# Take 5 TIMES

23rd October

## 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'**

## 31st October - Halloween



**Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1st which became All Souls' Day in 1000.**
**This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death.**
**Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred.**
**On the night of October 31st, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.**



**1st November - All Souls' Day was celebrated similarly to Samhain, with big bonfires, parades and dressing up in costumes as saints, angels and devils. The All-Saints' Day celebration was also called All-hallows or All-Hallowmas (from Middle English *Alholowmesse* meaning All Saints' Day) and the night before it, the traditional night of Samhain in the Celtic religion, began to be called All-Hallows, eventually, Halloween.**

**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

## 26th – 30th October

### Monday 26th

**Facebook Live**

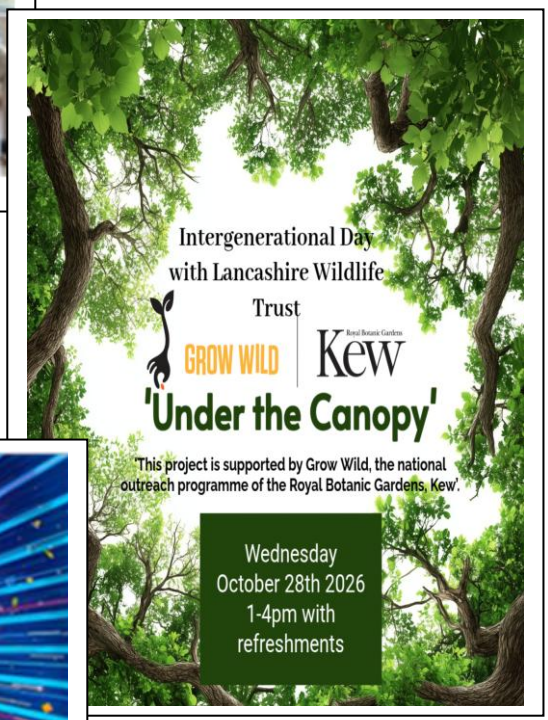
**6.15-7.30pm Music Aloud Carer's Choir**





