

Take 5

TIMES



4th September

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'

St Annes International Kite Festival **4th-6th September**

The 2026 St Anne's Kite Festival will take place next weekend. The skies above St Anne's seafront will be awash with colour on Friday evening, Saturday and Sunday as fabulous display kites take to the air on the beach adjacent to the pier. There is a planned illuminated kite flying evening on Friday 4th September. There will be a fairground on the



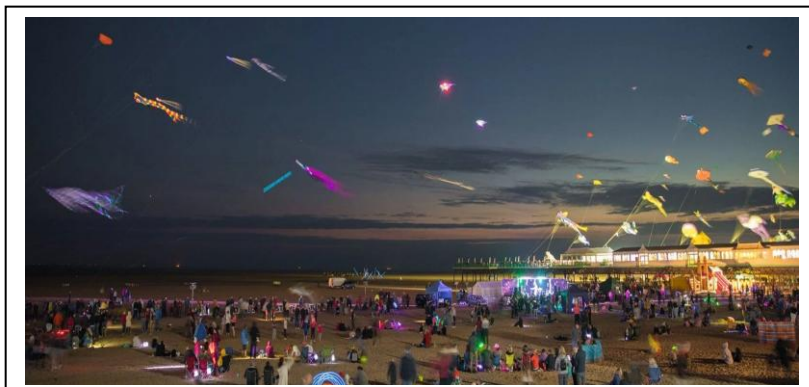
beach, a stage for music and entertainment and additional stalls on the Promenade, so if you're looking for refreshments, you are very much encouraged to visit the town centre as well or bring your own picnic. Weather permitting, the event promises a thrilling and thoroughly enjoyable trip out for young and old alike. Timings for this year are as follows:

Friday 4th – 12-10pm

Saturday 5th – 11am to 10pm

Sunday 6th – 11am to 4pm

www.discoverfylde.co.uk/st-annes-international-kite-festival/



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WHAT'S ON

September 4th-11th

Friday/Saturday/Sunday 4th/5th/6th

St Annes International Kite Festival



Monday 7th

Facebook Live

6.15-7.30pm Music Aloud Carers Choir



Tuesday 8th

11am-12pm 3-month project to monitor the effects of movement and meditation on wellbeing of carers – do as much or as little as you can.



Wednesday 9th

**1.30-3pm 'Under the Canopy' Creative Wellbeing project
Arts and crafts with a woodland theme.**



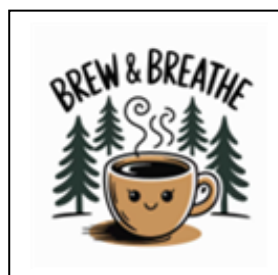
Friday 11th

Facebook Live

10.30am-12pm Brew and Breathe (2nd

Friday every month)

Clothes Swap and Rummage – bring along your clean pre-loved clothes and have a rummage!



