



Older People Active Lives

# Carer Support Newsletter



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**Issue 39: September 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 Canal Trip from the Cheshire Cat to Tattenhall Marina, and a delicious soup lunch in Norley. 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

## CANAL QUIZ



1. Who built the first canals in England?
2. What was the first canal called?
3. How many miles of navigable canals are there in the UK?
4. When was the Anderton Boat lift built?
5. Which canal and river does the Anderton Boat lift connect?



## 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 September 2025

Thursday 4th September	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 Monday 1st Sept</b>
Friday 5 <sup>th</sup> September	Meet at The Cheshire Cat Pub, Whitchurch Rd, Christleton, Chester, CH3 6AE  (Please park in the pub car park, but away from the pub)	11 – 3 (approx.) Please arrive by 10.45	Accessible Narrowboat trip from the Cheshire Cat Pub to Tattenhall Marina and back along the glorious Shropshire Union Canal. Packed lunch £5. <b>Please book as soon as possible as places are limited and by Monday 1<sup>st</sup> September at latest.</b> (Please also let us know if you would prefer to do just one leg of this journey (approx. 2 hours)
Wednesday 10 <sup>th</sup> September	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. Lift available. *
Thursday 11th September	Manley Mere, Manley Lane, Frodsham, WA6 0PE	12-1.30	A light 'late Summer' lunch in the gorgeous Chameleon Café next to the lake. Free entry. <b>Please book by Wednesday 10<sup>th</sup> September</b>
Thursday 18 <sup>th</sup> September	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 24th September	Norley Methodist Church, Maddocks Hill, Norley, Frodsham WA6 8JT  Small Blue Badge car park in front of Church.	12-1.30	A delicious harvest-time homemade soup lunch provided by our friends at Norley Methodist Church. Soup, a hot drink and cake for a suggested donation of £5. <b>Please book by Friday 12th September.</b> (Parking also available on road at side of church or in Village Hall car park opposite)
Thursday 25 <sup>th</sup> September	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release 'Downton Abbey – The Grand Finale' . Come early for free refreshments. <b>Please book by 24<sup>th</sup> September and as early as possible for accessible seats</b>
Friday 26 <sup>th</sup> September	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. Short massages for carers and the return of Tosca, the PAT dog. *
Tuesday 30th September	The Lion at Malpas, 1 Old Hall St, Malpas, SY14 8NE	12-2	A wonderful outing for lunch at this delightful hotel. <b>Please book by Friday 26<sup>th</sup> September.</b> Order on the day.

Quiz answers: 1. The Romans. 2. The Fossdyke connecting Lincoln to the River Trent. 3. Over 2000 miles 4.1875 5. The Trent & Mersey Canal and The River Weaver

Credits: Wirral Community Narrowboat Trust \* Booking not essential but it helps if you can let Debbie know in advance.

Think about me, not my age