



Older People Active Lives

Carer Support Newsletter



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Issue 46: April 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 Easter lambs at Rose Farm and Spring flowers at Abbeywood. 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



New Door-to-Door Mini-Bus Service from 1st APRIL 2026 for:

- Over 80's or those receiving either
- Disability Living Allowance (mobility component)
- Personal Independence Payment (PIP)
- Attendance Allowance
- or with a health reason why they cannot access public transport

To Book call: 01606 784100



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 April 2026

Wednesday 1 st April	Rose Farm Coffee Shop (New Room), John Street, Utkinton, Tarporley, Cheshire, CW6 0LP	10.30-12	Get ready for Easter at Rose Farm with a delicious breakfast or morning coffee followed by a chance to see Spring lambs and visit the Farm Shop*
Thursday 2 nd April	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 30th March
Tuesday 7 th April	Weetwood Brewery, Common Ln, Kelsall, Cheshire, Tarporley CW6	10.30-12	Excellent coffee, free cakes and a catch up with friends in the elegant Taproom *
Thursday 9 th April	Abbeywood Estate, The Garden Café, Chester Road, Delamere, CW8 2HS	10.30-12	An opportunity to admire the Spring flowers over a wonderful breakfast or coffee and cake in this beautiful Café *
Tuesday 14 th April	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 would like 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 www.ploughwhitegate.co.uk/ www.whitelionalvanley.co.uk Pre-orders by Tuesday 7th April please.
Wednesday 15 th April	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	Our very own Margaret Hawes will be giving a talk about her fascinating life travelling the world as an Army wife. Free refreshments. Suggested donation £3 *
Tuesday 21 st April	Cock O’Barton, Barton Rd, Barton, Malpas, SY14 7HU	12.30-2	A delightful lunch in this lovely hotel. You can order on the day but please book by Monday 20th April.
Friday 24 th April	Tarporley Chapel, High St, Tarporley, CW6 0AG (Church car park on left)	2-4	Carer Friday support group with activities in a different room for the person you care for. Short massages for carers, and a visit from Tosca, our friendly PAT dog *
Wednesday 29 th April	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL	10.30-12	A welcome return to Pryors Hayes for a golfer’s breakfast and a view of the course *
Thursday 30 th April	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-12.45	A relaxed viewing of recent film release <i>Midwinter Break</i> . Free tickets and come early for complimentary refreshments. Booking opens via Debbie on Wednesday 2nd April

Think about me, not my age