



Older People Active Lives

# Carer Support Newsletter



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Issue 48: June 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 some lovely free events to celebrate Carers Week and the OPAL Summer Soiree. 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 please contact Sue.

Hope to see you soon!

Debbie & Sue



**Weds 10<sup>th</sup> June 4.30-7pm**

## **OPAL Summer Soiree**

**The Dial House**

Tirley Lane, Kelsall, CW6 0PF

**Join us for Tea and Cake  
and a glass of Rosé**

Tickets £15 in aid of OPAL & Raffle

[www.buytickets.at/opalservices](http://www.buytickets.at/opalservices)

or from

[juliet.compston@opalservices.org.uk](mailto:juliet.compston@opalservices.org.uk)



## **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](mailto:debbie.dekock@opalservices.org.uk)  
07547 508280 (outings)

or

[sue.downham@opalservices.org.uk](mailto:sue.downham@opalservices.org.uk)  
07483316158

(Carer Support at Home)

# OPAL Carer Support Activities June 2026

Tuesday 2 <sup>nd</sup> June	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 4 <sup>th</sup> June	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 1<sup>st</sup> June via Sue</b> <a href="mailto:sue.downham@opalservices.org.uk">sue.downham@opalservices.org.uk</a>
Tuesday 9 <sup>th</sup> June	Tilston Village Hall, Tilston, nr Malpas, SY14 7HH	3.30-5	A delicious free afternoon tea to celebrate Carers Week. <b>Book with Sue by 4<sup>th</sup> June</b> <a href="mailto:sue.downham@opalservices.org.uk">sue.downham@opalservices.org.uk</a>
Thursday 11 <sup>th</sup> June	The Drays Coffee Shop, Lower Lane, Eaton, CW6 9AN	2.30-4	Join us in this lovely location for a free cream tea to celebrate Carers Week. <b>Please Book by Tuesday 9<sup>th</sup> June via Debbie</b>
Wednesday 17 <sup>th</sup> June	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	A fun poetry reading session, with some old favourites, run by Val, our Hub volunteer. Free refreshments. Suggested donation £3 *
Thursday 18 <sup>th</sup> June	Abbeywood Estate, Café and Gardens, Chester Road, Delamere, CW8 2HS	10.30-12	An opportunity to catch up over a wonderful breakfast or coffee and cake in the lovely Café, followed by a visit to the beautiful gardens – <b>free garden entry*</b>
Thursday 25 <sup>th</sup> June	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of a recent film – see <a href="http://www.opalservices.org.uk/carers-events/">www.opalservices.org.uk/carers-events/</a> for details. Free tickets and come early for free refreshments. <b>Book by Friday 19<sup>th</sup> June</b>
Friday 26 <sup>th</sup> June	Tarporley Chapel, High St, Tarporley, 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. Go-online IT support to help with your phone, tablet etc. Short massages for carers, and a visit from our friendly PAT dog *
Tuesday 30 <sup>th</sup> June	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL	10.30-12	Enjoy a golfer's breakfast and a view of the course. Best bacon sandwiches around *
Thursday 2 <sup>nd</sup> July	The Chameleon Café, Manley Mere, Manley Lane, Manley, WA6 0PE	12-2	No Kelsall community lunch now until September so why not join us at Manley Mere for a delicious light lunch with views of the lake. Almost like being on holiday! <b>Please book by 30<sup>th</sup> June with Debbie</b>

\*No need to book for outings marked \* but it is always helpful to let us know in advance if you are planning to come.

Think about me, not my age