



Older People Active Lives

Carer Support Newsletter



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Issue 40: October 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 newly opened Golden Lion in Ashton which has been lovingly restored by the community. 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

DATES FOR YOUR DIARY

OPAL FASHION SHOW

Wednesday 15th October 2-4pm

Abbeywood Estate, CW8 2HS - £25

To book visit:

buytickets.at/opalservices

OPAL CHRISTMAS FAIR

Friday 21st November 3-5.30pm

Tarvin Community Centre, CH3 8LY

Afternoon Tea exclusively for OPAL
Carers at 2pm and first look at the
stalls- £10 please book via Debbie
and not online.



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 October 2025

Wednesday 1st October	Brio Leisure Memorial Court, Chesterway, Northwich CW9 5QJ	1-3	International Older People's Day – find out more about local services for Older People
Thursday 2nd October	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 Sept
Tuesday 7th October	The Golden Lion, Kelsall Road, Ashton Hayes, CH3 8BH For the main menu see: https://goldenlionashtonhayes.co.uk/	12-1.30	An opportunity to sample the lunchtime fare at the long-awaited Golden Lion in Ashton. Small plates and sandwiches are available at reasonable prices. Order on the day. Book by Monday 6th Oct
Thursday 9th October	Abbeywood Estate, The Garden Café, Chester Road, Delamere, CW8 2HS Followed by (12noon): Delamere Farm Shop, Station Rd, Delamere, CW8 2HZ	10.30-1	A late breakfast or morning coffee in the beautiful Autumnal setting of Abbeywood. Afterwards why not join us for a trip to the delightful Delamere Farm Shop where you can purchase local seasonal produce and admire the Pumpkin Patch. *
Tuesday 14th October	The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD. **Please note places are limited and priority will be given to those who live in Frodsham and surrounding villages. If you live further afield why not try one of our other lunches this month?	12.30-2	Join us for the ever popular "Chippy Tuesday" at this beautiful pub. £10 for regular Haddock, Scampi or Haloumi and chips, or something from the main menu at www.whitelionalvanley.co.uk Pre-orders by Wednesday 8th October please.
Thursday 16th October	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 glorious Autumnal trees surrounding the golf course.*
Wednesday 22nd October	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	A delicious Autumnal afternoon tea and seasonal quiz. Suggested donation £5. Please book by Friday 17th October
Thursday 23rd October	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-12.30	A relaxed viewing of recent film release 'The Golden Spurtle' Come early for free refreshments. Please book by 22nd Oct
Tuesday 28th October	Cock O'Barton, Barton Rd, Barton, Malpas, SY14 7HU	12.30-2	Another opportunity to have lunch in this lovely hotel. You can order on the day but please book by Monday 27th October.
Friday 31st October	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. *

* Booking not essential but it helps if you can let Debbie know in advance.

Think about me, not my age