



Older People Active Lives

Carer Support Newsletter



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Issue 33: March 2025

Greetings from the Carer Support Team at OPAL! We organise regular outings to offer a break for you as a carer and the opportunity to meet other carers.

Those you care for are also welcome to attend with you if the outing is appropriate and safe for them. This month we are particularly looking forward to our pancake party on Shrove Tuesday and the OPAL soup lunch in Bickerton at the end of the month. Please take note overleaf of those outings you need to book for and let Debbie know by phone or email. Did you know that we also offer 'Carer Support at Home' where a volunteer can drop by for a regular sociable visit? If appropriate this may allow you as a carer to have some time to yourself.

For more information about this possibility please contact Sue.

Hope to see you soon!

Debbie & Sue

IT STARTS WITH MAR...

1. A small harbour for sailing boats
2. A glass ball used in a children's game
3. A pasta sauce made with seafood
4. A puppet moved by strings
5. Another name for Shrove Tuesday
6. A long-distance race
7. The planet closest to earth
8. A paste made with ground almonds
9. A bushy-tailed rodent



SOUP LUNCH WITH BINGO

BICKERTON VILLAGE HALL
Friday 28th March, 12.30-3pm
Please come and support us
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 to join us.**

Contact

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OPAL Carer Support Activities March 2025

Tuesday 4 th March	Frodsham Methodist Church, Kingsley Rd, Frodsham WA6 6BA	2.30-4	A pancake party to celebrate Shrove Tuesday, and a catch up with friends. Suggested donation £3. * (Please note this is NOT in the town centre, but on your right on your way out of Frodsham towards Kingsley)
Thursday 6 th March	Kelsall Methodist Church, Chapel Bank, Kelsall, CW6 0QS Car park behind or on street parking	12-2	A delicious homemade Community lunch. All OPAL Carer Support group members welcome. Suggested donation £8. Please Book by Tuesday 4th March
Tuesday 11 th March	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. *
Thursday 13 th March	Pryors Hayes Golf Club, Willington Road, Oscroft, CH3 8NL (Members' Lounge)	10.30-12	Come and enjoy the best bacon sandwiches around or morning coffee with a lovely view of the Golf course. *
Tuesday 18 th March	The Lion, 1 Old Hall St, Malpas SY14 8NE	12-2	Join us for a delicious lunch in this beautiful hotel. Small fish and chips just £13.50 or something from the seasonal menu. Pre-orders by Friday 14th March please See https://thelionatmalpas.co.uk/food-drink/ for the seasonal menu
Thursday 20 th March	Storyhouse Cinema, Hunter St, Chester, CH1 2AR Blue Badge parking for 3 hours next to Storyhouse	11-1.15	A relaxed viewing of recent film release Bridget Jones 4: Mad About The Boy. Free tickets. Come early for complimentary refreshments. Book by Wednesday 19th March please.
Friday 21 st March	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. A pamper session for carers with a free massage! Also a visit from Tosca the PAT Dog. *
Wednesday 26 th March	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. *
Friday 28 th March	Bickerton Village Hall, Long Lane, Bickerton, Malpas, SY14 8AU	12.30-3	Join us for the ever-popular OPAL 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. Tickets available from Debbie and Sue at outings.

Quiz Answers: 1. Marina 2. Marble 3. Marinara 4. Marionette 5. Mardi Gras 6. Marathon 7. Mars 8. Marzipan 9. Marmot

* 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