

Take 5

TIMES



29th 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'

Joyful June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good
8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you
15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement
22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people
29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)					

ACTION FOR HAPPINESS

Happier · Kinder · Together

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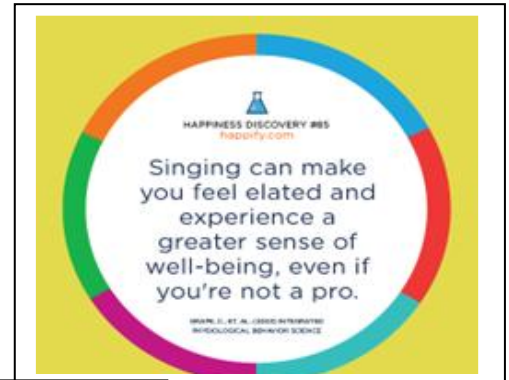
29th May 2026

WHAT'S ON

1st - 5th June

Monday 1st

6.15-7.30pm Music Aloud Carers Choir



Tuesday 2nd

11am-12pm Chair-based exercise and Meditation



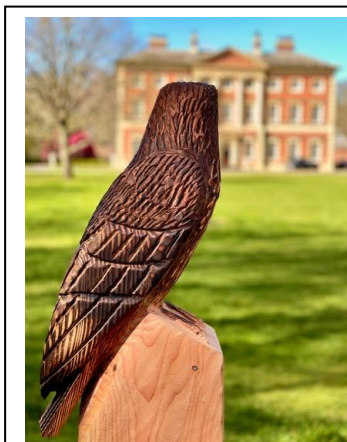
Wednesday 3rd

1.30-3pm 'Under the Canopy' Wellbeing in the garden project.



Thursday 4th

1-4.30pm Lytham Hall and the Woodcraft sculpture trail



Friday 5th

Facebook Live

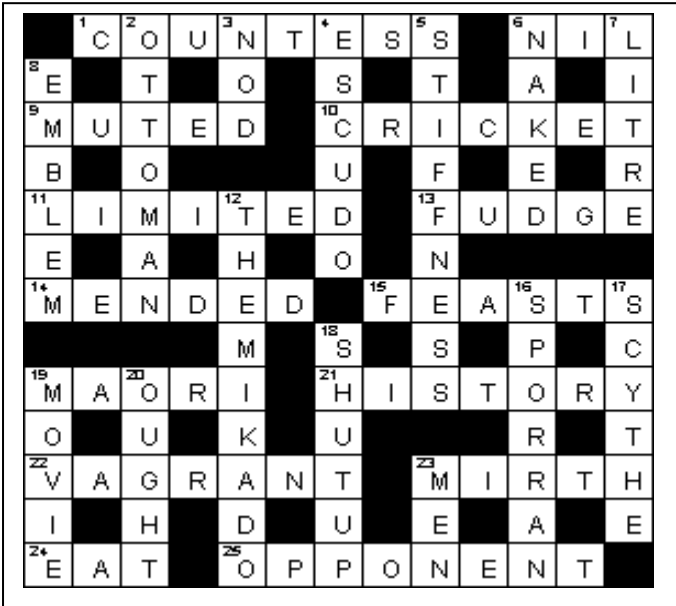
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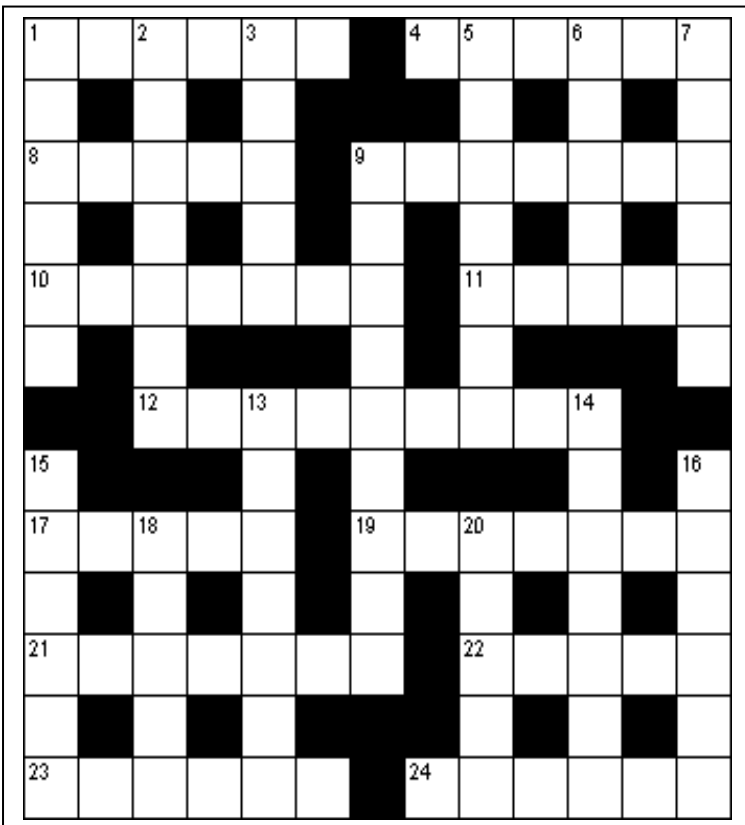


29th May 2026

Last week's Crossword Solution:



This Week's Crossword:



Across

- 1 Opening ploy in chess (6)
- 4 Canal boats (6)
- 8 Wash in clean water (5)
- 9 Be without hope (7)
- 10 Charged with an offence (7)
- 11 Burdened (5)
- 12 Bargain-priced (4-5)
- 17 Overhanging roof edges (5)
- 19 Instigated (7)
- 21 Make damp (7)
- 22 Group of lions (5)
- 23 A small quake (6)
- 24 Without payment (6)

Down

- 1 European language (6)
- 2 Threatened (7)
- 3 Notions (5)
- 5 Exonerate (7)
- 6 Sentry (5)
- 7 Dash (6)
- 9 Inference (9)
- 13 Italian rice dish (7)
- 14 Lover of one's country (7)
- 15 Protective headgear (6)
- 16 Vipers (6)
- 18 Put into words (5)
- 20 High-spirited escapade (5)

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Going to sleep in freshly washed sheets

Listening to your favorite songs

Hearing the birds tweet and sing

Small Glimmers in everyday life...

@CAROLYNRUBENSTEINPHD

Noticing the stranger that smiles at you today

Tasting that first sip of your morning coffee/tea

Smelling an aroma that brings you back to a happy memory

Next week we will be starting a new project on Wellbeing Wednesday afternoons which is also running concurrently with the Young Carers activity sessions.

This is called 'Under the Canopy' and is a funded project focusing on our woodland space which supports the wellbeing of carers.

Please come and support us and find joy in our garden!

Improve your own wellbeing and helping our garden's wildlife and plants!

Wednesdays 1.30-3pm

'This project is supported by Grow Wild, the national outreach programme of the Royal Botanic Gardens, Kew'.

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

