



Older People Active Lives

Carer Support Newsletter



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Issue 26: August 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 a talk on Bread making, a musical recital in aid of OPAL, and a trip to the Lost Barn for some excellent coffee. 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 if appropriate.

Hope to see you soon!

Debbie & Sue

Thank you Maria and Fiona!



This month marks the end of Maria and Fiona's time working with the Carers Group at OPAL. Both will continue with their other roles at OPAL - Maria with Food for Thought and Fiona with Go-Online - and we will look forward to joint events with them in the future. They have both made an excellent contribution to OPAL Carers Services. Many thanks to you both!



Welcome Sue!

This month we are looking forward to welcoming Sue Downham to work alongside Debbie to develop what we can offer to unpaid Carers and those you care for at OPAL. Sue says

"I am really excited to join the Opal team as a Carer Support Organiser. I am looking forward to meeting you all, getting stuck into the role and finding out what activities and events you have been enjoying"

OPAL Carer Support Activities August 2024

Tuesday 6th August	Frodsham Methodist Church, Kingsley Rd, Frodsham WA6 6BA (Please note this is NOT in the town centre, but on your right on your way out of Frodsham towards Kingsley, and has a good-sized car park)	2.30-4	A fascinating talk on creating handcrafted Bread by Liz Wilson from award winning bakery school "Ma Baker" with our friends from OPAL Food for Thought. Lots of delicious samples to try. Book by Monday 5th August please.
Thursday 8th August	Weetwood Brewery and Distillery Taproom, Common Lane, Kelsall, CW6 0PY	10.30-12	Tea, coffee and cake in this beautiful Taproom, and a chance to browse the Weetwood range in the Taproom shop. Please book by Tuesday 6th August.
Wednesday 14th August	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS	10.30-12	Catch up with friends over morning coffee with a choice of amazing cakes or a late breakfast. Please book by Tuesday 13th August.
Friday 16th August	The home of Rosemary and Max Weeks, 4 Higher Heyes Drive, Kingsley, WA6 8DF.	2-4	You are invited to an afternoon of piano music featuring duets and works by Debussy and Chopin amongst others followed by tea/coffee and cakes. £5 per ticket in aid of OPAL. Space limited so please book early and by 14th August at the latest.
Tuesday 20th August	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL (Members' Lounge)	10.30-12	A catch up over breakfast or morning coffee with a lovely view of the Golf course. *
Tuesday 27th August	The Lost Barn, Old Hall Farm, Tilston, SY14 7JE (off the main road between Tilston and Stretton. Please use google maps not Sat Nav)	12-2	Enjoy something delicious from the Brunch Menu and watch the coffee roasters in action. Beautiful wild flowers at this time of year. Book by Monday 26th August please.
Thursday 29th August	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release "Thelma". Come early for complimentary refreshments, Free. Please book by Tuesday 27th August.
Friday 30th August	Tarporley Chapel, High St, Tarporley, CW6 0AG Church Car park on left or park in 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. Free refreshments. *

* Booking not necessary but it is helpful if you can let Debbie know in advance.

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:
debbie.decock@opalservices.org.uk 07547 508280

Think about me, not my age