



Older People Active Lives

Carer Support Newsletter



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Issue 34: April 2025

Greetings from the Carer Support Team at OPAL! We organise regular outings to offer a break for you as a carer and the opportunity to meet other carers.

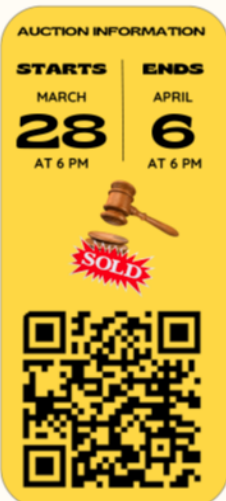
Those you care for are also welcome to attend with you if the outing is appropriate and safe for them. This month we are particularly looking forward to Easter crafts and cake at Kelsall Hub and our outing to The National Waterways Museum at Ellesmere Port. Please take note overleaf of those outings you need to book for and let Debbie know by phone or email. Did you know that we also offer 'Carer Support at Home' where a volunteer can drop by for a regular sociable visit? If appropriate this may allow you as a carer to have some time to yourself. For more information about this possibility please contact Sue.

Hope to see you soon!

Debbie & Sue

EASTER QUIZ

1. What searching game do children play at Easter?
2. How did Easter Island get its name?
3. Which country started the tradition of The Easter Bunny?
4. What day of the week was the Last Supper?
5. What is the name of the bread eaten in Italy at Easter?
6. Which type of hat is traditionally worn at Easter?
7. Why does the date of Easter change each year?



ONLINE AUCTION

Please support us by bidding on items at:
WWW.JUMBLEBEE.CO.UK/OPALONLINEAUCTION2025



Unpaid Carers over 60 or those caring for someone over 60 in rural West Cheshire are always very welcome to join us.

Contact

debbie.decock@opalservices.org.uk
07547 508280 or
sue.downham@opalservices.org.uk
07483316158

OPAL Carer Support Activities April 2025

Tuesday 1 st April	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS	10.30-12	Breakfast or morning coffee and a catch-up in this gorgeous café as the gardens come into bloom for Spring. Watch out for April Fools! *
Thursday 3 rd April	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS Car park behind or on street parking	12-2	A delicious homemade Community lunch. All OPAL Carer Support group members welcome. Suggested donation £8. Please Book by Tuesday 1st April.
Tuesday 8 th April	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	We are back for “Chippy Tuesday” at this beautiful pub just outside Frodsham. £10 for regular Haddock, Scampi or Haloumi and chips, or something from the main menu at www.nethertonhallpub.co.uk . Pre-orders by Friday 4th April please
Wednesday 9 th April	Kelsall Hill Equestrian Centre, Organsdale Farm, Middlewich Rd (near Kelsall), CW6 0SR	10.30-12	A chance to see some dressage at this fantastic Equestrian centre over breakfast or morning coffee. We will be upstairs in Urchin’s Kitchen Café which has a great view of the outdoor arena. Lift available. Please book by Tuesday 8th April.
Tuesday 15 th April	Bellis Brothers, Wrexham Rd, Holt, LL13 9YU	10-12	A late breakfast or coffee and cake in the Strawberry Fields Restaurant and a chance to buy some Spring plants or Easter presents in this fabulous garden centre. Book by Monday 14th April please
Wednesday 16 th April	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	Join us to celebrate Easter with card making and seasonal cakes. Suggested donation £3. *
Thursday 24 th April	Storyhouse Cinema, Hunter St, Chester, CH1 2AR Blue Badge parking for 3 hours next to Storyhouse	11-1	A relaxed viewing of recent film release Mr Burton about the early life of Richard Burton. Free tickets. Come early for complimentary refreshments. Book by Wednesday 23rd April please.
Friday 25 th April	Tarporley Chapel, High St, Tarporley, CW6 0AG Church Car park on left or park in Community Centre opposite	2-4	Carer Friday support group with activities in a different room (separated by a glass screen) for the person you care for. Also a visit from Tosca the PAT Dog. *
Wednesday 30 th April	National Waterways Museum, S Pier Rd, Ellesmere Port CH65 4FW (very easy access from Junction 9 of M53 or via Ellesmere Port)	12.30 / 1.30-3.30	Join us to explore the history of Britain’s canals at this fascinating museum. Either start with lunch at 12.30 in the pretty café overlooking the Canal Basin or join us for a fully accessible guided tour of the highlights of the museum at 1.30. £9 entry. Free for Carers. Please book by Friday 25th April.

Quiz Answers: 1. Easter Egg Hunt 2. Discovered on Easter Sunday 1772. 3. Germany 4. Thursday. 5. Colomba di Pasqua 6. Easter Bonnet 7. It is the first Sunday after the first full moon after the Spring Equinox.

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

Think about me, not my age