### Tuesday 27th

**11am-12pm Chair-based exercise and Meditation**




### Wednesday 28th

**1.30-3pm Wellbeing afternoon – This week with the Young Carers and Mike from Lancashire Wildlife Trust**

### Thursday 29th

**1.30-3pm**

**Strictly Fit!**




### Friday 30th

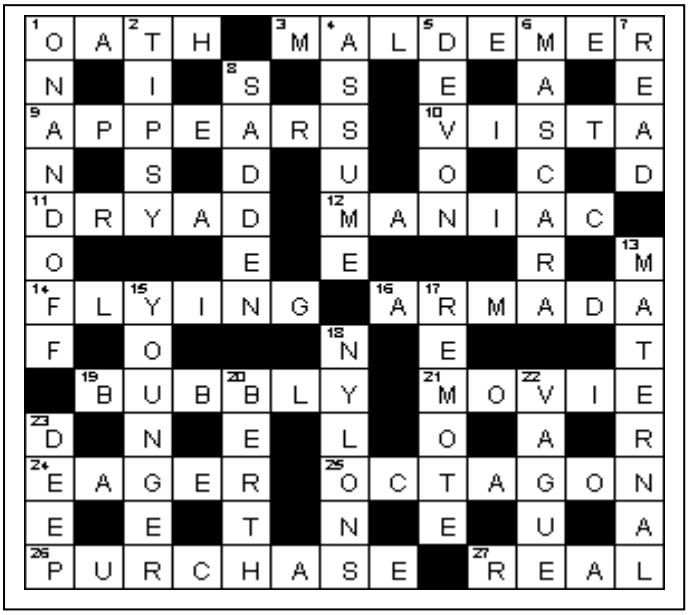
**Facebook Live**

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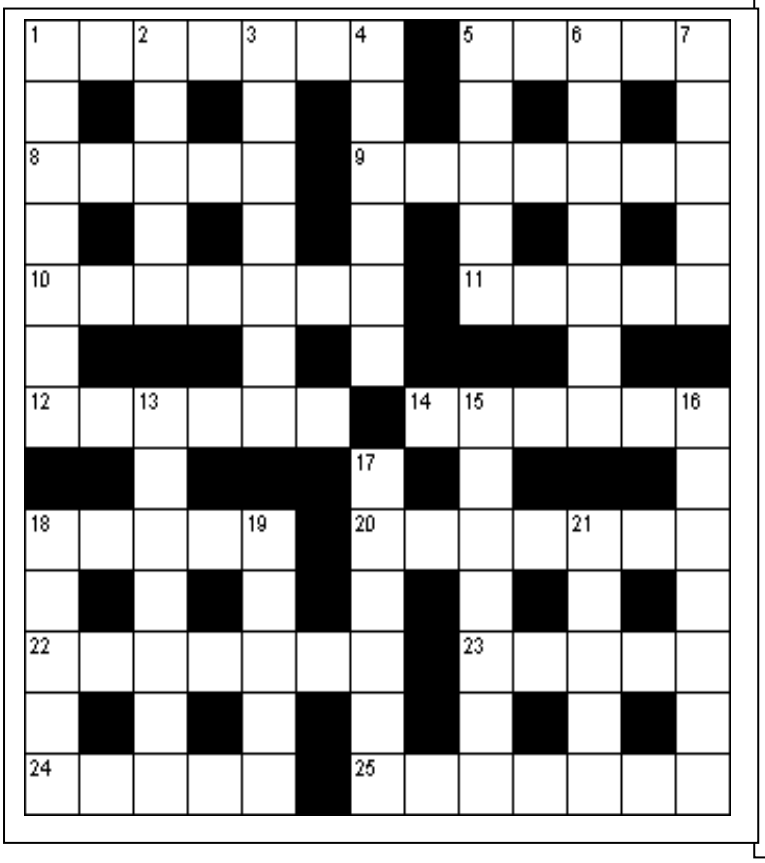
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## Last week's Crossword Solution:



## This Week's Crossword:



### Across

**1** Ancient Egyptian king (7)
**5** Vagrant (5)
**8** Leading performers (5)
**9** Dictionary (7)
**10** Vast (7)
**11** Metal worker (5)
**12** Silly laugh (6)
**14** Alfresco meal (6)
**18** Annoyed (5)
**20** End of the day (7)
**22** Capable of being heard (7)
**23** Wipe out (5)
**24** Daub (5)
**25** Female big cat (7)

### Down

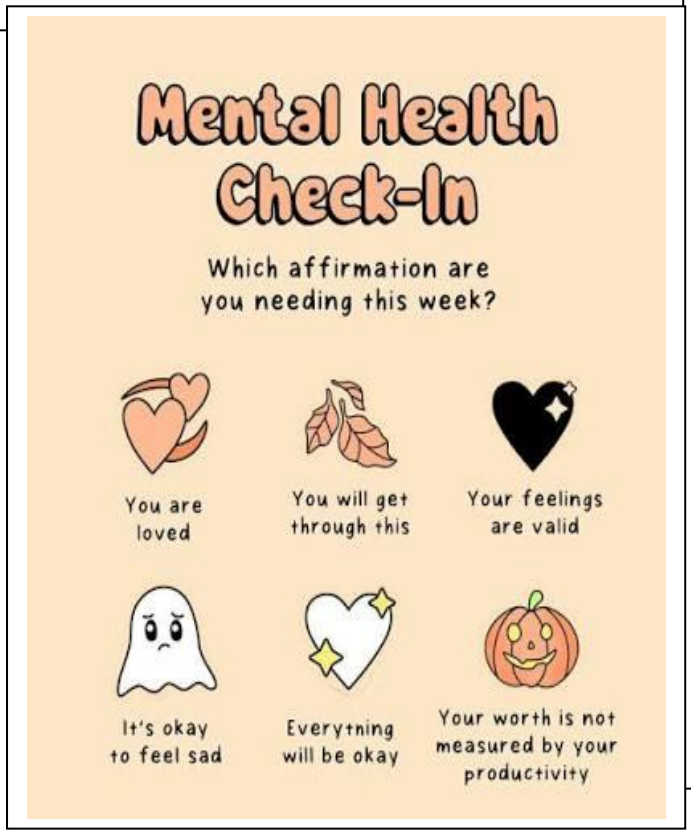
**1** Going by (7)
**2** Fear-stricken state (5)
**3** London football team (7)
**4** Conan Doyle's detective (6)
**5** Cabs (5)
**6** Sale to highest bidder (7)
**7** A blow with the fist (5)
**13** Native of Tyneside (7)
**15** Variety of lettuce (7)
**16** Young swans (7)
**17** Say or do again (6)
**18** Fellows (5)
**19** Sedate, staid (5)
**21** Furious (5)

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**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.**