

Take 5

TIMES



27th March 2026

Welcome to this newsletter for Carers registered with Blackpool Carers Centre.

If you are a Facebook user and would like to join our closed page, please search on Facebook for "Blackpool Carers Adult Team" and request to join. Once a member, share your ideas with us and please 'like' and comment on our posts.

If you need any support - please do remember we are here for you.

Respite Phone Number: 07508 495977

Text, call or request to join our WhatsApp group - 'Take 5 Adults'

Active April 2026

MONDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

TUESDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

WEDNESDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

THURSDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

FRIDAY

3 Listen to your body and be grateful for what it can do

10 Have a day with less screen time and more movement

17 Be active outside. Plant some seeds and encourage growth

24 Get active in nature. Feed the birds or go wildlife-spotting

31

SATURDAY

4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try out a new exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

32

SUNDAY

5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

33



ACTION FOR HAPPINESS

Happier · Kinder · Together

Take 5

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WHAT'S ON

31st – 5th April

Monday 30th

6.15-7.30pm Music Aloud Carers Choir

Tuesday 31st

11am-12pm Chair-based exercise and Meditation

Wednesday 2nd

1.30-3pm Wellbeing and Creative Arts



**Friday/Saturday/Sunday/Monday
Bank Holiday Weekend.**

Charlotte at Lowlands Farm does a huge amount for Blackpool Carers Centre and other charities.

Please consider supporting them, by visiting on any of her special days.

£6.81 for children to include the crafting and egg hunt.

£3.67 for adults (excluding the activities).

Take 5 TIMES



27th March 2026

Do you know anyone who could take part in our fundraiser challenges?!

IN AID OF
Blackpool CARERS Centre

NATIONAL 3 PEAKS CHALLENGE
BEN NEVIS | SCAPELL | SNOWDON

DO YOU HAVE WHAT IT TAKES TO COMPLETE OUR
3 PEAKS CHALLENGE?

12-14 JUNE 2026

Travel from Preston to Fort William | Evening Dinner | Overnight B&B accommodation | Climb Ben Nevis | Drive to overnight B&B in Santon Bridge | Climb Scafell then drive to Snowdon for the final climb | Celebrate with glass of fizz | Return travel to Preston

WE PROVIDE

- FULL SUPPORT DURING EVENT FROM 3 C'S SPORT & LEISURE TOURS
- RETURN TRAVEL FROM PRESTON AND TRANSPORT BETWEEN PEAKS
- 2 NIGHT'S B&B ACCOMMODATION
- DINNER ON FIRST NIGHT
- CERTIFICATE ON COMPLETION

Full details from Terry Hodkinson on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org
www.blackpoolcarers.org

REGISTER TODAY!
Limited places available
Just £200 Deposit

IN AID OF
Blackpool CARERS Centre

CAPITAL TO CAPITAL CYCLE CHALLENGE

3-5 SEPTEMBER 2026

200 MILES
Start London ————— **Finish Paris**

Event fully supported by Chapeau, including:
FULL ROADSIDE ASSISTANCE
BIKE TRANSFER TO LONDON AND BACK FROM PARIS
HB ACCOMMODATION
LUNCH & REFRESHMENT BREAKS
EVENT SHIRT & MEDAL
CELEBRATION DINNER

£150 Deposit • Limited Places Available!

Full details from Terry Hodkinson on 01253 393748 or email: terry.hodkinson@blackpoolcarers.org

www.blackpoolcarers.org

If you would like some help to join the Closed Adult Carers Facebook group or the WhatsApp Closed group please call, text or

email Pat:

01253 393748

07508 495977

pat.sumner@blackpoolcarers.org

Hope to see you very soon.

Pat Sumner

"Do one thing that scares you every day."

Eleanor Roosevelt