



Older People Active Lives

Carer Support Newsletter



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Issue 25: July 2024

Welcome to the monthly newsletter for unpaid carers in rural West Cheshire from the Carer Support team at OPAL (formerly Breaktime). This month we are looking forward to our first trip on The Music Train, a visit to Manley Mere and a cream tea in Eaton. 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 appropriate for them.

Hope to see you soon!
Debbie, Maria and Fiona

July Quiz

1. Who is the month of July named after?
2. Name the First Lady of Argentina who died in July 1952.
3. What is the Zodiac symbol associated with July?
4. Where was the world's first test-tube baby born in July 1978?
5. Which pioneering female aviator went missing in July 1937?
6. Which prison did the citizens of France storm in July 1789?
7. Who was the first person to walk on the moon in July 1969?



Did you know?

The Ancient Romans used to drop a piece of toast into their wine for good health - hence why we 'raise a toast'.

In Thailand a 'White Elephant' was given as 'gift' by the King to someone who had displeased him. They were so expensive to feed it would ruin the owner!

Decibellas Choir presents

"You do not walk alone"

A concert with a collection in aid of OPAL

Saturday 13th July, 7.30pm

St Boniface Church, Bunbury

Tickets available from Stitch in Tarporley or from www.decibellas.co.uk/boxoffice

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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OPAL Carer Support Activities July 2024

Tuesday 2 nd July	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. *. Excellent bacon sandwiches!
Thursday 4 th July	Kelsall Hill Equestrian Centre, Organsdale Farm, Middlewich Road, nr Kelsall, CW6 0SR	10.30-12	Another opportunity for a delicious late breakfast and to see horses in action. We will be in the Primrose Suite, upstairs next to Urchin's Kitchen café. Lift available*
Tuesday 9 th July	Mouldsworth Station / The Goshawk, Station Road, Mouldsworth, CH3 8AJ Free parking at Mouldsworth Station for Blue Badge Holders, or for all other cars in the Goshawk Car Park opposite the station.	11-2 Please arrive in good time to take the 11.27 train.	Join us for an exciting outing on the Music Train. We will travel from Mouldsworth Station to Chester and back with entertainment on the train and afterwards at The Goshawk, from folk band "The Time Bandits". This 40 minute return journey will be followed by lunch (£14.95 for 2 courses, or something from the main menu - menus attached). Train travel free. Pre-orders for lunch by Thursday 4th July please (cancel until Monday 8 th July)
Wednesday 10 th July	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	3-4.30	A Wimbledon themed afternoon with Strawberries and Cream. *
Wednesday 17 th July	Chameleon Café, Manley Mere, Manley Ln, Manley, Frodsham WA6 0PE	10.30-12	A catch up over breakfast or a hot drink and cake in this beautiful lakeside setting. Almost like being on holiday! Please book by Monday 15th July
Friday 19 th July	Tarporley Chapel, High St, Tarporley, CW6 0AG Car park on left or opposite	2-4	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 23 rd July	The Lion, 1 Old Hall St, Malpas SY14 8NE (Cholmondeley room)	12-2	Join us for lunch and a catch up in this beautiful hotel. Due to the size of our group we need to make a pre-order for lunch by Tuesday 16th July. (Summer Menu to follow by 9 th July). Cancellations possible until Monday 22 nd July if your plans change.
Thursday 25 th July	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-12.30	A relaxed viewing of recent film release "Wilding". Come early for complimentary refreshments, Free. Please book by Tuesday 23rd July
Wednesday 31 st July	The Drays, Lower Lane, Eaton, near Tarporley, CW6 9A	2.30-4	Join us for a cream tea at The Drays Coffee Shop. £5.50 for a scone with jam and cream and a pot of tea or an Americano. Book by Monday 29th July.

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

Ans: 1. Julius Caesar 2. England 3. Amelia Earhart 4. Eva Peron 5. The Bastille 6. Neil Armstrong 7. Cancer

Think about me, not my age