



Older People Active Lives

Carer Support Newsletter



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Issue 38: August 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 looking forward to our first lunch at The Cock O Barton followed by a visit to see Stretton Water Mill in action. 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

WATER QUIZ



1. The earliest record of a Water Mill at Stretton is from which year?
2. How much of the earth's surface is covered in water?
3. How much is fresh water?
4. How much of your body is made of water?
5. "Water, water, everywhere, Nor any drop to drink" is a line from which poem?



OPAL CARER SUPPORT

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

Contact

debbie.dekock@opalservices.org.uk
07547 508280 or

sue.downham@opalservices.org.uk
07483316158

OPAL Carer Support Activities August 2025

Thursday 7th August	Abbeywood Estate, The Garden Café, Chester Road, Delamere, CW8 2HS	10.30-12	A late breakfast or morning coffee in the beautiful setting of Abbeywood. No need to book *
Tuesday 12th August	Cock O'Barton, Barton Rd, Barton, Malpas, SY14 7HU Followed by: Stretton Water Mill, Mill Lane, Stretton, Malpas, SY14 7HS Please note that Mill Lane is single track, but there are very frequent passing places. There is a good size car park with level access to the front of the Mill.	12.30-2.15 2.30-3.30	Join us for lunch at an exciting new venue for us. Choose from an excellent range of menus including a children's menu with smaller portion main courses for £7.50, which is available to our group. See https://www.cobcheshire.com/menus/ . You can order on the day but please book by Monday 11th August . After lunch why not join us for a very interesting tour by the Miller at Stretton Water Mill, which will be in action. Free entry. This venue is accessible for wheelchairs and has a disabled access toilet, but please note there is a sloping ramp to the top floor of the Mill and WC, some uneven surfaces underfoot and low doorways. Please book by Monday 11th August
Wednesday 13th August	Pryors Hayes Golf Club, Willington Road, near Oscroft, CH3 8NL	10.30-12	An opportunity for a golfer's breakfast or morning coffee with a view of the golf course. The best bacon sandwiches around! No need to book *
Wednesday 20 th August	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	A relaxed summer quiz with friends and free refreshments including Strawberries and Cream. No need to book *
Thursday 21 st August	Weetwood Brewery & Distillery Taproom, Common Lane, Kelsall, CW6 0PY	10.30-12	Join us for morning coffee and free cake in the beautiful Taproom, with a chance to browse the Weetwood range in the shop. No need to book *
Tuesday 26 th August	The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD.	12.30-2	Join us 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 22nd August please
Thursday 28 th August	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release 'Four Letters of Love'. Come early for free refreshments. Please book by 15th August for accessible seats, or by 27th August.
Friday 29 th August	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. Tosca, the PAT dog, is on holiday but will be back in September! *

Quiz answers: 1. 1351. 2. 71%. 3. Approx. 3% 4. Approx. 60%. 5. The Rime of the Ancient Mariner by Samuel Taylor Coleridge
Credits: West Cheshire Museums * Booking not essential but it helps if you can let Debbie know in advance.

Think about me, not my age