

Take 5

TIMES



10th April 2026

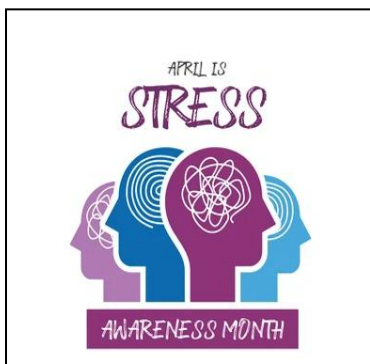
Welcome to this newsletter for Carers registered with Blackpool Carers Centre.

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'



April - Stress Awareness Month

Every year the Stress Management Society runs a campaign 'to help individuals and organisations recognise and reduce stress, fostering a happier, healthier, and more resilient world'. In 2026, the theme is Be the Change, which is inspired by Mahatma Gandhi's famous quote, "Be the change you want to see in the world".

During this important awareness campaign, everyone is encouraged to normalise talking about mental health and particularly about stress, not just during April, but throughout the year. This will help to address the stigma and give people the confidence and reassurance that it is okay to start a conversation about stress.

Stress is your body's natural reaction to pressure, challenges, or life changes. In small doses, it can help you stay alert, focused, and even boost immunity temporarily.

However, prolonged stress can affect your mental and physical health, increasing the risk of [burnout](#), [anxiety](#), [depression](#), [sleep problems](#), headaches, high blood pressure, and a weakened immune system.

How we respond to stress depends on personality, genetics, life experiences, and social or work circumstances. Recognising triggers and practising stress management is key to maintaining wellbeing.

More information on: [Stress - Mental Health UK](#)

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WHAT'S ON

13th – 17th April

Monday 13th

Facebook Live

6.15-7.30pm Music Aloud Carer's Choir

Tuesday 14th

11am-12pm Chair-based exercise and meditation

Wednesday 15th

1.30-3pm Wellbeing and creative arts

6.45-9.30pm Music Aloud Carers Choir at Staining W.I.

(Minibus from Centre at 6.30pm)

Thursday 16th

12-5.30pm

Bygone Times Antique Centre and Garden centre,

Eccleston, Chorley

Friday 17th

Facebook Live



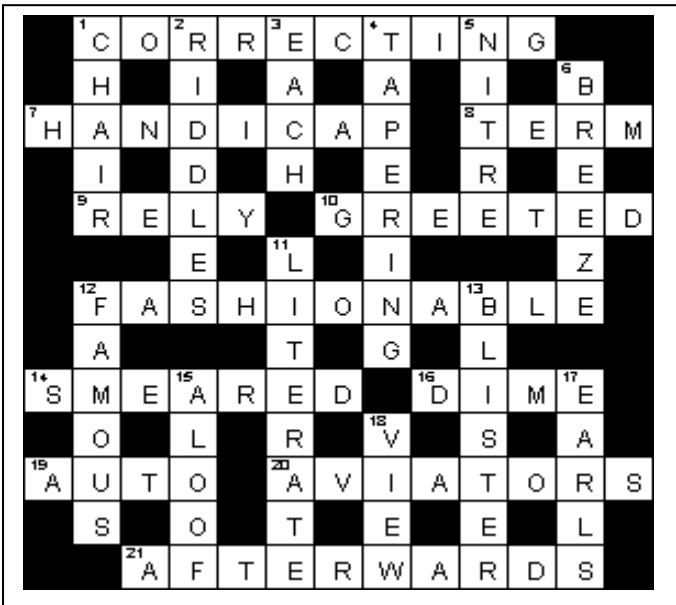
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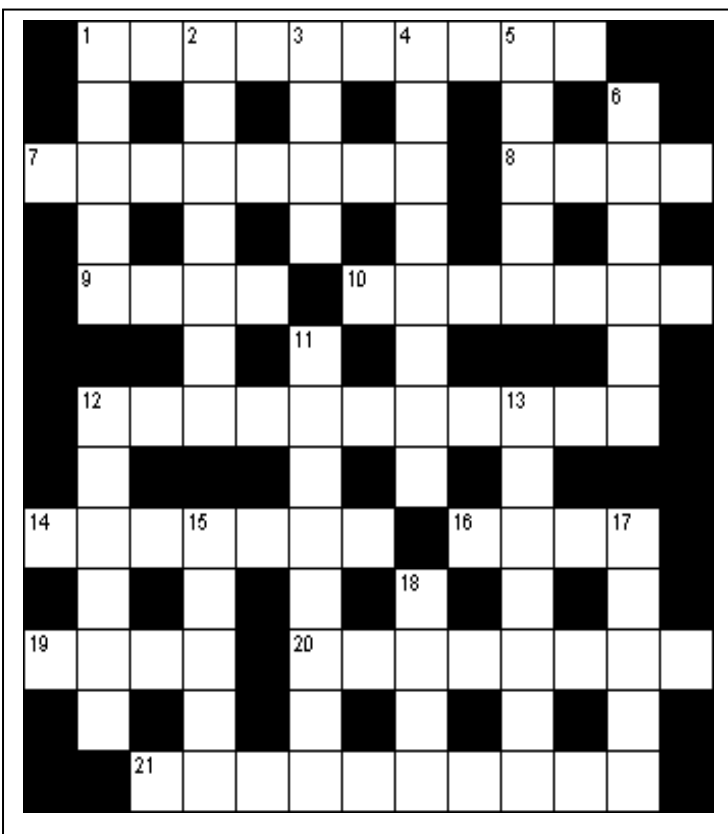


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Last Week's Crossword Solution:



This Week's Crossword:



Across

- 1 Easily excused or pardoned (10)
- 7 Absurdity (8)
- 8 Arrange in order (4)
- 9 Main tower of castle (4)
- 10 Low stuffed seat (7)
- 12 Not to be endured (11)
- 14 Frivolous, scatterbrained (7)
- 16 Movie (4)
- 19 Merely (4)
- 20 Praiseworthy (8)
- 21 High-ranking diplomat (10)

Down

- 1 Dress (5)
- 2 Esteem (7)
- 3 Taverns (4)
- 4 Opening (8)
- 5 Lariat (5)
- 6 Covered walk with shops (6)
- 11 Fleet of small ships (8)
- 12 Area surrounded by water (6)
- 13 Bandit (7)
- 15 Jewish term for non-Jews (5)
- 17 Middle-distance runner (5)
- 18 Ado, bother (4)

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Self-care and lifestyle approaches to stress

Many people manage stress effectively through small but consistent lifestyle changes. These can help your body and mind recover from tension and pressure. Practical tips for reducing and managing stress:

- **Be active:** [Exercise](#) releases endorphins that naturally lift your mood and reduce tension. Even short walks or gentle stretching can help.
- **Plan and prioritise:** Break large tasks into smaller steps, make realistic goals, and give yourself credit for what you achieve.
- **Connect with others:** Talking to a friend, family member, colleague, or helpline can help you feel supported and less alone.
- **Practice relaxation:** Techniques like yoga, deep breathing, meditation, or mindfulness can help calm your mind and ease physical stress.
- **Keep a stress diary:** Tracking what triggers your stress can help you identify patterns and regain control, whilst also being useful when talking to the GP or therapist.
- **Eat and sleep well:** A balanced diet and [good-quality sleep](#) can make a big difference to your resilience.
- **Limit caffeine, alcohol, and nicotine:** [Alcohol](#) and [smoking](#) can increase anxiety and interfere with sleep.
- **Do something you enjoy every day:** Activities that bring you pleasure, such as reading, music, creativity, or time outdoors, are essential to restoring balance and positivity.

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

