



Older People Active Lives

# Carer Support Newsletter



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Issue 29: November 2024

Welcome to the monthly newsletter for unpaid carers in rural West Cheshire from the Carer Support team at OPAL. This month we are looking forward to starting our Christmas shopping at Bellis Brothers and Rose Farm, our first visit to Carden Park and a wonderful afternoon tea exclusively for our Carers group at the OPAL Christmas Fair. 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 with the person you care for if the outing is appropriate and safe for them.

Hope to see you soon!

Debbie & Sue

## IT HAPPENED IN NOVEMBER..



1. Who is the best known member of the failed 'Gunpowder Plot' in November 1605?
2. Whose tomb was discovered in Egypt in November 1922?
3. Which wall fell in November 1989?
4. Who became Ireland's first Female President in November 1990?
5. Which English King was crowned in November 1429 age 8?

What's the best salad to serve on November 5<sup>th</sup>?

**Rocket!**

## CHRISTMAS HIGHLIGHTS

### Dates for your Diary

**3<sup>rd</sup> December** - Christmas Lunch at the Lion at Malpas (12-2)

**9<sup>th</sup> December** Rock Choir at Kelsall Methodist Church (1-3)

**10<sup>th</sup> December** Christmas Afternoon Tea Party with Music at Cuddington Village Hall (1.30-3.30)

**18<sup>th</sup> December** - Christmas Lunch at Pryors Hayes, Oscroft (12-2)



**£10 For Afternoon Tea at 2pm**

Unpaid Carers over 60, or those caring for someone over 60 in rural West Cheshire are always welcome. Contact: [debbie.dekock@opalservices.org.uk](mailto:debbie.dekock@opalservices.org.uk) 07547 508280 or [sue.downham@opalservices.org.uk](mailto:sue.downham@opalservices.org.uk) 07483316158

# OPAL Carer Support Activities November 2024

Tuesday 5 <sup>th</sup> November	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 early Christmas shopping. <b>Book by Monday 4<sup>th</sup> Nov.</b>
Thursday 7 <sup>th</sup> November	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-2	A delicious homemade Community lunch. All OPAL Carer Support group members welcome. Suggested donation £8. <b>Please Book by Tuesday 5<sup>th</sup> Nov</b>
Thursday 14 <sup>th</sup> November	Jack's Bar, Carden Park Golf Club House, Broxton Road, CH3 9DQ  (Follow signs for Golf Club round to the right of the Hotel)	10.30-12	A golfer's breakfast in this stunning Club House on the Carden Park Estate. Tea or Coffee with Bacon, Sausage or Egg in a Bap (£6.50), with a full English breakfast (£12) or with a selection of pastries (£6). Veggie options available. <b>Pre-orders by 5<sup>th</sup> Nov.</b>
Friday 15 <sup>th</sup> November	Tarvin Community Centre, Meadow Close, Tarvin, CH3 8LY	2-3.30	A wonderful afternoon tea exclusively for the OPAL Carers group and a first look at the OPAL Christmas Fair Stalls which open at 3pm. Tickets (£10) in aid of OPAL. <b>Please buy tickets ASAP from Debbie.</b>
Tuesday 19 <sup>th</sup> November	Netherton Hall, Chester Road, Frodsham, WA6 6UL  (This is outside the centre of Frodsham towards Helsby on the main road, and has a large car park)	12.30- 2.30	Join us for a cosy "Chippy Tuesday" at this beautiful pub just outside Frodsham with roaring open fires. £10 for regular Haddock, Scampi or Haloumi and chips, or something from the main menu at <a href="http://www.nethertonhallpub.co.uk">www.nethertonhallpub.co.uk</a> . <b>Pre-orders by 15<sup>th</sup> November please</b>
Wednesday 20 <sup>th</sup> November	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	1.30- 3.30	A gentle start to the festive season with free refreshments including Stollen and Lebkuchen and seasonal activities. Suggested donation £3.*
Wednesday 27 <sup>th</sup> November	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30-12	A catch up over breakfast or a hot drink and cake, and another opportunity for Christmas shopping. We will be in the "new room" part of the cafe*
Thursday 28 <sup>th</sup> November	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release "Paddington in Peru". Come early for complimentary refreshments. Free. <b>Please book by 27<sup>th</sup> Nov</b>
Friday 29 <sup>th</sup> November	Tarporley Chapel, High St, Tarporley, CW6 0AG  Church Car park on left or park in Community Centre opposite	2-4	<b>Carer Friday support group</b> , with activities in a different room (separated by a glass screen) for the person you care for who, this month, will enjoy a reminiscence session by Virginia from Grosvenor Museum on the theme of 'Frozen Chester' Also a visit from Tosca the PAT Dog. *
Tuesday 3 <sup>rd</sup> December	The Lion at Malpas, 1 Old Hall St, Malpas, SY14 8NE (Cholmondeley Room)	12-2	A delicious Christmas Lunch or something from the main menu at this gorgeous hotel. <b>Pre-orders by Friday 29<sup>th</sup> November.</b> Please contact Debbie for the menu if you would like to come.

Quiz answers: 1. Guy Fawkes 2. Tutankhamun 3. The Berlin Wall 4. Mary Robinson 5. King Henry VI

\* Booking not necessary but it is helpful if you can let Debbie know in advance.

Think about me, not my age