

Take 5

TIMES



24th July

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'

Bring your own picnic!

Wellbeing Day

Arts and crafts Games and activities

Yoga and Meditation Information and advice from visitors

Hand massage, Reiki and manicures

Wednesday 5th August
11.30-2.30pm

CALL PAT FOR MORE INFORMATION AND BOOKINGS
01253 393748

Wellbeing Day

Wednesday 5th August

Come and join us and bring a picnic!

We will have arts and crafts, and activities in the café area and outside. There will be hand massage, Reiki and manicures from Dawn and Helen. We will also have guests from Blackpool Council, Citizens Advice Centre and CAP Gemini with advice on money matters. We also have Debra Scott who has lots of information and ideas for those diagnosed with Type 2 Diabetes or pre-diabetic. And the lovely Lou will finish the day with an hour of chair-based yoga and meditation. Come and enjoy!

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WHAT'S ON

27th – 31st July

Monday 27th

6.15-7.30pm Last Music Aloud Carers Choir before the August holiday.



Tuesday 28th

No Chair-based exercise today – Staff meeting

Wednesday 29th

1.30-3pm 'Under the Canopy' project
Watercolour painting



Thursday 30th

1.30-3pm Meet up in Abingdon Street
Market Hall



Friday 31st

Facebook Live

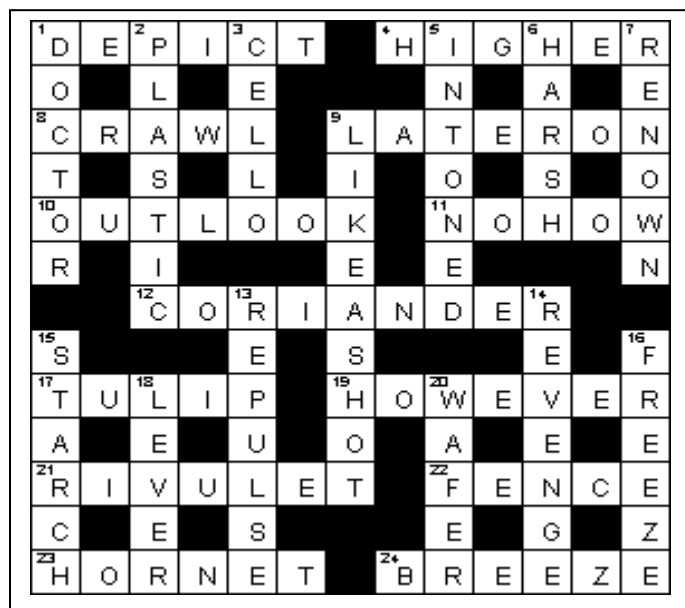
Take 5

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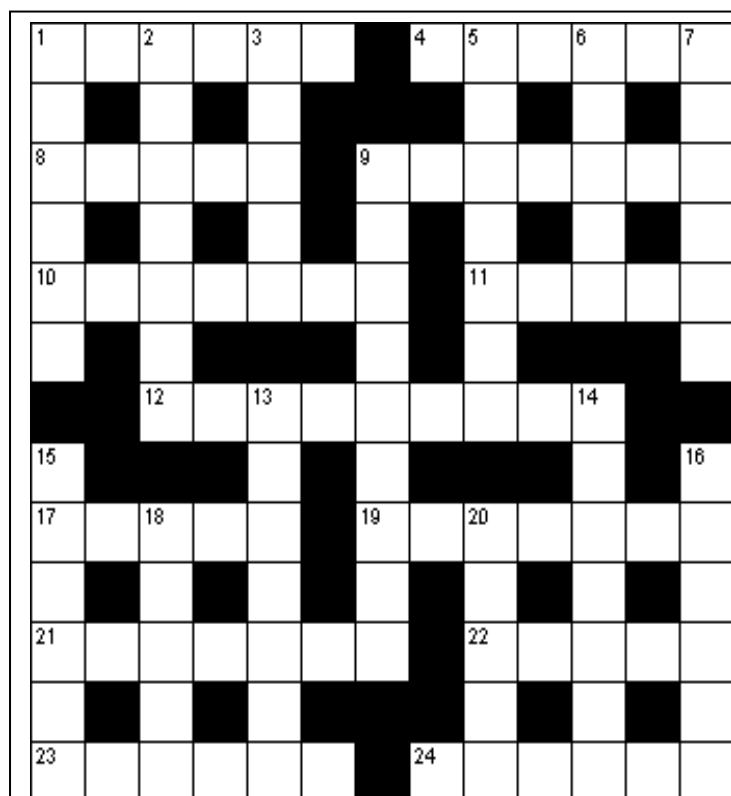


24th July

Last week's Crossword Solution:



This Week's Crossword:



Across

1. Conflict (6)
4. Avow (6)
8. Of small importance (5)
9. Big cat (7)
10. Animosity (3,4)
11. Story or scene of happy innocence (5)
12. Gilbert and Sullivan operetta (3,6)
17. Funny (5)
19. Satan (3,4)
21. Unlucky accidents (7)
22. Minimum (5)
23. Inborn (6)
24. Zestful enjoyment (6)

Down

1. Meeting of high-level leaders (6)
2. Curling lock of hair (7)
3. Language of Iran (5)
5. US state (7)
6. European country (5)
7. Interfere (6)
9. Sweets on sticks (9)
13. Captivate (7)
14. Japanese art of paper folding (7)
15. Large prawns (6)
16. Preliminary drawing (6)
18. Stone carver (5)
20. Search for information (5)

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24th July

8 Benefits of Self-Care



*Make sure you
include yourself
in the
things to take care of
this week.*



Running Minds

If you would like some help to join the Closed Adult Carers Facebook group or the WhatsApp Closed group , or to book on an activity or trip, please call, text or email Pat:

01253 393748

07508 495977

pat.sumner@blackpoolcarers.org

Hope to see you very soon.

Pat Sumner

