



Older People Active Lives

Carer Support Newsletter



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Issue 52: October 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. Please take note overleaf of those outings you need to book for and let Debbie know by phone or email. This month we are delighted to welcome Karen Sharpe to our team who will be looking after our Carer Support at Home service which arranges for a volunteer to drop by for a regular sociable visit. If appropriate this may allow you as a carer to have some time to yourself.

We hope to see you at an outing soon!



Debbie & Karen



ONLINE AUCTION

9th October 2pm-18th October 6pm

Fancy a private garden tour with afternoon tea, a massage, hamper or case of wine? Why not bid on some of the exciting items and experiences donated in aid of OPAL?

To enter visit:
www.jumblebee.co.uk/opalonlineauction2026



Carer Support

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

Contact

Debbie de Kock

debbie.dekock@opalservices.org.uk
07547 508280

Karen Sharpe

Karen.sharpe@opalservices.org.uk
07483 316158

OPAL Carer Support Activities October 2026

Thursday 1 st October	Weetwood Brewery, Common Lane, Kelsall, CW6 0PY	10.30-12	Start the month in style with wonderful coffee and free cakes in the delightful tap room at Weetwood. A chance to visit the shop too! *
Tuesday 6 th October	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS (Car park behind)	12-2	A change of menu at our favourite community lunch with delicious homemade soup this month followed by all the usual fabulous desserts. Suggested donation £7.50. Please Book by Friday 2nd October
Thursday 8 th October	The Lounge, Chester Road, Oakmere, CW8 2EU	10.30-12	Catch up with friends over an excellent breakfast or coffee and cake followed by an optional visit to Delamere Farm Shop and Pumpkin Patch. *
Tuesday 13 th October	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 12th October
Friday 16 th October	Storyhouse, Garret Theatre, Hunter St, Chester, CH1 2AR (why not stay for lunch at Chester Cathedral refectory afterwards?)	11-12	Join us for a fascinating journey through Chester's local and civic history, featuring a special presentation by the Sheriff of Chester, whose role dates back to 1121. Part of the Storyhouse Elders festival. Free. Please book by Thursday 15th October
Tuesday 20 th October	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. Pre-orders by Tues 13th October please
Wednesday 21 st October	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	The much-anticipated return of Debs Ayerst to lead us in an Autumnal glass making craft session. Suggested donation £3 * This is likely to be popular so please book by Tuesday 20th October.
Thursday 29 th October	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent release <i>Sense and Sensibility</i> . Free tickets and come early for complimentary refreshments. Book by 28th October
Friday 30 th October	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 3 rd November	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS (Car park behind)	12-2	A delicious homemade light lunch with amazing desserts. All OPAL Carer Support group members welcome. Suggested donation £7.50. Please book by Friday 30th October.

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