



Older People Active Lives

# Carer Support Newsletter



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Issue 36: June 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 celebrating **Carers Week** with a variety of free or subsidised events including a visit to the spectacular gardens at Abbeywood and lunch at Manley Mere. 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

## JUNE QUIZ

1. Where is Trooping the Colour held on a Saturday in June?
2. What historical event happened on Tuesday, 6 June 1944?
3. The longest day of the year in the Northern Hemisphere can occur on one of three dates in June. Name any of the three.
4. In which year did June Brown first play the role of Dot Cotton, in East Enders?
5. What day is always celebrated on the third Sunday in June?
6. The June Rebellion in Paris featured in Les Misérables was which year?



## OPAL CARER SUPPORT

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

### Contact

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# OPAL Carer Support Activities June 2025

Wednesday 4 <sup>th</sup> June	Abbeywood Gardens and Café, Chester Road, Delamere, CW8 2HS	10.30-12.30	It's the perfect time of year for a tour of the beautiful gardens at Abbeywood. Join us for breakfast or a drink in the café at 10.30 followed by a free garden visit to celebrate Carers Week at 11.30. <b>Please book by Tuesday 3<sup>rd</sup> June.</b>
Thursday 5 <sup>th</sup> June	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. <b>Please Book by Tuesday 3<sup>rd</sup> June.</b>
Tuesday 10 <sup>th</sup> June	Manley Mere, Manley Lane, Frodsham, WA6 0PE	1-2.30	A light lunch in the delightful Chameleon Café next to the lake. Almost like being on holiday! Free entry and a free drink for carers to celebrate Carers Week. <b>Please book by Friday 6<sup>th</sup> June.</b>
Thursday 12 <sup>th</sup> June	The Drays Coffee Shop, Lower Lane, Eaton near Tarporley, CW6 9AN	2.30-4	Join us for a free Cream Tea to celebrate Carers Week in this gorgeous café overlooking the fields. <b>Please book by Friday 6<sup>th</sup> June please</b>
Tuesday 17 <sup>th</sup> June	The Lion at Malpas, 1 Old Hall St, Malpas, SY14 8NE	12-2	A wonderful outing for lunch at this delightful hotel with a free drink for carers to celebrate Carers Week. Pre-orders by <b>Friday 13<sup>th</sup> June please.</b> See menu at <a href="http://www.thelionatmalpas.co.uk">www.thelionatmalpas.co.uk</a>
Wednesday 18 <sup>th</sup> June	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	Another opportunity to celebrate Carers Week with a free cream tea and cakes at Kelsall Hub. Priority given to those who cannot attend The Drays on 12 <sup>th</sup> June. <b>Please book by Monday 16<sup>th</sup> June.</b>
Thursday 26 <sup>th</sup> June	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 'Four Mothers'. Come early for complimentary refreshments. <b>Please book by Friday 13<sup>th</sup> June for accessible seats, or by Wednesday 25<sup>th</sup> June.</b>
Friday 27 <sup>th</sup> June	Tarporley Chapel, High St, Tarporley, CW6 0AG Church car park on left.	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. Also a visit from Tosca the PAT Dog. Booking not necessary.

Quiz Answers: 1. Horse Guards Parade. 2. D-Day 3. 20<sup>th</sup>, 21<sup>st</sup> or 22<sup>nd</sup> June 4.1985 5. Father's Day 6. 1832  
Credits: Freepubquiz.co.uk

Think about me, not my age