

HAPPY NEW YEAR

★ 2026 ★



Older People Active Lives

Carer Support Newsletter



Older People Active Lives

Issue 43: January 2026

Happy New Year from the Carer Support Team at OPAL! This month we are particularly looking forward to a visit from Virginia Kettle who will bring objects to spark memories, curiosity and laughter and entertain us in song. Please take note overleaf of those outings you need to book for and let Debbie know.

We hope to see you at an outing soon!

Debbie & Sue

JANUARY QUIZ

Can you guess which language the following names for January are from?

1. *Siječanj* (from *sjeći*, "to cut" trees)
2. *Leden* (from *led*, "ice")
3. *Tammikuu* (*tammi* "center/oak" + *kuu* "month")
4. *Ocak* ("Hearth" or "Stove," referring to winter)
5. *Am Faoilleach* ("wolf ravaging time")
6. *Ianuarius* (Month of Janus, god of beginnings)
7. *Tháng Một* ("Month One")
8. *mwedzi weNdira* ("Month of the Ndira beetle")



OPAL CARER SUPPORT

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

Contact

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

sue.downham@opalservices.org.uk
07483316158

OPAL Carer Support Activities January 2026

Tuesday 6 th January	Weetwood Brewery, Common Ln, Kelsall, Cheshire, Tarporley CW6	10.30-12	Start the year with excellent coffee, free cakes and a chance to catch up with friends in the elegant Weetwood Taproom *
Thursday 8 th January	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 5th January
Tuesday 13 th January	Cock O'Barton, Barton Rd, Barton, Malpas, SY14 7HU	12.30-2	A delightful New Year's lunch in this lovely hotel. You can order on the day but please book by Monday 12th January.
Thursday 15 th January	Abbeywood Estate, The Garden Café, Chester Road, Delamere, CW8 2HS	10.30-12	Join us by the roaring fire in the beautiful surroundings of Abbeywood for an excellent breakfast or coffee and cake *
Tuesday 20 th January	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	Why not 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 Tuesday 13th January please.
Wednesday 21st January	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	1.30-3.30	An afternoon to look forward to with the wonderful Virginia Kettle 'Stay Curious' objects, songs and stories for inquisitive minds. Free refreshments. Suggested donation £3. *
Thursday 29 th January	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1.30	A relaxed viewing of recent release 'Song Sung Blue' starring Kate Hudson and Hugh Jackman. Free tickets and come early for complimentary refreshments. Please book by 28th January
Friday 30 th January	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. *

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

Quiz answers: 1. Croatian. 2. Czech 3. Finnish 4. Turkish 5. Scottish Gaelic 6. Latin. 7. Vietnamese 8. Shona (Zimbabwe)

Credits: Gemini & Fogcosy

Think about me, not my age