



Older People Active Lives

Carer Support Newsletter



Issue 24: June 2024

Welcome to the monthly newsletter for unpaid carers in rural West Cheshire from the Carer Support team at OPAL (formerly Breaktime). This month we are looking forward to two opportunities to celebrate the 80th Anniversary of the D-Day landings, and two afternoon tea events for Carers Week. Please take note overleaf of those outings you need to book for and let Debbie know by phone or email. You are welcome to attend all our events with the person you care for unless specified. Hope to see you soon!

Debbie, Maria and Fiona

It starts with a J...

1. An African animal related to the wolf and the dog
2. Dark evergreen plant used in cooking, medicine, and to flavour gin
3. A climbing plant with fragrant white flowers
4. A genre of music started by African Americans in the early 20th century
5. A large bath where jets of water emerge to massage the body
6. A wild cat from South America
7. A Mexican pepper



CARERS ASSESSMENT

Have you had a carers assessment to see what help is available to make your life easier? Organised by CWAC Council it might recommend things like respite care, gym membership, household help, training on how to lift safely, support groups and advice on benefits. If you qualify it will result in a care and support plan, advice and possibly funding.

Contact Adult Social Care Services on 0300 123 8123 to arrange this.



Carers Week Afternoon Tea

Cheshire and Warrington Carers Trust are holding an afternoon tea for unpaid Carers at Abbeywood Estate on Wednesday 12th June.

11-2.30 with free entry to the gardens, entertainment, and information stands. More overleaf.

Answers: 1. Jackal 2. Juniper 3. Jazz 4. Jasmine 5. Jacuzzi 6. Jaguar 7. Jalapeño

OPAL Carer Support Activities June 2024

Tuesday 4 th June	St. Alban's Church, 6 Church Bank, Tattenhall, CH3 9QE On-street parking available on Chester Road at the side of the Church (on the opposite side of the road to the Primary school).	10.30-12	Join our friends from Tattenhall and Malpas OPAL Clubs to celebrate the 80 th Anniversary of the D-Day landings with a concert by Tattenhall Village Choir of wartime singalong songs. Free Refreshments* A 50 yard gravel path links Chester Road to the Church. Access also possible via Church Bank off the High Street, but parking and turning difficult.
Thursday 6 th June	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-1.30	A delicious homemade Community lunch with a D-Day theme. All OPAL Breaktime members welcome. Suggested donation £8. Please Book by 4th June
Wednesday 12 th June	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS	11-2.30	Free Carers Week Afternoon Tea and entertainment for carers only in the Glasshouse at Abbeywood organised by Carer's Trust. OPAL will provide an option for the person you care-for to sit in the adjacent café with our volunteers from 11-1 when there will be an opportunity to join together again to visit the gardens. Limited places. Book by 4th June.
Thursday 13 th June	Malpas OPAL Club, Craddock Court, Craddock St, Malpas, SY14 8QY Parking available in adjacent streets, not at Craddock Court.	10.15-12	A summer musical morning and light refreshments with our friends at Malpas OPAL Club. Places limited due to the venue size. Priority given to local carers and those they care for. Suggested donation £3. Please book by 12th June.
Tuesday 18 th June	Rose Farm Coffee Shop, John St, Utkinton, CW6 0LP	10.30-12	A catch up over breakfast or a hot drink and cake, and the opportunity to visit the animals and shops. We will be in the "new room" part of the cafe*
Wednesday 19 th June	Cuddington & Sandiway Village Hall, 93 Norley Road, Cuddington, CW8 2LA	2-4	Our own OPAL Carers Week Celebration. Come along for a delicious free afternoon tea to recognise the wonderful contribution of unpaid carers. All welcome. Please book by Friday 14th June.
Thursday 27 th June	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release "The Fall Guy". Come early for complimentary refreshments, Free. Please book by Tuesday 25th June
Friday 28 th June	Tarporley Chapel, High St, Tarporley, CW6 0AG (Use Chapel Car park on left, or Community Centre opposite)	2-4	Carer Friday support group, with activities in a different room (separated by a glass screen) for the person you care for, including a visit from Tosca the PAT dog. Free refreshments. *

Unpaid Carers over 60, or those caring for someone over 60 in rural West Cheshire are always welcome. If you would like to join us please contact:

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Credits: Golden Carers & Pixabay. * Booking not necessary but it is helpful if you can let Debbie know if you plan to attend.

Think about me, not my age