

## Welcome to Carers O'Clock.

### WHAT?

This new Culture Shift project aims to help carers to build some time into their day to support their own health and wellbeing.

We believe that carers need to spend some time taking care of themselves in order to care for others; just like when on an airplane, we are told that we need to put our own oxygen masks on before helping others.

We recognise that finding time as a carer might be easier said than done, so the resources we create will contain ideas that could take 2 minutes or 2 hours. You can do them once or many times, anywhere. You can do them on your own or may even like to give them a try alongside the person you care for or another friend or family member.

And we hope there will be something for everyone to keep carers mentally and physically active and creative.

## WHEN?

Our plan is to create fortnightly bulletins which will be sent out on alternate Monday mornings from 20th April until the end of July.

We will then be hosting a fortnightly virtual cafe at 11am on Mondays from 27th April - a chance for carers to chat and have a virtual cuppa together in a safe, supported space.

We will also be supporting each other on social media using **#itscarersoclock**. We would love to see your messages of support, photos and tips to share with everyone in a caring role.

## HOW?

If you would like to receive the bulletin direct to your inbox or would like to receive a link to join the cafe, please email [julia@cultureshift.org.uk](mailto:julia@cultureshift.org.uk).

We look forward to connecting with you through this project and hope that it can help support carers during these very difficult times in lockdown.

If you need any other support as a carer, please get in touch with Care for the Carers, who run the Carers Centre for East Sussex – Tel: 01323 738390 / Email: [info@cftc.org.uk](mailto:info@cftc.org.uk) / Text: 07860 077300 / Website: [www.cftc.org.uk](http://www.cftc.org.uk) – they can help you to access the local support available for unpaid carers during the pandemic and beyond, including carers groups, telephone support, counselling, and help with navigating health and social care systems and accessing essential supplies.

A Culture Shift project supported by



# YOU'RE INVITED TO OUR VIRTUAL CAFE!

When: 11am on Mondays

(27th April / 11th May / 25th May / 8th June /  
22nd June / 6th July / 20th July / 3rd August)

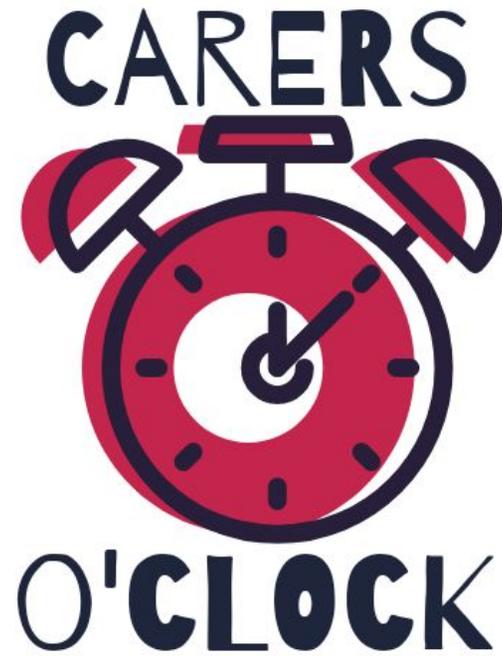
When: From your home, via zoom!

Enjoy a cuppa tea (or coffee) with us, Care For The Carers & other carers.

A chance to be involved in a friendly cafe-style meet up to chat, support

each other and enjoy a bit of time for you. Email [Julia@cultureshift.org.uk](mailto:Julia@cultureshift.org.uk) for  
the meeting zoom link.





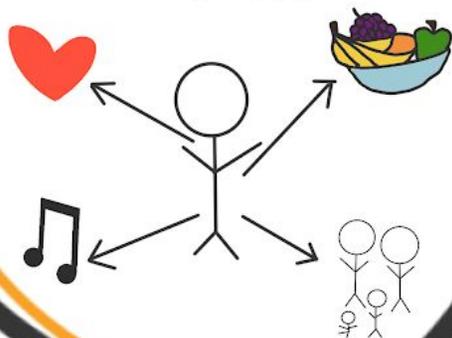
# BULLETIN 2



*TIME TO... be creative*

## My Mind and Body Map

We've created a template for you to use, to create a map of what you need most in your life. Make it reflect your own personality; colour it in, add to it in any way you like. Complete it in one, or come back to it during the week, but try and put it somewhere to remind yourself of what you need to stay happy and healthy.



*TIME TO... reflect...*

## Feeling down? Look up!

We spend most of our time looking down at our feet or straight ahead but a simple way to find a change of perspective is to consciously look upwards. Try it! Go outside or just look out of the window and take a look at the sky. Try this every day and notice how it changes, day to day, hour to hour, even minute to minute on some days! Have a go and maybe even take a photo or make a drawing if you get chance. Does the sky reflect how you're feeling?



*TIME TO... be active!*

## Boil The Kettle Challenge

It's hard finding time for physical exercise but what if we use the time that we usually stand waiting for the kettle to boil? March on the spot, do some lunges or squats or do some stretches. By the end of the day, you might find you've done an extra 10-15 mins of exercise....Which is over an hour and a half of exercise a week!



Finding time as a carer might be easier said than done, so these activities can take 2 minutes or 2 hours. They can be done together or separately. You can do them once or many times, anywhere. If you can, please share your photos tips and messages of support to carers everywhere using the hashtag...

## #itscarersoclock

Find us on Facebook & Instagram @cultureshiftcic and Twitter @CultureShiftCIC & the Care For The Carers team on Facebook & Instagram @careforthecarers and Twitter @Care4theCarers



