

Take 5

TIMES



15th May 2026

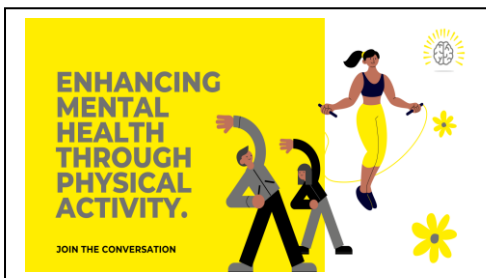
Welcome to this newsletter for Carers registered with Blackpool Carers Centre.

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'



Mental Health Awareness Week 11th – 17th May

The topic this year is 'Move It for Mental Health'.

It's a scientific fact that regular physical activity and exercise can make us healthier and happier.

When we're active, the body releases feel-good hormones that can improve our mood and boost our energy.

Other benefits of exercise for mental health include:

- boosting our self-esteem and confidence
- increasing motivation and focus
- reducing tension, anxiety, stress and mental fatigue
- helping to calm the mind, especially when dealing with difficult emotions like anger, frustration and sadness
- reducing loneliness by offering new ways to get together with family and friends and meet new people

Did you know: Regular exercise can reduce the risk of developing heart disease, stroke, type 2 diabetes, dementia, arthritis, and musculoskeletal conditions, some respiratory diseases such as asthma, and some cancers.

www.nhs.uk/better-health/get-active/

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WHAT'S ON

18th – 22nd May

Monday 19th

Facebook Live

No Music Aloud Carers Choir until 1st June.

