



Older People Active Lives

# Carer Support Newsletter



Older People Active Lives

Issue 27: September 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 a canal trip from Christleton to Tattenhall, a morning admiring classic cars in Ashton, and the long-awaited return of the Kelsall Community Lunch. 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 appropriate.

Hope to see you soon!

*Debbie & Sue*



## Free Community support sessions for Carers

Tarporley War Memorial Hospital, 14 Park Road, Tarporley, CW6 0AP

### Tuesday 10<sup>th</sup> September

10.30am – 12pm How to plan for the future  
12.45pm – 2.15pm Confidence to care at the end of life

### Tuesday 24<sup>th</sup> September

10.30am – 12pm Understanding dementia  
12.45pm – 2.15pm Grieving before loss

### Tues 8<sup>th</sup> October

12.45pm – 2.15pm Grieving when caring ends



**TARPORLEY**  
WAR MEMORIAL HOSPITAL TRUST  
Registered Charity Number: 700336

To Book please email [info@eolp.org.uk](mailto:info@eolp.org.uk) or call 01270 310260

## FUNDRAISING UPDATE

We are delighted to report that the piano recital organised by Rosemary Weeks in August **raised £220** for OPAL! Thank you to everyone who joined us for a delightful afternoon and gave so generously. Our particular thanks to Rosemary for entertaining us so elegantly, and to Right at Home Mid-Cheshire for their donation of £50.  
([rightathome.co.uk/midcheshire/](http://rightathome.co.uk/midcheshire/))

## DATE FOR YOUR DIARY

### OPAL SOUP LUNCH & BINGO

**KELSALL COMMUNITY CENTRE**

**FRIDAY 11<sup>TH</sup> 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](mailto:debbie.dekock@opalservices.org.uk) 07547 508280 or [sue.downham@opalservices.org.uk](mailto:sue.downham@opalservices.org.uk) 07483316158**

# OPAL Carer Support Activities September 2024

Tuesday 3 <sup>rd</sup> September	Bellis Brothers, Wrexham Rd, Holt, LL13 9YU	10.30-12	A late breakfast or coffee and cake in the Strawberry Fields Restaurant and a chance to do some shopping. <b>Please book by Monday 2<sup>nd</sup> September</b>
Wednesday 4 <sup>th</sup> September	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	Free refreshments and a fascinating talk about model railways by Pam Holland who will bring one along for us to admire. Suggested donation £3 *
Thursday 5 <sup>th</sup> September	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS	12-1.30	A delicious homemade Community lunch. All OPAL Breaktime members welcome. Suggested donation £8. <b>Please Book by Tuesday 3<sup>rd</sup> September</b>
Wednesday 11 <sup>th</sup> September	Cheshire Cat Pub, Whitchurch Rd, Christleton, Chester, CH3 6AE  (Please park in the pub car park, but away from the pub building. Please arrive at 10.45)	11-3 (approx.)	Accessible Narrowboat trip from the Cheshire Cat Pub to Tattenhall Marina and back along the glorious Shropshire Union Canal. Packed lunch £5. <b>Please book as soon as possible as places are limited.</b> Priority will be given to those who did not go last year.  (Please also let us know if you would prefer to do just one leg of this journey (approx. 2 hours)
Thursday 12 <sup>th</sup> September	Fodder Cafe, Farralls Yard, Ashton Lane, Ashton Hayes, CH3 8AA  (on the left as you enter Ashton)	10.30-12.30	Breakfast or morning coffee in this delightful new café, with an opportunity to view some of the Farrall's Classic Car Collection. <b>Please book by Tuesday 10<sup>th</sup> September.</b>  (Please note that access to the café is quite narrow, with a small step down with a handrail)
Tuesday 17 <sup>th</sup> September	The White Lion, Manley Road, Alvanley, Frodsham, WA6 9DD  (Cancellation possible until the morning of 17 <sup>th</sup> September)	12.30-2.30	Join us for "Chippy Tuesday" at this beautiful pub in the idyllic village of Alvanley. £10 for regular Haddock, Scampi or Haloumi and chips, or something from the main menu which can be viewed at <a href="http://www.whitelionalvanley.co.uk">www.whitelionalvanley.co.uk</a> . Please let Debbie have <b>pre-orders by Friday 13<sup>th</sup> Sept.</b>
Thursday 19 <sup>th</sup> September	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*
Thursday 26 <sup>th</sup> September	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of recent film release "Widow Clicquot". Come early for complimentary refreshments, Free. <b>Please book by 24<sup>th</sup> Sept</b>
Friday 27 <sup>th</sup> September	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.

Think about me, not my age