



Older People Active Lives

Carer Support Newsletter



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Issue 30: December 2024

Welcome to the monthly newsletter for unpaid carers in rural West Cheshire from the Carer Support team at OPAL. We hope you will join us to celebrate this wonderful season at some of our exciting range of Christmas events and outings. Please take note overleaf of those you need to book for. You are welcome to attend all our events with the person you care for if the outing is suitable and safe for them.

Hope to see you soon!

Debbie and Sue

What's the next line of the Christmas Song?

- 1 Deck the halls with boughs of holly...
- 2 Feliz Navidad, Feliz Navidad, Feliz Navidad
- 3 Frosty the Snowman
- 4 It came upon the Midnight Clear
- 5 Silent Night, Holy Night
- 6 Dashing through the snow
- 7 It's beginning to look a lot like Christmas



To make you smile...

I used to know a really great
Boomerang joke...

I am sure it will come back to me...

How do Dolphins make a decision?

They Flipper Coin

The Silver Line
helpline for older people
Run by  ageUK

0800 4 70 80 90
Call Free

The Silver Line Helpline run by Age UK is a free, confidential telephone service for older people. Friendship, conversation and support 24 hours, 7 days a week.

OPAL Breaktime Plus Activities December 2024

Tuesday 3rd December	The Lion at Malpas, 1 Old Hall St, Malpas, SY14 8NE (Cholmondeley Room)	12-2	Join us for a festive lunch at this gorgeous hotel. Pre-orders by Monday 2nd December please. Please contact Debbie for the menu if you would like to come.
Thursday 5th December	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-2	A delicious homemade Community Christmas lunch for those who have previously attended this year - due to capacity. Suggested donation £8. Fully Booked.
Monday 9th December	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	1-3 (arrive from 12.45)	Get into the Christmas mood with a local Rock Choir singing festive favourites for us and our friends at the Kelsall OPAL Club. Followed by mince pies and refreshments. Suggested donation £3.*
Tuesday 10th December	Cuddington & Sandiway Village Hall, 93 Norley Road, Cuddington, CW8 2LA	12.30 -3	OPAL Carers Christmas Party with Food for Thought. A wonderful afternoon tea prepared by a professional chef, and funded by Vale Royal Lions Club. Followed by musical entertainment from Tarporley Ukulele Group. Free of charge. Please book by Tuesday 3rd Dec
Thursday 12th December	Malpas OPAL Club, Craddock Court, Craddock St, Malpas, SY14 8QY (Please drop off in front and park in neighbouring roads, rather than in front of Craddock Court)	10-11.30	Musical entertainment, poems and carol singing served with mince pies and sherry with our friends at Malpas OPAL Club. Limited numbers. Please book by 10th December. Suggested donation £3 or £5 for two.
Wednesday 18th December	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL	12-2	Join us for the OPAL Carers Christmas lunch in a delightfully festive setting (menu attached – 1 course £15.95 / 2 courses £21.95 - £5 discount for carers). Booking essential by Friday 6th December please with menu choices. You can let Debbie know or book and pay online at: https://buytickets.at/opalservices
Thursday 19 th December	Storyhouse Cinema, Hunter St, Chester, CH1 2AR Please note the film is 2 h 40 if you are parking with Blue Badge	11-1.45	A relaxed viewing of the new film of the musical Wicked set in Oz before Dorothy arrives. Come early for complimentary refreshments. Please book by 18th

Please note there will be no meetings during the Christmas period until week commencing 6th January 2025.
On behalf of all at OPAL we wish you a very Merry Christmas and a Happy New Year!

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

Answers: 1. Fa la la la la la la! 2. Prospero ano y Felicidad 3. Was a jolly happy soul 4. That glorious song of old 5. All is calm, all is bright 6. On a one horse open sleigh (Jingle Bells) 7. Everywhere you go

Credits: Golden Carers & Pixabay

Think about me, not my age