Tuesday 20th

11am-12pm Chair-based exercise and
Meditation

Wednesday 21st

1.30-3pm

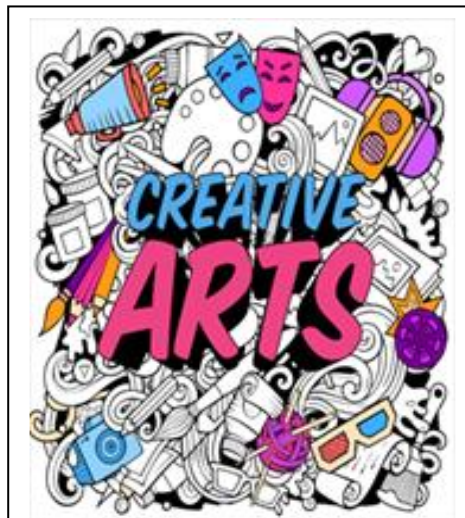
Creative Arts for wellbeing

Thursday 22nd

1-4.30pm Minibus to Fleetwood Market

Friday 23rd

Facebook Live



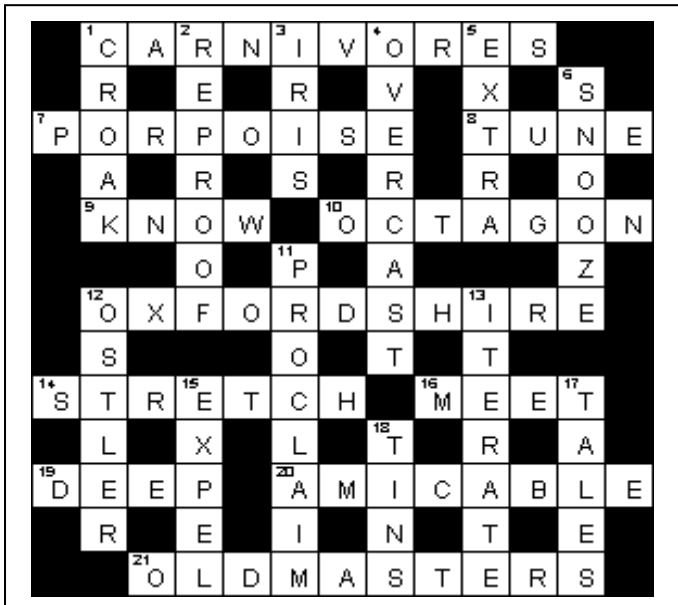
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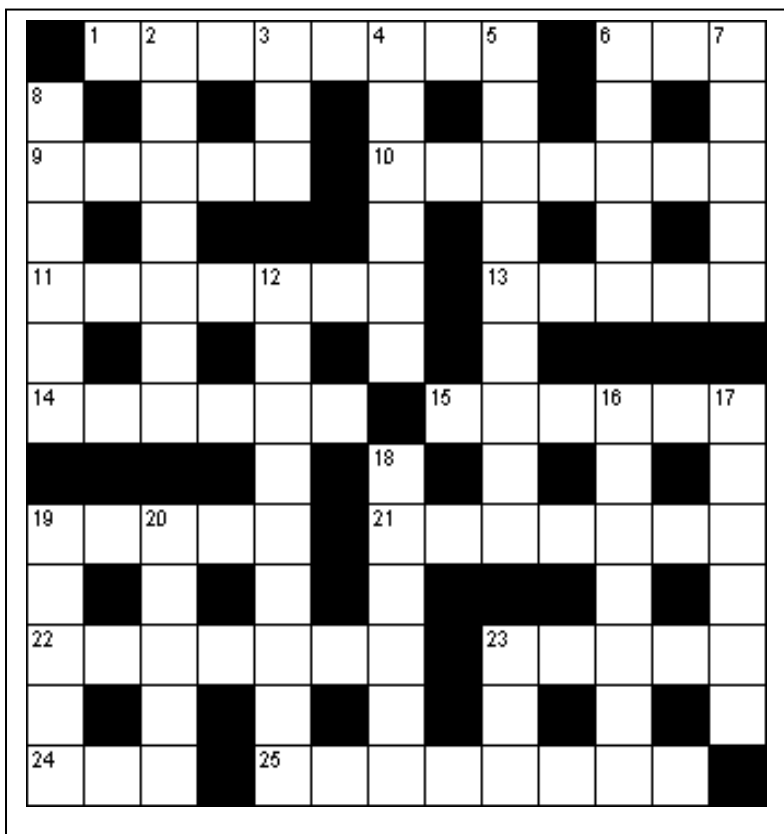


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Last week's Crossword Solution:



This Week's Crossword:



Across

- 1 Young geese (8)
- 6 Meat from a pig (3)
- 9 Entertain (5)
- 10 Make wider (7)
- 11 Herb (7)
- 13 Waterside plants (5)
- 14 Slow down (6)
- 15 Set of clothing (6)
- 19 Arbiter (5)
- 21 Junkies (7)
- 22 Polish national dance (7)
- 23 Expertise (5)
- 24 Unmatched (3)
- 25 Not easily satisfied (8)

Down

- 2 Wealthy, luxuriant (7)
- 3 Untruth (3)
- 4 Take small bites (6)
- 5 Give a guided tour (4,5)
- 6 Be evasive (5)
- 7 Collieries (5)
- 8 Fourth sign of the zodiac (6)
- 12 Bones of the spinal column (9)
- 16 Invented narrative (7)
- 17 Struggle (6)
- 18 Central American canal (6)
- 19 Large passenger aircraft (5)
- 20 Stupefied (5)
- 23 Solidify (3)

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Look after yourself!

Boring (but IMPORTANT!) Self Care...

Stay HYDRATED

Get plenty OF SLEEP

Go OUTSIDE for FRESH AIR & VITAMIN D!

Eat Something NUTRITIOUS

Keep your Self talk KIND

Unplug When you NEED to.

@stewenel@st*

There are many ways you can improve your mental health by taking some time for self-care. Respite at the centre is not there for talented singers, artists or dancers, or for any particular skill. It's there for your mental health and wellbeing. It's there to give you some 'me' time. And some fun! If it's not at the centre, it could be with friends, partaking in a particular hobby or on a walk on the beach. Do whatever you enjoy doing! And get moving!

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

