



Older People Active Lives

Carer Support Newsletter



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Issue 32: February 2025

Greetings from the Carer Support Team at OPAL! This month we are particularly looking forward to our outing to see British Artist Luke Jerram's "Mars at The Museum" at Norton Priory – one of only two locations in the UK this year. If you saw his previous installations "Gaia" or "The Museum of the Moon" when they were on their international tour you will know we are in for a treat. Other highlights will include a cosy winter lunch at The Goshawk and a visit from a hedgehog! 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

WORDS STARTING WITH F

1. A rural property
2. A proven thing
3. An exact copy or reproduction
4. A counterfeit object
5. Pink wading bird
6. Has petals and pollen
7. Animals of a region
8. Land left unploughed and unseeded for a season
9. A month of the year



Date for your Diary

OPAL SOUP LUNCH With BINGO

BICKERTON VILLAGE HALL

FRIDAY 28th March

12.30pm – 3.00pm

Tickets £10 + raffle

Available at Carer Outings



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

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OPAL Carer Support Activities February 2025

Wednesday 5 th February	Abbeywood Café and Gardens, Chester Road, Delamere, CW8 2HS	10.30-12	Join us for a hearty breakfast or morning coffee by the roaring log fire in the beautiful surroundings of Abbeywood. *
Thursday 6 th February	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 4th February
Tuesday 11 th February	Norton Priory Museum, Tudor Rd, Windmill Hill, Runcorn WA7 1SX You can avoid busy roads, the motorway and nearby road works by asking your Sat Nav to go via Windmill Hill or make use of our mini-bus from the Queen Elizabeth Playing Fields Car Park Ashton Hayes, CH4 8AA.	1-3 (mini bus dep. 12.30 return approx. 3.30)	Our first excursion of the year to Norton Priory to see Luke Jerram's "Mars at the Museum" installation and to visit the extremely interesting exhibition about the Priory https://www.nortonpriory.org Entrance £7 on the door. Free for Carers. Mini bus available from Ashton Hayes for those who would prefer not to drive for a suggested donation of £5pp. Please book by Friday 7th February.
Thursday 13 th February	The Goshawk, Station Rd, Mouldsworth, CH3 8AJ (Level access from car park at the back of the pub, and some parking in front)	12.30-2.30	Join us for a delicious winter lunch in a private dining room at this charming former Coaching Inn. Choose from the "Cosy Lunch" menu (attached) – 2 courses for £15.25. or from the main menu. https://www.thegoshawkpub.co.uk/menus Payment on the day and last minute cancellations will not be charged if your plans change. Booking and pre-orders by Friday 7th February please.
Tuesday 18 th February	The Spike Bar, Carden Park Golf Club House, Broxton Road, CH3 9DQ (Follow signs for Golf Club round to the right of the Hotel)	10.30-12	A golfer's breakfast in this stunning Club House on the Carden Park Estate. Tea or Coffee with Bacon, Sausage or Egg in a Bap £7 (50p for additional items) or with a full English breakfast (£14.95) Veggie options available. Pre-orders necessary for cooked breakfast. Toast or tea-cakes available on the day. Pre-orders by 11th Feb please
Wednesday 19 th February	Kelsall Wellbeing Hub, 7 Green Hill Road, Kelsall, CW6 0SN	2-4	A charming visit from Victor the Hedgehog and a talk about caring for Hedgehogs in our gardens from Northwich Hedgehog Rescue. Free refreshments. Suggested donation £3.*
Thursday 27 th February	Storyhouse Cinema, Hunter St, Chester, CH1 2AR	11-1	A relaxed viewing of Oscar nominated "Conclave" starring Ralph Fiennes. Free tickets and come early for complimentary refreshments. Book by 26th Feb
Friday 28 th February	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. Suzanne Rhodes from EOLP will be giving a talk on planning for the future. Also a visit from Tosca the PAT Dog. *

Quiz Answers: 1. Farm 2. Fact 3. Facsimile 4. Fake 5. Flamingo 6. Flowers 7. Fauna 8. Fallow 9. February

* Booking not necessary but it is helpful if you can let Debbie know in advance. Credits: Golden Carers and Pixabay

Think about me, not my age