



Older People Active Lives

Carer Support Newsletter



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Issue 51: September 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 canal trip on 1st September and also the poetry session at the Wellbeing Hub. 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



SEPTEMBER QUIZ

1. What is the name given to festivals to celebrate successful crops at this time of year?
2. Which world-famous festival, held annually in Munich, Germany, happens this month despite its name?
3. Queen Elizabeth the first was born on 17 September 1533, can you name her mother?
4. Which British Prime Minister exclaimed on the 30th of September, 1938, "I believe it is peace for our time"?
5. On the 9th of September, 1513, James IV of Scotland was killed at which battle?

To make you smile...

Why did the Scarecrow win an award?

Because he was outstanding in his field!



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 September 2026

Tuesday 1 st September	Meet at The Cheshire Cat Pub, Whitchurch Rd, Christleton, CH3 6AE (Please park in pub car park away from the pub building)	11 – 3 (approx.) 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. Fully Booked.
Thursday 3 rd September	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS (Car park behind)	12-2	A delicious homemade Community lunch. All OPAL Carer Support group members welcome. Suggested donation £10. Please Book by Monday 31st August
Thursday 10 th September	Abbeywood Estate Café, Chester Road, Delamere, CW8 2HS	10- 11.30	An opportunity to catch up over a wonderful breakfast or coffee and cake in this lovely café *
Tuesday 15 th September	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 16 th September	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 24 th September	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent WW2 film <i>Pressure</i> . Free tickets and come early for free refreshments. Book by 23rd September
Friday 25 th September	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 Also, short massages for carers, and a visit from Tosca, our PAT dog *
Tuesday 29 th September	The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD. Cancellation possible until 10am on the day.	12.30-2	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 such as a baked potato £8-£9 or soup £7. Pre-orders by Tues 22nd Sept please
Thursday 1 st October	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS (Car park behind)	12-2	A delicious homemade Community lunch. All OPAL Carer Support group members welcome. Suggested donation £10. Please Book by Monday 28th September

*No need to book for outings marked * but it is always helpful to let us know in advance if you are planning to come.
Credit: freepubquiz.co.uk and Pixabay

Think about me, not my age