



Older People Active Lives

Carer Support Newsletter



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Issue 35: May 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 our afternoon tea to celebrate VE Day 80 and our visit to the beautiful Gladstone's library. 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

COMPLETE THE LINE FROM THE WW2 SONG

1. There'll be blue birds over...
2. He's the Boogie Woogie Bugle Boy from ...
3. Keep smiling through just like you...
4. They'll be happy to know that as I saw you go...
5. We're going to hang out the washing on the...
6. I'll be seeing you in all the old...
7. Forget your troubles and learn to say tomorrow...
8. Don't sit under the Apple tree with...
9. We'll meet again, don't know where, don't ...



OPAL SUMMER SOIREE

Tirley Garth, Willington

4th June 2025

4.30-7pm

Tea, cake, gardens & a glass of fizz

Tickets £15 from

www.buytickets.at/opalservices

OPAL CARER SUPPORT

Unpaid Carers over 60 or those
caring for someone over 60 in rural
West Cheshire are welcome.

Contact

debbie.decock@opalservices.org.uk

07547 508280 or

sue.downham@opalservices.org.uk

OPAL Carer Support Activities May 2025

Thursday 1st May	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS (Car park behind)	12-2	A delicious homemade Community lunch. All OPAL Carer Support group members welcome. Suggested donation £8. Please Book by Tuesday 30th April
Tuesday 6th May	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30-12	A late breakfast or morning coffee in the 'new room' part of the cafe, and a chance to visit the shops. *
Thursday 8th May	Deeside Ramblers Hockey Club, Gardenhurst Estate, Whitchurch Rd, Tiverton, Tarporley, CW6 9NA	2.30-4	Join us to celebrate VE Day 80 with an afternoon tea and wartime songs from Sheila Callaghan. Red, white and blue or fancy-dress welcome! Suggested donation £5. Book by Friday 2nd May please
Tuesday 13th May	Gladstone's Library and Cafe, Church Lane, Hawarden, Flintshire, CH5 3DF Free minibus available from Malpas or The Cheshire Cat. Please ask Debbie	2-4	A wonderful outing for tea and cake in the delightful Food for Thought Cafe at Gladstone's Library, followed by a short 30-minute talk and tour of the fascinating Library itself or a chance to chat in the relaxing surroundings of the Gladstone room. Free tour. Book by Friday 9th May please
Wednesday 14th May	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	Join us to for a delicious selection of cakes and a fun quiz with friends. Suggested donation £3. *
Tuesday 20th May	The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD.	12.30-2	We are back for "Chippy Tuesday" at this beautiful pub in the lovely village of Alvanley. £10 for regular Haddock, Scampi or Haloumi and chips, or something from the main menu at www.whitelionalvanley.co.uk Pre-orders by Friday 16th May please
Thursday 22nd May	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL	10.30-12	Join us for the best bacon sandwiches around and a view of the Golf Course. Please book by Wednesday 21st May
Tuesday 27th May	Carden Park Golf Club, Spike Bar, Carden Park Estate, Broxton Road, Clutton (Sat Nav: SY14 7HZ)	10.30-12	Another golfer's breakfast in gorgeous surroundings. Bacon roll and hot drink for £7 if you pre-order by Tuesday 20th May, or order on the day. Book by Tuesday 20th May please.
Thursday 29th May	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 The Penguin Lessons. Come early for complimentary refreshments. Please book by Friday 9th May for accessible seats, or by Wednesday 28th May.
Friday 30th May	Tarporley Chapel, High St, Tarporley, CW6 0AG Church car park on left.	2-4	Carer Friday support group with activities in a different room (separated by a glass screen) for the person you care for. Short massages for carers. Also a visit from Tosca the PAT Dog. *

Quiz Answers: 1. The White Cliffs of Dover 2. Company B 3. always do 4. you were singing this song. 5. Siegfried Line 6. familiar places 7. is a lovely day 8. anyone else but me 9. know when

* 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