



Older People Active Lives

# Carer Support Newsletter



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Issue 45: March 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 our outing to Storyhouse to see their highly acclaimed production of Macbeth, and our first visit to The Sheep Shed Café at Bradeley Green (Whitchurch). 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



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## OPAL SOUP LUNCH

KELSALL COMMUNITY CENTRE

FRIDAY 6<sup>th</sup> MARCH 2026

1-3pm

Home-made soup, cakes,  
and a hot drink

£10 + Raffle

Book by Monday 2<sup>nd</sup> March



## 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](mailto: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 March 2026

Thursday 5 <sup>th</sup> March	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. <b>Please Book by Monday 2<sup>nd</sup> March</b>
Friday 6 <sup>th</sup> March	Kelsall Community Centre, Chester Road, Kelsall, CW6 0SB (Main car park on the left with disabled spaces on the right in front of social club)	1-3	Join us for the ever-popular OPAL Soup lunch fundraiser. A choice of homemade soup and cakes and a hot drink. Tickets £10 on the door + Raffle <b>Bookings by 2<sup>nd</sup> March</b>
Tuesday 10 <sup>th</sup> March	The Sheep Shed, Bradely Green Lane, Tarpoley Rd, Whitchurch, SY13 4HD (For disabled parking drive to the right of the office building, and park in front of café)	12.30-2	A delightful lunch in this pretty countryside cafe. You can order on the day but <b>please book by Monday 9<sup>th</sup> March.</b>
Thursday 12 <sup>th</sup> March	The Lounge, Chester Road, Oakmere, CW8 2EU	10.30- 12	Come and join us for an excellent breakfast or coffee and cake, and a catch up *
Saturday 14 <sup>th</sup> March	Storyhouse Theatre, Hunter St, Chester, CH1 2AR	2-4.30	We have free tickets for Storyhouse's highly rated production of <b>Macbeth</b> . Please <b>book by Tuesday 10<sup>th</sup> March</b>
Tuesday 17 <sup>th</sup> March	The Alvanley Arms, Forest Road (A49) Cotebrook, CW6 9DS or The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD. **Please let Debbie know which pub you want to join us at.	12.30-2	Why not join us for the ever popular "Chippy Tuesday" at one of these lovely village pubs? £12 for regular Haddock, Scampi or Haloumi and chips, or something from the main menu at <a href="http://www.alvanleyarmscotebrook.co.uk">www.alvanleyarmscotebrook.co.uk</a> <a href="http://www.whitelionalvanley.co.uk">www.whitelionalvanley.co.uk</a> <b>Pre-orders by Tuesday 10<sup>th</sup> March please.</b>
Wednesday 18th March	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	Debs Ayerst returns to help us make Spring themed glass decorations. Free refreshments. Suggested donation £3 *
Thursday 26 <sup>th</sup> March	Storyhouse Cinema, Hunter St, Chester, CH1 2AR followed by the option to visit: Chester Cathedral, St. Werburgh St, Chester, CH1 2DY (Blue badge parking on St. Werburgh St. Show badge at barrier on Northgate St)	11- 12.45  1 - 3	A relaxed viewing of recent film release <i>Mother's Pride</i> . Free tickets and come early for complimentary refreshments. Booking opens via Debbie on <b>Wednesday 5<sup>th</sup> March</b> Why not join us afterwards at Chester Cathedral for the free organ recital at 1.10 – 1.50 and / or some lunch in the refectory?
Friday 27 <sup>th</sup> March	Tarpoley Chapel, High St, Tarpoley, CW6 0AG (Church car park on left)	2-4	<b>Carer Friday support group</b> with activities in a different room for the person you care for. Hand massages for carers, and a visit from Tosca, our friendly PAT dog *

Think about me, not my age