



Older People Active Lives

Carer Support Newsletter



Older People Active Lives

Issue 28: October 2024

Welcome to the monthly newsletter for unpaid carers in rural West Cheshire from the Carer Support team at OPAL. This month we are looking forward to some autumnal treats with a visit to a Pumpkin Patch, the OPAL Soup Lunch, and a musical afternoon tea. 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 with the person you care for if the outing is appropriate and safe for them.

Hope to see you soon!

Debbie & Sue

AUTUMN QUIZ

1. Which famous poet wrote Ode to Autumn?
2. What is a Harvest Moon?
3. In what month does Autumn start in the Southern Hemisphere?
4. Many birds migrate in Autumn - in which direction do they travel?
5. What do we celebrate on 31st October?
6. What is another name for Autumn?



What do you get when you drop a Pumpkin?

Squash!

STORYHOUSE

STORYHOUSE ELDERS

Monday 14 – Friday 18 October

Five days of art, film, singing, dance, photography, workshops, wellness activities and crafting all celebrating ageing creatively.

For more see: storyhouse.com



OPAL

SOUP LUNCH & BINGO

KELSALL COMMUNITY CENTRE

FRIDAY 11TH OCTOBER, 12.30-3

£10 + RAFFLE

Please book tickets A.S.A.P. via Debbie.

Unpaid Carers over 60, or those caring for someone over 60 in rural West Cheshire are always welcome. Contact: debbie.dekock@opalservices.org.uk 07547 508280 or sue.downham@opalservices.org.uk 07483316158

OPAL Carer Support Activities October 2024

Wednesday 2 nd October	Chameleon Café, Manley Mere, Manley Ln, Manley, Frodsham WA6 0PE	2-3.30	A get together for a hot drink and cakes with the opportunity for an autumnal lakeside stroll. Free entrance. Please book by Tuesday 1st October
Thursday 3 rd October	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-2	A delicious homemade Community lunch. All OPAL Carer Support group members welcome. Suggested donation £8. Please Book by Tuesday 1st October
Wednesday 9 th October	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS –then– Delamere Farm Shop, Station Road, Delamere, CW8 2JB	10.30- 12.30	Breakfast or morning coffee followed by a visit to the Pumpkin Patch at Delamere Farm Shop (weather permitting) Please book by Tuesday 8th October
Friday 11 th October	Kelsall Community Centre Chester Rd, Kelsall, CW6 0SB	12.30-3	Join us for a wonderful soup lunch followed by bingo and a raffle to raise much needed funds for OPAL. Tickets (£10) are likely to sell out so please book as early as possible - you can pay on the day.
Tuesday 15 th October	Tilston Village Hall, Malpas Road, Tilston nr Malpas, Cheshire SY14 7HH. Parking in car park or on road in front	10.30-12	Join us for a get together with free autumnal refreshments, and a chance to chat and get to know other carers. Suggested donation £3.*
Wednesday 16 th October	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	1.30- 3.15	A fun afternoon with autumn themed refreshments and a quiz. Suggested donation £3.*
Tuesday 22 nd October	Tarporley Community Centre, High St, Tarporley, CW6 0AY (Organised by Rotary)	2.30- 4.30	A foot tapping afternoon of "Tea and Music". Afternoon tea £7 per person. Funds raised to benefit children's education in South Africa, Bookings by Friday 18th Oct. Pay on the day.
Thursday 24 th October	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release "The Critic". Come early for complimentary refreshments, Free. Please book by 23rd October
Friday 25 th October	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. This month there will be a talk for carers on practical strategies to deal with anticipatory grief, and the loss of companionship and future plans, and the change in your role and identity, that can accompany being a carer. If you would prefer not to attend the talk you are welcome to join in with the cared-for group. *
Wednesday 30 th October	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*

Quiz answers: 1. John Keats 2. The moon closest to the Autumn Equinox 3. March 4. South. 5. Halloween 6. Fall

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

Think about me, not my age