



Older People Active Lives

Carer Support Newsletter



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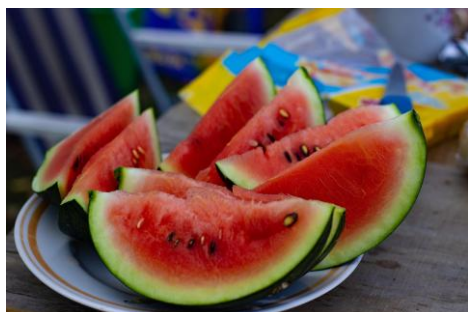
Issue 37: July 2025

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 is going to be lots of fun if you are a vehicle enthusiast. We have an outing on the Music Train and a visit from a Fire Engine! 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

SUMMER QUIZ



1. What did the Queen of Hearts make "all on a Summer's Day"?
2. A famous Spanish summer soup.
3. A Watermelon consists of 90% water. True or false?
4. In the summer of which year was the movie "Jaws" released?
5. Sing the first line of the song "Summer Nights"
6. What is Summer in French?



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 July 2025

Thursday 3 rd July	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. *
Wednesday 9 th July	Mouldsworth Station, Station Rd, Mouldsworth, CH3 8AJ Followed by: The Goshawk, Station Road, Mouldsworth, CH3 8AJ Free parking available in the Goshawk Car Park – please use second entrance on left. Parking fee applies in Station car park	11.10 – 2pm	Join us for an exciting outing on The Music Train! We will travel from Mouldsworth Station on the 11.27am to Chester and back in the company of Virginia Kettle and The Rolling Folk, who will also serenade us over a free sandwich and chip buffet lunch in The Goshawk when we return. Option to join and leave the train at Delamere for easier access. This trip is fully booked but please contact Debbie if you would like to be on the waiting list. Please arrive by 11.10 am at Mouldsworth Station.
Thursday 10 th July	Kelsall Hill Equestrian Centre, Organsdale Farm, Middlewich Rd (near Kelsall), CW6 0SR	10.30-12	A chance to see some show jumping 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 Wednesday 9th July
Tuesday 15 th July	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 11th July
Wednesday 16 th July	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	A talk about fire engines from a Heritage volunteer fireman from Cheshire Fire and Rescue Service, who is bringing along a real Fire Engine for us to inspect! Free refreshments. *
Tuesday 22 nd July	Frodsham Methodist Church, Kingsley Road, Frodsham, WA6 6BA	2.30-4	Another chance to spend time with the wonderful Virginia Kettle from Grosvenor Museum, who will be bringing some interesting artefacts and showing us how butter used to be made. Book by 21st July pls
Friday 25 th July	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. *
Tuesday 29 th July	Bellis Brothers, Wrexham Rd, Holt, LL13 9YU	10-12	A late breakfast in the Strawberry Fields Restaurant and a chance for some shopping in this fabulous garden centre. Book by Monday 28th July please
Thursday 31 st July	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release The Salt Path. Come early for free refreshments. Pls book by 11th July for accessible seats, or by 30th July.

Quiz answers: 1. Some Tarts. 2. Gazpacho. 3. True. 4. 1975. 5. Summer Loving had me a blast. 6. Été

Credits: Golden Carers & Pixabay * Booking not essential but it helps if you can let Debbie know in advance.

Think about me, not my age