

Take 5

TIMES



5th June

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'

Are you looking after someone?

Carers Week
8-14 June

We're here to support you
If someone relies on you for help, you are a carer - you don't have to do it alone. Blackpool Carers Centre supports unpaid carers aged 5+ who live in Blackpool, are registered with a Blackpool GP, or attend local education.

How we can help you all year round
We help carers build friendships, reduce isolation, and create happy memories through:

- **Core Support:** 1-to-1 emotional support, advice, signposting and social groups.
- **Family & Hospital Support:** Help during hospital stays, discharge, and whole-family care.
- **Young Carers:** Dedicated support and fun respite activities.
- **Refocus Project:** Specialist support for those affected by someone else's problematic substance use.

"Celebrate Carers Week with us! on Wednesday 10th June 2026 11.00am-2.00pm at Beaverbrooks House"

Take a break, recharge, and connect with others at our **FREE Carers Week Wellbeing event**, including:

- Arts, crafts & outdoor games
- Meditation & chair-based exercise
- Light refreshments
- Information on local support services

Carer's Week 8th - 14th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The theme for Carers Week 2026 is **Building Carer Friendly Communities**. It aims to highlight the impact carer friendly communities can have in making a real and lasting difference to the lives of carers everywhere.

Carer friendly communities are places, spaces, services and community groups where unpaid carers are recognised, understood, and valued. They make support part of everyday life, ensuring carers get the opportunities and help they need.

As part of Carers Week, we are having a Wellbeing Day on Wednesday June 10th 11am-2pm

This will involve activities and crafts, relaxing therapies, chair yoga and meditation with the lovely Lou at 11.30am, and refreshments. There will be visitors from C.A.B., Active Blackpool and other bodies, providing information and advice.

There is no need to book, just come along and enjoy!

Blackpool Carers Centre | Beaverbrooks House | 147 Newton Drive | Blackpool | FY3 8LZ Tel. 01253 393748 | Email: admin@blackpoolcarers.org www.blackpoolcarers.org

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WHAT'S ON

8th - 12th June

Monday 8th

Facebook Live

6.15-7.30pm Music Aloud Carer's Choir

Tuesday 9th

11am-12pm Chair-based exercise and meditation

Wednesday 10th

11am-2pm Wellbeing Day!

Thursday 11th

10am-12pm Come and join the Garden Volunteers!



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To book your place for our Carers Week Wellbeing Day please contact the Adult Team on 01253 393748

Beaverbrooks House, 147 Newton Drive, Blackpool FY3 8LZ
admin@blackpoolcarers.org
www.blackpoolcarers.org
Registered Charity No. 1194558

Blackpool CARERS Centre

Facebook, X, Instagram, LinkedIn, Twitter icons

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5th June

Last week's Crossword Solution:

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| | M | | A | | A | | | | | | O | | R | | I | | | | |
| 10 | A | C | C | U | S | E | D | | | 11 | L | A | D | E | N | | | | |
| | N | | E | | | | | | | | U | | V | | | | | | T |
| | | | 12 | D | I | R | 13 | T | C | H | E | A | 14 | P | | | | | |
| 15 | H | | | | | | | | | | | | | | | | | 16 | A |
| 17 | E | A | 18 | V | E | S | | | 19 | I | N | 20 | C | I | T | E | D | | |
| | L | | O | | O | | | | | | | A | | R | | D | | | |
| 21 | M | O | I | S | T | E | N | | | | | 22 | P | R | I | D | E | | |
| | E | | C | | T | | | | | | | | E | | O | | | | R |
| 23 | T | R | E | M | O | R | | | | | 24 | G | R | A | T | I | S | | |

This Week's Crossword:

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| 24 | | | | | | | | | 25 | | | | | | | | | | |
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| 26 | | | | | | | | | | | | | | | 27 | | | | |

Across

- 1 Aid in crime (4)
- 3 Tyrannical (8)
- 9 Young dogs (7)
- 10 Ravine (5)
- 11 Synthetic fabric (5)
- 12 Religious festival in spring (6)
- 14 Deposit that forms on teeth (6)
- 16 Farm livestock (6)
- 19 Loll (6)
- 21 Dark brown fur (5)
- 24 Motive (5)
- 25 Songbird (7)
- 26 Capsize (8)
- 27 Autumn (4)

Down

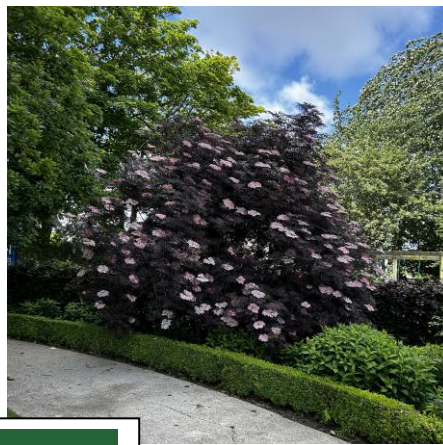
- 1 Harshness of manner (8)
- 2 Vacant (5)
- 4 Simpler (6)
- 5 Attendants (5)
- 6 Torture (7)
- 7 Head-cook (4)
- 8 Austrian capital (6)
- 13 Postponement (8)
- 15 Ecstasy (7)
- 17 Ludicrous (6)
- 18 Not so fast (6)
- 20 Stave off (5)
- 22 Strong very light wood (5)
- 23 Reverberation (4)

Take 5

TIMES



5th June



Mental health benefits of trees



Lowers blood pressure



Reduces stress hormones



Increases energy



Improves memory and focus



Strengthens immune system



Decreases anxiety and depression

Come and spend some peaceful, quiet time in our garden.

There's no need to come along at a particular time, just let the person on Reception know you are here.

We also have a new project which is starting on Wednesday afternoons 1.30-3pm, which is all about the woodland with art, crafts and activities. Or you could join our Garden Volunteers on Thursday mornings? Why not come along and find out more!

For more information, please call, text or email Pat:

01253 393748

07508 495977

pat.sumner@blackpoolcarers.org

Hope to see you very soon.

Pat Sumner