Welcome to Carers O'Clock.

WHAT?
This new Culture Shift project aims to help carers to structure 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 aeroplane, 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.

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 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, please email julia@cultureshift.org.uk.

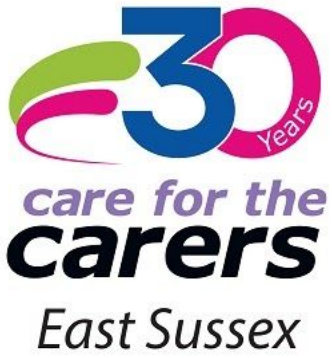
Here is the link you need to join the cafe via ZOOM;

https://us04web.zoom.us/j/7555243503

Meeting ID: 755 524 3503

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.

A Culture Shift project supported by



20th April - Week 1

↓

TIME TO... be creative

Pick-me-up Cards

We have made a set of cards just for you, to put in your pocket or on your mirror to give you a virtual hug, whenever you need one. We have also attached a template sheet so that you can make your own cards. They should be positive, supportive and maybe even funny.

Make / write / draw out your cards in whatever way you like. When you are happy with them, cut them out and store them away for when you need them. Or maybe give them to others who may need a little boost too. They are little happy tokens!

TIME TO... reflect...

My Top 5 Best Bits

It's easy to forget your own strengths, the things that make you uniquely you. Spend some time thinking about yourself and your best qualities and write them down. Be proud of who you are.

1.
2.
3.
4.
5.

CARERS O'CLOCK

TIME TO... be active!

DANCE LIKE NO-ONE'S WATCHING

Yes that's right - pop on your favourite track and GET MOVING (volume up loud, or headphones in).

Find a private space, move those feet, swing those arms and belt out those words. Give yourself the time to appreciate that tune that makes you bust-a-move and smile.

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 **#itscarersoclock**

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

cultureshift

care for the carers East Sussex

East Sussex County Council

NHS

I'm not 100% perfect,
but I am 100% okay with that.

I am awesome.

