



Older People Active Lives

Carer Support Newsletter



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Issue 47: May 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 summer themed nostalgia session at Kelsall Hub with Virginia Kettle, and the open gardens at Manley Knoll.

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



Sunday 17th May 12-5pm

Manley Knoll

Manley Road, Manley, WA6 9DX

Open Gardens

**Home-made teas & plant stall
in aid of OPAL**

Admission £7.50

Pay on arrival - card machine available

Garden access can be difficult in parts with steps and there is a bit of a walk from the car park



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 May 2026

Tuesday 5 th May	Urchin's Kitchen, Kelsall Hill Equestrian Centre, Organsdale Farm, Middlewich Rd (near Kelsall), CW6 0SR. Lift available	10.30-12	Start the month with a wonderful breakfast or morning coffee and cake with a chance to see some horses in action *
Thursday 7 th May	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 4th May
Tuesday 12 th May	The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD. ** We will all be together at the White Lion this month. Cancellation possible until 10am on the day.	12.30-2	Why not join us for the ever popular "Chippy Tuesday" at this lovely village pub? £12 for regular Haddock, Scampi or Haloumi and chips, or something from the main menu at www.whitelionalvanley.co.uk Pre-orders by Tuesday 5th May please.
Thursday 14 th May	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 *
Tuesday 19 th May	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*
Wednesday 20 th May	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	Virginia Kettle will share summertime memory objects and song. Free refreshments. Suggested donation £3 *
Thursday 28 th May	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of comedy mystery <i>The Sheep Detectives</i> with Hugh Jackman. Free tickets and come early for complimentary refreshments. Book your seat anytime until Friday 22nd May via Debbie
Friday 29 th May	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 *
Tuesday 2 nd 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 th 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. Please Book by Monday 1st June via Sue sue.downham@opalservices.org.uk 07483316158

* 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