



Older People Active Lives

Carer Support Newsletter



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Issue 44: February 2026

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 a pancake party on Shrove Tuesday and a trip to Chester Cathedral to see 'The Museum of the Moon' exhibit.

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

MOON QUIZ



1. Who was the first man to walk on the Moon?
2. What year was this?
3. Which artist made the 'Museum of the Moon'?
4. How far is it to the Moon?
5. What is a rare 13th full moon called in a year?



Carer Support Team

OPAL CARER SUPPORT

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

Contact
carers@opalservices.org.uk
or
debbie.dekock@opalservices.org.uk
07547 508280 (outings)
or
sue.downham@opalservices.org.uk
07483316158
(Carer Support at Home)

OPAL Carer Support Activities February 2026

Tuesday 3 rd February	Bellis Brothers, Wrexham Rd, Holt, LL13 9YU	10.30-12	A late breakfast or early lunch in the Strawberry Fields restaurant followed by a chance to visit the wonderful garden centre*
Thursday 5 th February	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS (Car park behind)	12-2	A delicious homemade Community lunch. All OPAL Carer Support group members are welcome. Suggested donation £10. Please Book by Monday 2nd February
Wednesday 11 th February	Kelsall Hill Equestrian Centre, Organsdale Farm, Middlewich Rd (near Kelsall), CW6 0SR	12.30-2	A delightful lunch or tea and cake upstairs in the Urchin's Kitchen café overlooking dressage in the arena. You can order on the day but please book by Tuesday 10th February Lift available
Thursday 12th February	Abbeywood Estate, The Garden Café, Chester Road, Delamere, CW8 2HS	10.30- 12	Come and join us in the beautiful surroundings of Abbeywood for an excellent breakfast or coffee and cake *
Tuesday 17 th February	Frodsham Methodist Church, Kingsey Road, Frodsham, WA6 6BA	2.30-4	Why not join us on Shrove Tuesday for a pancake party with delicious toppings? Suggested donation £5. Please book by Friday 13th February
Wednesday 18th February	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	1.30- 3.30	A fascinating talk about Fly Fishing by our very own Robert Proctor. Free refreshments. Suggested donation £3. *
Thursday 26 th February	Storyhouse Cinema, Hunter St, Chester, CH1 2AR followed by Chester Cathedral, St. Werburgh St, Chester, CH1 2DY (Blue badge holders can show your badge to the staff in the hut by the barriers in front of the Town Hall on Northgate St. and they will lower them so you can park in St. Werburgh St)	11-1.15 1.30 – 3	A relaxed viewing of Golden Globe Best Motion Picture 'Hamnet'. Free tickets and come early for complimentary refreshments. Please book by 25th February After the film why not join us just over the road at Chester Cathedral for lunch and a visit to 'The Museum of the Moon' exhibit. £5 suggested donation to Chester Cathedral. You can also just arrive for 1.30pm and join us at the Cathedral. Book by 25th February
Friday 27 th February	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, and a visit from Tosca, our friendly PAT dog *

* Booking not essential but it helps if you can let Debbie know in advance. N.B. Outings will be cancelled if there is heavy snow.
Quiz answers: 1. Neil Armstrong 2.1969 3. Luke Jerram 4. 238,855 miles 5. Blue Moon

Think about me, not my age