

Take 5

TIMES



24th 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'

Lowlands Alpaca Farm and Penny Farm.

Wednesday 29th April



The last Wednesday in the month is when we can visit Lowlands Farm for a session of 'meet the animals and enjoy a cuppa!

We will also call at Penny Farm the Horse Welfare Society with its lovely café and home-made cakes.

All in all, an animal therapy afternoon! With cake!

The minibus will leave the centre at 12.45pm and return for 4.30pm.



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WHAT'S ON

27th April – 3rd May

Monday 27th

Facebook Live

6.15-7.30pm Music Aloud Carer's Choir

Tuesday 28th

11am-12pm Chair-based exercise and meditation

Wednesday 29th

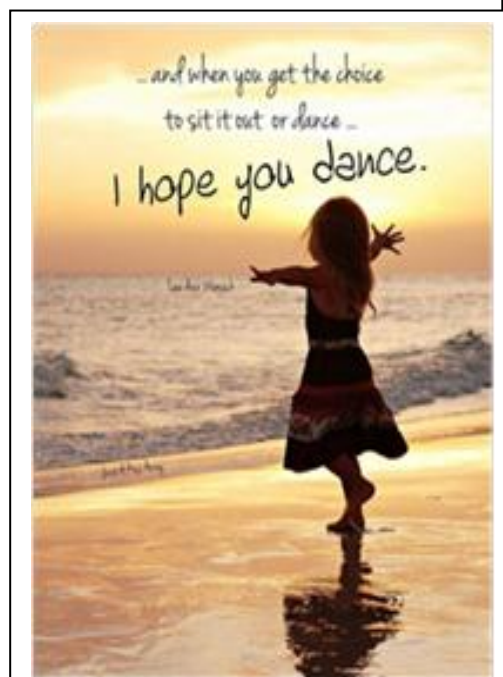
10.30am-12pm Healthier Minds Consultations – Bookings Only
12.45-4.30pm Wellbeing afternoon – Cuppa and meet the alpacas at Lowlands Farm and Penny Farm Horse Welfare.

Thursday 30th

1.30-2.30pm Celebrating International Dance Day!
Come and join me for a bop around!

Friday 1st

Facebook Live



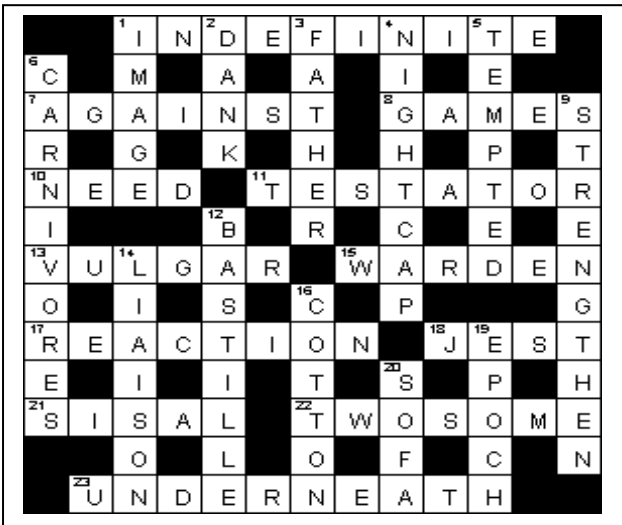
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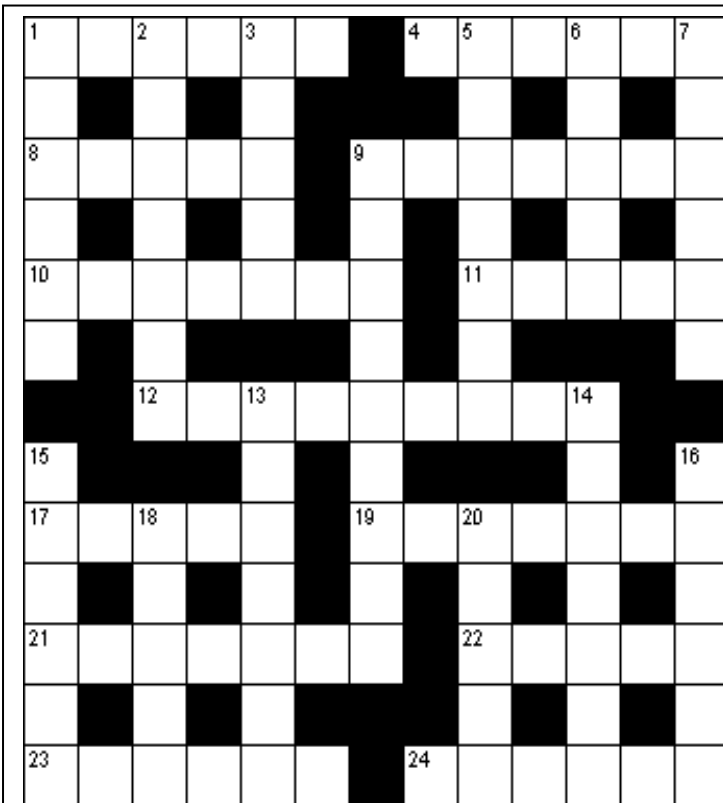


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Last week's Crossword Solution:



This Week's Crossword:



Across

- 1 Formal headgear (3,3)
- 4 Go aboard (6)
- 8 Concerning (5)
- 9 Violent whirling wind-storm (7)
- 10 Popular cheese (7)
- 11 Lifeless (5)
- 12 Uncivilised person (9)
- 17 Light purple colour (5)
- 19 Collection of books (7)
- 21 Marine animal (3,4)
- 22 Shoulder-wrap (5)
- 23 Main meal (6)
- 24 Slow down (6)

Down

- 1 Roof of straw or reeds (6)
- 2 Adage (7)
- 3 Performed (5)
- 5 Gin and vermouth cocktail (7)
- 6 Hard stone (5)
- 7 Intricate (6)
- 9 Heavy waterproof cover (9)
- 13 Lie back (7)
- 14 North American falls (7)
- 15 Shut (6)
- 16 Rode a bike (6)
- 18 Gain knowledge (5)
- 20 Moisten with hot fat (5)

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DO YOU DANCE? SPICE

BENEFITS OF DANCING

- Reduces your risk of dementia
- Reduces stress & depression
- Increases energy & serotonin
- Improves flexibility, strength, balance & endurance
- Strengthens bones & boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic & rapid-fire decision making, creates new neural paths

www.spiceitupmiami.com **GO AHEAD, GET DANCING!**

Wednesday 29th April is International Dance Day!

The International Theatre Institute created this holiday to promote dance across the world, to make people aware of the value of dance, and to enable the dance community to promote their work on a broad scale. The hope is for governments and opinion leaders to become increasingly aware of the value and importance of dance in all its forms and support it. International Dance Day

was created for us to just enjoy dance for what it is and share the joy with others. Dancing is very much good for your health, fitness and wellbeing. If you're dancing vigorously enough to raise your heart rate and hasten your breathing, you're getting moderate-intensity exercise, which boosts cardiovascular and overall fitness. Because dance engages multiple muscle groups, it usually counts as a full-body workout. And it makes those happy endorphins break out!

So, whether it's in a dance class or just bopping around in your kitchen and either ballroom or hip-hop - get moving and dance like no one is watching!

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