



Older People Active Lives

Carer Support Newsletter



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Issue 50: August 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. We are looking forward to our trip to the Grosvenor Park Open Air Theatre to see Robin Hood on 13th August and also to our annual canal trip on 1st September. Please take note overleaf of those outings you need to book for and let me know by phone or email.

I hope to see you at an outing soon!
Debbie



OPAL Carers Annual Canal Trip Tuesday 1st September 2026 11am to 3pm

Please put the date in your diary for our annual canal trip from The Cheshire Cat in Christleton to Tattenhall Marina and back. We are very grateful to the Wirral Community Narrowboat Trust for sponsoring this trip for us on two fully accessible canal boats. Please book as soon as possible for this one as spaces will fill up fast.



To make you smile...

Which vegetable is not allowed
on a canal boat?

A Leek!

OPAL CARER SUPPORT

Unpaid Carers over 60 or
those caring for someone
over 60 in rural West
Cheshire are welcome.

Contact

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OPAL Carer Support Activities August 2026

Thursday 6 th August	The Lounge, Chester Road, Oakmere, CW8 2EU	12-2	There is no Kelsall community lunch until September so why not join us at The Lounge for a delicious light lunch? You can order on the day but please book by 5th August.
Tuesday 11 th August	Cock O'Barton, Barton Rd, Barton, Malpas, SY14 7HU	12.30-2	A delightful lunch at this lovely hotel. You can order on the day but please book by Monday 10th August.
Thursday 13 th August	Grosvenor Park Open Air Theatre. Vicars Lane, Chester, CH1 1QQ Nearest parking is on Grosvenor Park Terrace by the river (via Dee Lane), or Pepper St or Eastgate Car Parks - both a bit of a walk to the theatre.	4-6.15 (arrive from 3.30)	Join us to watch <i>Outlaws: A Robin Hood Story</i> at Grosvenor Park Theatre. Free tickets. Seating will be on benches, with padded backrest cushion seats (open to the elements). Book by 11th August please
Tuesday 18 th August	The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD. Cancellation possible until 10am on the day.	12.30-2	We are back 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 Tues 11th August please
Wednesday 19 th August	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	An exciting visit from Cheshire Cats Vintage Motor Cycle Club (VMCC) and wonderful cakes as always. Suggested donation £3 *
Thursday 27 th August	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of <i>Virginia Woolf's Night and Day</i> . Free tickets and come early for free refreshments. Book by 26th August
Friday 28 th August	Tarporley Chapel, High St, Tarporley, CW6 0AG (Church car park on left of church)	2-4	Carer Friday support group with activities in a different room for the person you care for which this month will be a special Seaside-themed session— please bring sunhats and sunglasses to get in the mood. Also, short massages for carers, and a visit from Tosca, our PAT dog *
Tuesday 1 st September	Meet at The Cheshire Cat Pub, Whitchurch Rd, Christleton, Chester, CH3 6AE (Please park in the pub car park, but away from the pub)	11 – 3 (approx.) Please arrive by 10.45	Accessible Narrowboat trip from the Cheshire Cat Pub to Tattenhall Marina and back along the glorious Shropshire Union Canal. Packed lunch £5. Please book as soon as possible as places are limited and by Weds 26th August at the latest. (Please also let us know if you would prefer to do just one leg - approx. 2 hours)
Thursday 3 rd September	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS (Car park behind)	12-2	This delicious homemade Community lunch is back! All OPAL Carer Support group members welcome. Suggested donation £10. Please Book by Monday 31st August

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