



Older People Active Lives

Carer Support Newsletter



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Issue 49: July 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 Music Train outing and an Alice in Wonderland themed afternoon tea at Dormouse Haven Tea Rooms.

Please take note overleaf of those outings you need to book for and let Debbie know by phone or email. We will also be having a retirement party for Sue during our Carer Friday session on 31st July. We are very sorry to see her go but hope she will come back to see us before too long.

We hope to see you at an outing soon!

Debbie & Sue



Carers Training and Information Day
Thursday 9th July
Frodsham Community Centre
9.30-2pm

Drop in for short talks and stalls to help with your caring role. Free buffet lunch if you book in advance on 0300 102 0008 or email training@cheshireandwarringtoncarers.org
OPAL staff can stay with the person you care for in the hall while you visit stalls or attend talks. Talks on energy saving, scams awareness and legal advice. Also, complimentary therapies.



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.decock@opalservices.org.uk
07547 508280 (outings)

or

sue.downham@opalservices.org.uk
07483316158
(Carer Support at Home)

OPAL Carer Support Activities July 2026

Thursday 2 nd 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. *
Tuesday 7 th July	Mouldsworth Station, Station Rd, Mouldsworth, CH3 8AJ Followed by: The Goshawk, Station Road, Mouldsworth, CH3 8AJ Free parking available in the Goshawk Car Park Parking fee applies in both Mouldsworth (45810) and Delamere (45818) station car parks. Pay in advance at www.RingGo.co.uk , download the RingGo app or call 0113 8090070. Platform level parking available at Delamere on both sides. Ramps will be available to access the train at both stations. Goshawk open from 11am	11 – 2	Join us for an exciting free outing on The Music Train! We will travel from Mouldsworth Station on the 11.27am to Chester and back on the same train in the company of Virginia Kettle and The Rolling Folk, who will also serenade us over a free sandwich and chip buffet lunch in The Goshawk when we return. Option to join and leave the train at Delamere (11.22 train) for easier access or just attend the Goshawk from 12 noon. Please arrive by 11.10 am at Mouldsworth Station, or 10.50 at Delamere to pay for parking. Book by 4th July please
Thursday 9 th July	Frodsham Community Centre, Fluin Lane, Frodsham, WA6 7QN	9.30-2	Carers Training and Information Day. Talks and stalls. We will look after the person you care for in the hall while you attend talks *
Thursday 9 th July	Malpas OPAL Club, Craddock Court, Craddock St, Malpas, SY14 8QY (Please drop off in front and park in neighbouring roads, rather than in front of Craddock Court)	10-11.30	Musical entertainment from the wonderful Sheila Callaghan and refreshments with our friends at Malpas OPAL Club. Limited numbers. Please book by 6th July. Suggested donation £3 or £5 for two.
Tuesday 14 th July	The Lion at Malpas, 1 Old Hall St, Malpas, SY14 8NE	12-2	Join us for a summer lunch with friends Please book by Monday 13th July
Wednesday 15 th July	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	<i>Apps and Crafts.</i> Our Go-online colleagues will be with us to help you install and use the NHS app. Also, a summer craft session for everyone to enjoy. Suggested donation £3 *
Sunday 19 th July	Grosvenor Park Open Air Theatre. Vicars Lane, Chester, CH1 1QQ Nearest parking is on Grosvenor Park Terrace (via Dee Lane), or Pepper St Car Park - both a bit of a walk to the theatre.	2-4 (arrive from 1pm for a picnic)	Join us to watch the musical <i>Let the Sunshine in</i> at Grosvenor Park Theatre. Free tickets. Seating will be on benches, with padded backrest cushion seats (open to the elements). Book by Thursday 16th July pls
Thursday 23 rd July	Dormouse Haven Tea Room, Bridge Farm, Warrington Road, Acton Bridge near Northwich, CW8 4QU	12.30-2.30	A delightful Alice in Wonderland themed mini afternoon tea with sandwiches, soup, and tiny cakes for £15. Book by 20th July
Thursday 30 th July	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film <i>The Christophers</i> . Free tickets and come early for free refreshments. Book by 29th July
Friday 31 st July	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. A party for Sue, short massages for carers, and a visit from Tosca, our PAT dog *

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