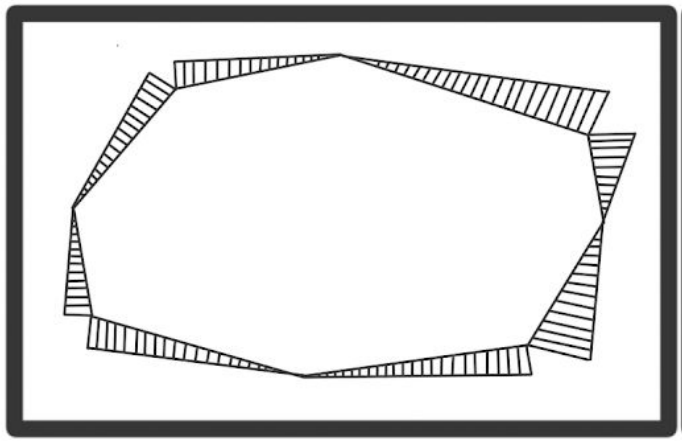
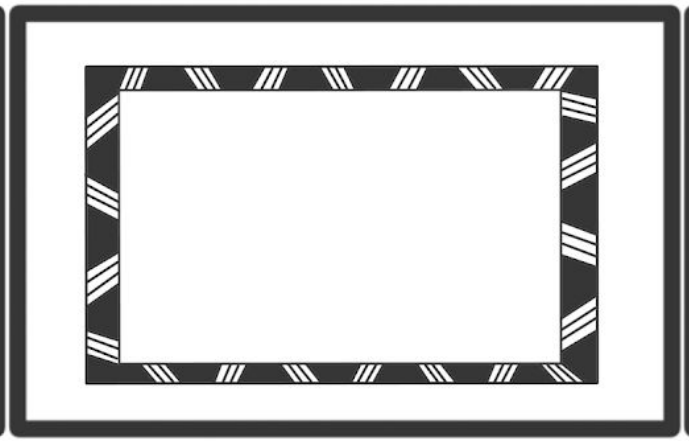
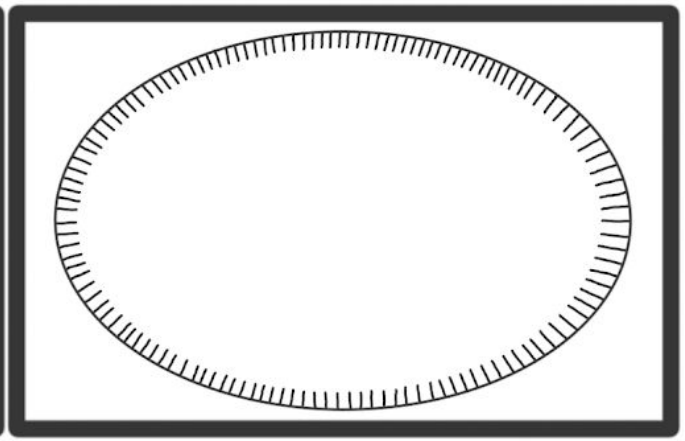
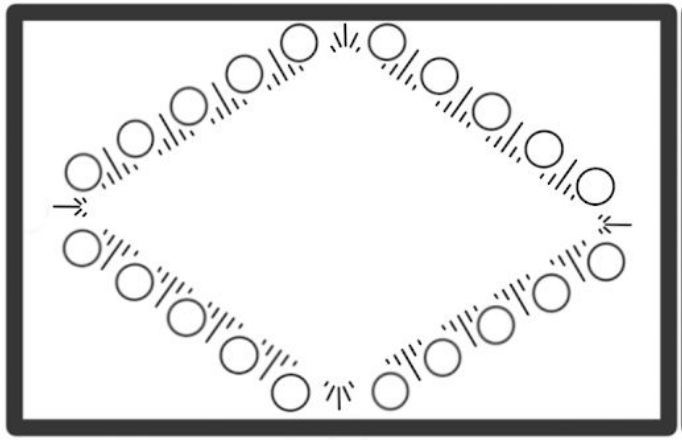
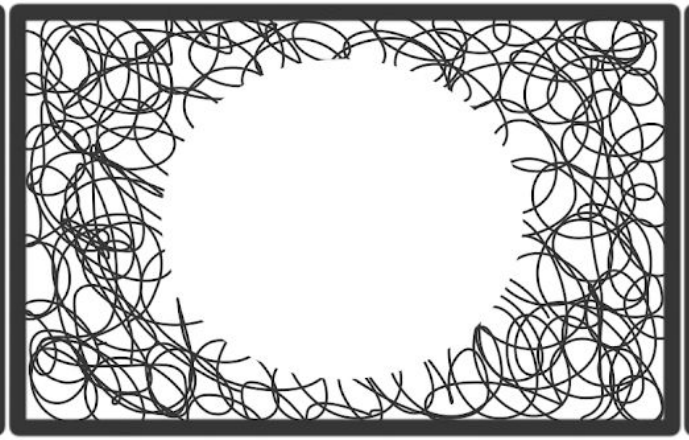
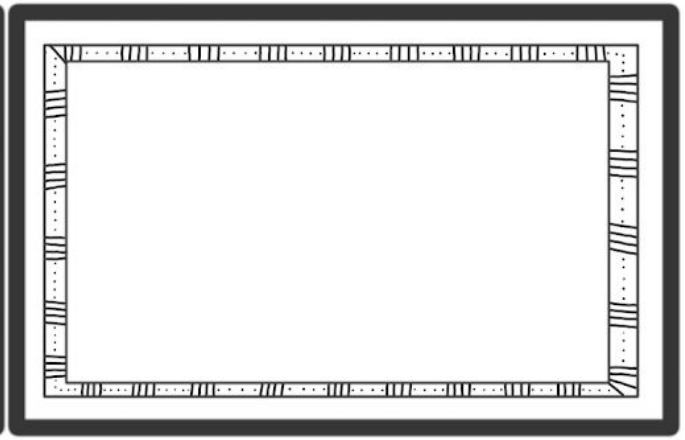
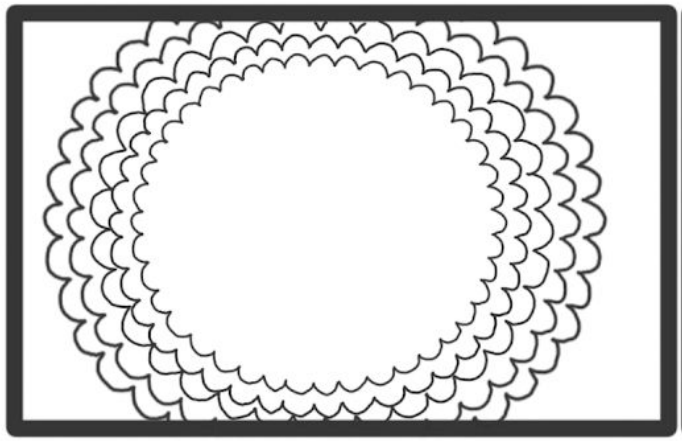
