



Older People Active Lives

Carer Support Newsletter



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Issue 41: November 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 'Chippy Tuesday' at The Plough in Whitegate, and of course the OPAL Christmas Fair and Afternoon Tea. 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



FRIDAY 21st NOVEMBER

Tarvin Community Centre

Afternoon Tea exclusively

for OPAL Carers at 2pm

£10 per person

*******DATE FOR YOUR DIARY*******

Fancy a free trip to Storyhouse to see their Christmas Show **Beauty & The Beast**? We will go as a group on Saturday 6th December, 2pm

Free tickets available from Debbie



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 November 2025

Tuesday 4th November	Weetwood Brewery, Common Ln, Kelsall, Cheshire, Tarporley CW6	10.30-12	Start the month with excellent coffee, free seasonal cakes and a chance to browse the Weetwood range *
Thursday 6th November	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 £10. Please Book by Monday 3rd November.
Tuesday 11th November	The Plough, Beauty Bank, Whitegate, Northwich CW8 2BP Or The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD. **Please let Debbie know which pub you want to join us at. Sue will be at Whitegate and Debbie at Alvanley.	12.30-2	Join us for the ever popular "Chippy Tuesday" at one of these lovely village pubs. £10 for regular Haddock, Scampi or Haloumi and chips, or something from the main menu at www.ploughwhitegate.co.uk/ www.whitelionalvanley.co.uk Pre-orders by Wednesday 5th November please.
Thursday 13th November	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30-12	Join us for a catch up with friends over breakfast or coffee and a chance to visit the wonderful farm shop*
Tuesday 18th November	Bellis Brothers, Wrexham Rd, Holt, LL13 9YU	10.30-12	A late breakfast or early lunch in the Strawberry Fields restaurant followed by some early Christmas shopping*
Wednesday 19th November	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	1.30-3.30	A fun way to start your Christmas preparations by making an easy glass Christmas tree ornament. Free refreshments. Please book by Monday 17th November
Friday 21st November	OPAL Christmas Fair & Afternoon Tea, Tarvin Community Centre, Meadow Cl, Tarvin, CH3 8LY	2-3.30	A delicious afternoon tea just for the OPAL Carers group followed by a first look at the Christmas Market stalls. £10 – Please book in advance with Debbie
Thursday 27th November	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1.30	A relaxed viewing of the third film in the 'Knives Out' series starring Daniel Craig. Free tickets and come early for complimentary refreshments. Please book by 26th November
Friday 28th November	Tarporley Chapel, High St, Tarporley, CW6 0AG (Church car park on left)	2-3.45	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 *

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

Think about me, not my age