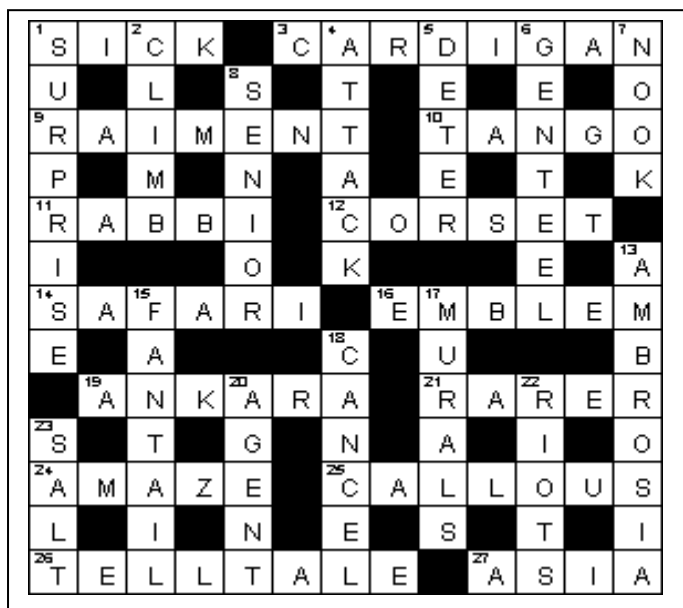
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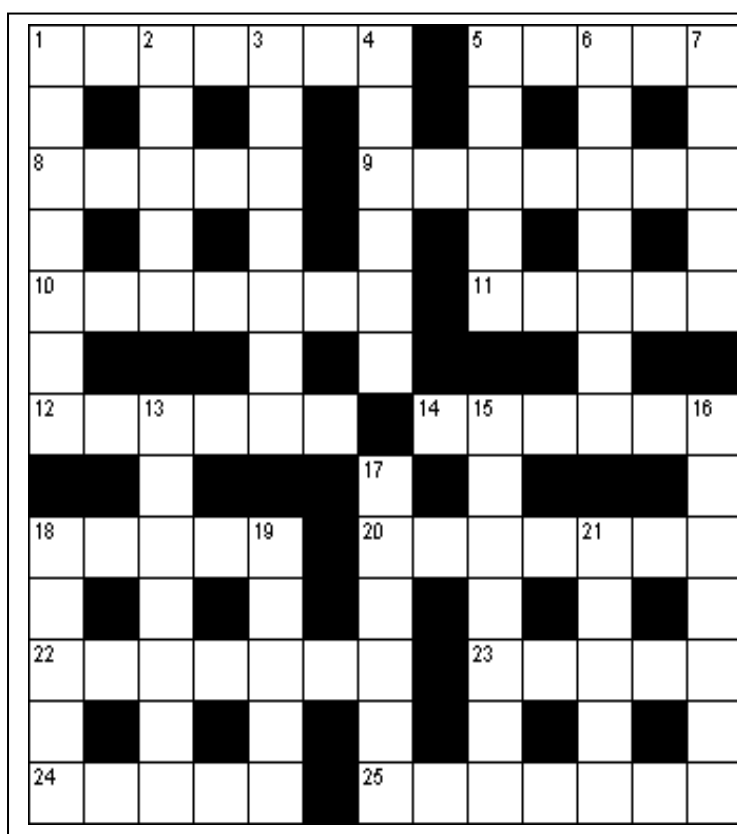


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Last week's Crossword Solution:



This Week's Crossword:



Across

1. Seemliness (7)
5. Male duck (5)
8. Skin of the head (5)
9. Young hare (7)
10. Amaze (7)
11. Poverty-stricken (5)
12. Preferably (6)
14. Jail (6)
18. Dull persistent pains (5)
20. Wavelets (7)
22. Scornful words (7)
23. Gesture of indifference (5)
24. Easily irritated (5)
25. Non-surgical treatment (7)

Down

1. Abandon hope (7)
2. Seashore (5)
3. Ecstasy (7)
4. Tune (6)
5. County of SW England (5)
6. Stuffy (7)
7. Way in (5)
13. Casual garments (1-6)
15. Rejoinder (7)
16. Posy (7)
17. Punctual (6)
18. Useful or valuable quality (5)
19. Wobbly (5)
21. Immature form of insect (5)

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Doggy Stars!

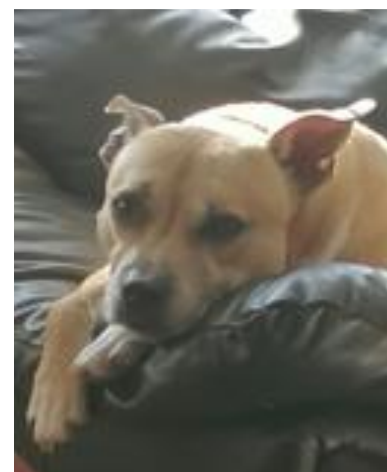
I promised that your dog could star on the newsletter if you sent me a photo, so here are:

Gatsby

And

Poppy

Love them both!



SELF-CARE SHOULD BE PRACTICED ALL YEAR LONG.

WHILE THIS MONTH SERVES AS A DEDICATED REMINDER, SELF-CARE IS SOMETHING THAT SHOULD BE PRACTICED ALL YEAR LONG. BY INTEGRATING SELF-CARE INTO YOUR DAILY ROUTINE, YOU CAN CREATE A HEALTHIER, MORE BALANCED LIFE THAT SUSTAINS YOU THROUGH THE DEMANDS OF EVERYDAY CHALLENGES.



NEW MONTH

"In this new month,
allow yourself to
dream bigger,
live bolder,
and love deeper.
Life is too short
for anything less."

Please call, text or email Pat for further information:

01253 393748

07508 495977

pat.sumner@blackpoolcarers.org

Pat Sumner