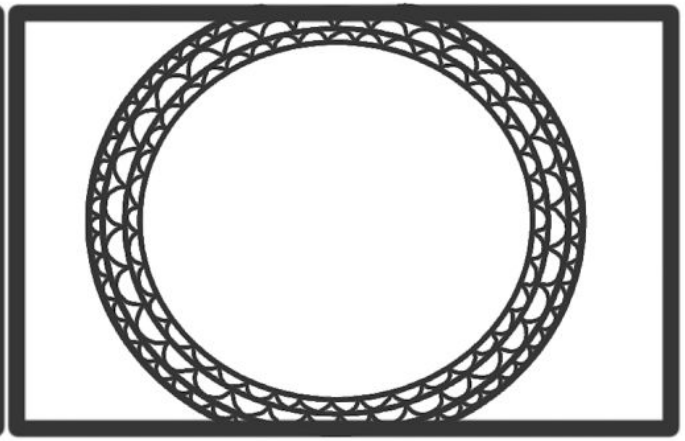
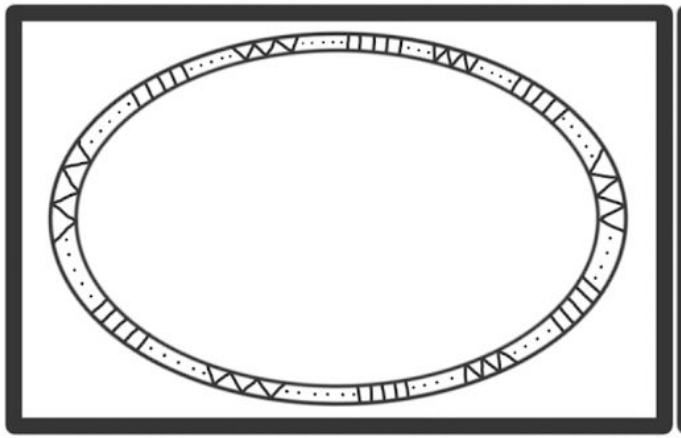
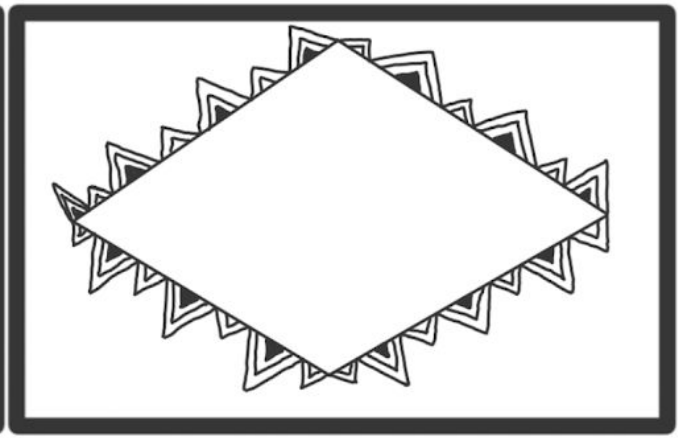
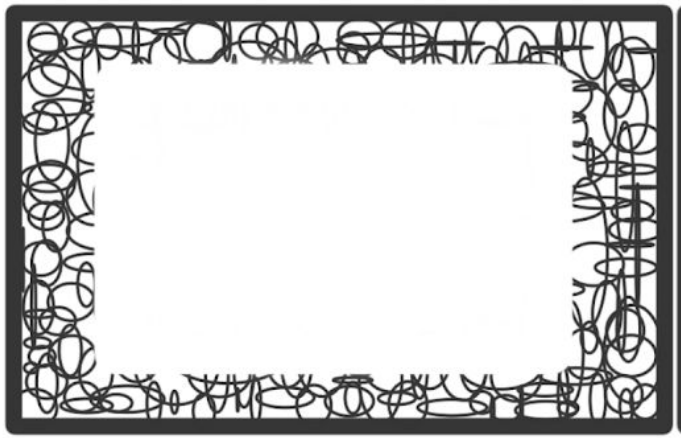
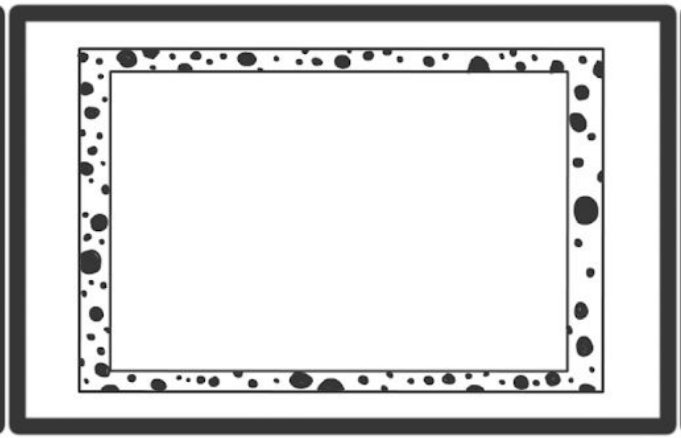
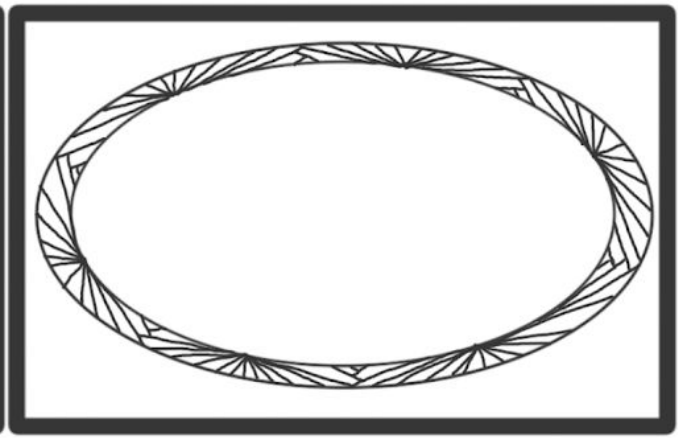
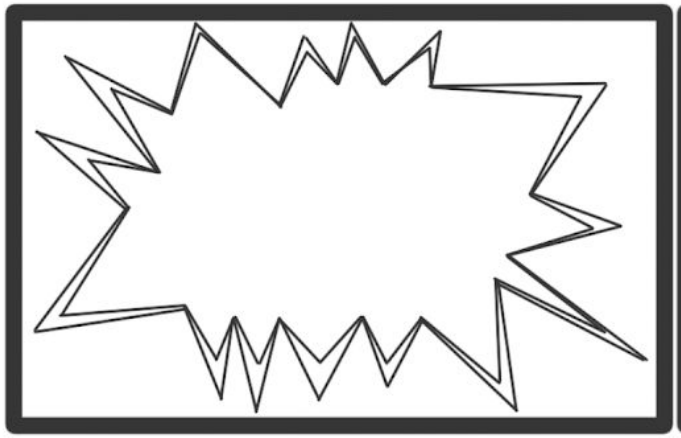
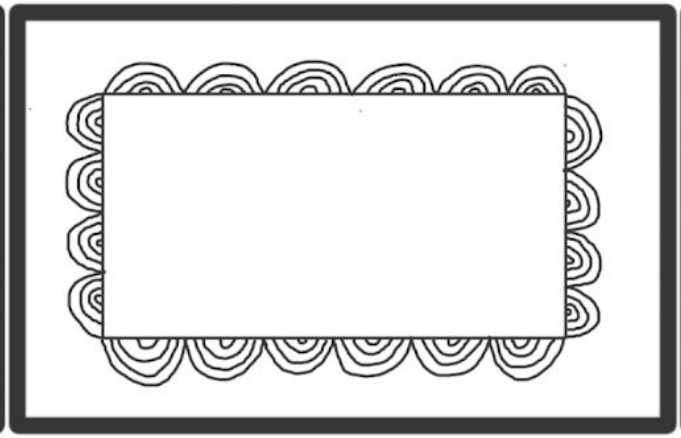
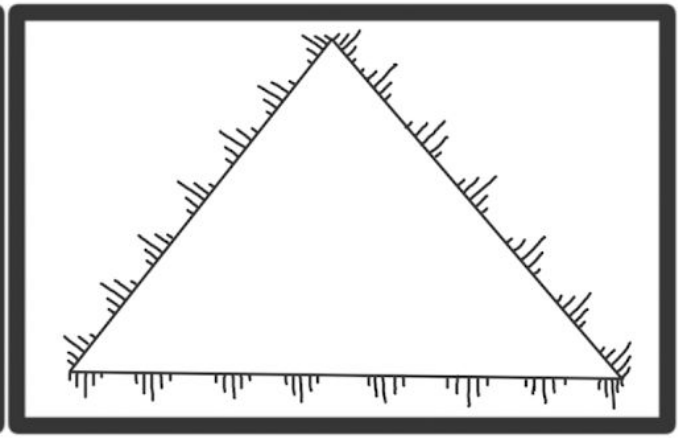
You've got this!

Your smile warms many
people's days.

No act of kindness, no matter
how small, is ever a waste.

You are not a drop in the ocean,
you are the entire ocean in a drop.

Make good choices.

Just keep moving.

Hello, I love you!