNDAY 19<sup>th</sup> MAY 2024

FROM 12 NOON – 5 PM.

TEAS AND PLANT STALL IN AID OF OPAL  
SERVICES



Answers: 1. November 2. The Golden Gate Bridge 3. Captain James Cook 4. Mount Saint Helens 5. Big Ben 6. Let it Be 7. The Penny Black – the World's first postage stamp

# OPAL Breaktime Plus Activities May 2024

Thursday 2 <sup>nd</sup> May	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-1.30	A delicious homemade Community lunch. All OPAL Breaktime members welcome. Suggested donation £8. <b>Please Book by Tuesday 30<sup>th</sup> April</b>
Tuesday 7 <sup>th</sup> May	The Alvanley Arms, Cotebrook, Tarporley CW6 9DS (next to Shire Horse Centre)	12.30-2	Join us for Fish and Chip Tuesday! £10 for Haddock, Scampi or Haloumi and chips (usually £14-16), or something from the main menu (attached). Please let Debbie have <b>pre-orders by Monday 6<sup>th</sup> May</b> . Cancellation on the day possible.
Wednesday 8 <sup>th</sup> May	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	A fascinating talk on the stars and planets by local Astronomer Rodger King and free refreshments *
Tuesday 14 <sup>th</sup> May	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. We will be in the "new room" part of the cafe*
Wednesday 15 <sup>th</sup> May	Kelsall Hill Equestrian Centre, Organsdale Farm, Middlewich Road, nr Kelsall, CW6 0SR	2-3.30	A get-together for tea and cake or a light bite. We will have use of the Primrose Suite upstairs, next to Urchin's Kitchen Café, which is accessible by lift. *
Wednesday 22 <sup>nd</sup> May	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS	From 10 or 11.30 for Garden Visit	Arrive anytime from 10 for breakfast or morning coffee followed by a visit to the Gardens which should be at their Springtime best. Garden entry free for Carers (Otherwise £6). There is a level access route around the gardens, which is possible with a wheelchair or walker. Feel free to join us at 11.30.
Friday 24 <sup>th</sup> May	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 28 <sup>th</sup> May	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 shopping in this beautiful garden centre and farm shop. <b>Please book by Monday 27<sup>th</sup> May</b>
Thursday 30 <sup>th</sup> May	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release "If". Come early for complimentary refreshments, Free. <b>Please book by 29<sup>th</sup> May</b>

**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:**

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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**