



Welcome to Carers O'Clock.

WHAT?

This 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 airplane, we are told that we need to put our own oxygen masks on before helping others.

We recognise that it's not always easy to find time out as a carer so these ideas have been designed to take 2 minutes or 2 hours. You can do them once or many times, anywhere. It's just a starting point. And we hope there will be something for all carers to be active mentally, physically and creatively.

WHEN?

A new bulletin is released every fortnight on alternate Monday mornings until the end of July 2020.

You are also invited to join our virtual cafe on alternate Mondays - 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.

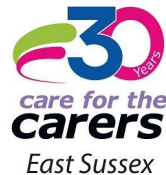
HOW?

If you would like to receive the bulletin direct to your inbox, please email julia@cultureshift.org.uk. Copies of all the bulletins are also available to download from our website: www.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 / Text: 07860 077300 / Website: 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! (zoom.us / downloadable app)

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 for the meeting zoom link.



Bulletin 3

+ extra page of resources hand picked for you

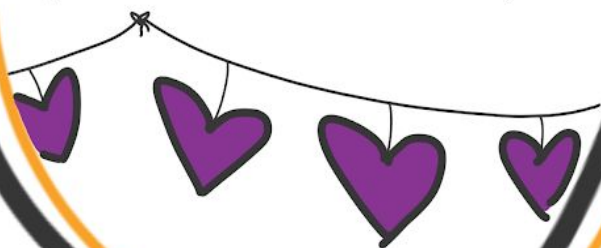


TIME TO... be creative

"Not all of us can do great things but we can do small things with great love..."

- Mother Teresa

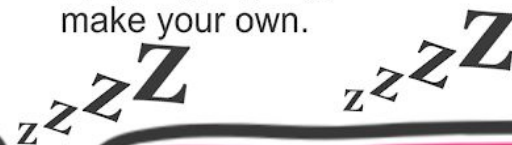
We have created some templates for you to use to surround yourself with love! Follow our instructions to make an origami heart, or make and decorate your own. You can make multiple and turn it into bunting, post to a friend, or simply stick in your window. Show how much you care, spread the love for carers everywhere!



TIME TO... reflect

"Let her sleep, for when she wakes she will move mountains" - Shakespeare

Quality sleep can be hard to achieve and yet can be the thing we need more than anything. Spend some time thinking about your end-of-day routine, and aim to put together your own routine that will set you up for a better night's sleep. We have put together an evening routine sheet to help you get going, but feel free to make your own.



TIME TO... be active!

"Walking is man's best medicine" - Hippocrates

It's National Walking Month (see weblink). The benefits of just 15 minutes of walking a day... relieve back pain, lower blood pressure, weight loss, reduce stress, anxiety, depression and risk of dementia.

Challenge yourself to take a 15 minute walk a day. Even if it's just around the garden, or up the road. Record how far you walk, how you feel physically and mentally afterwards.

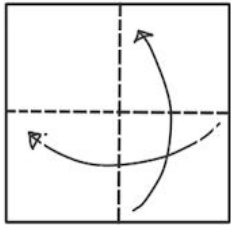
Finding time as a carer might be easier said than done, so these activities can take 2 minutes or 2 hours. They can be done together or separately. You can do them once or many times, anywhere. If you can, please share your photos tips and messages of support to carers everywhere using the hashtag...

#itscarersoclock

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

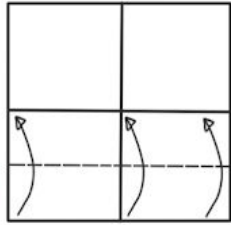


1



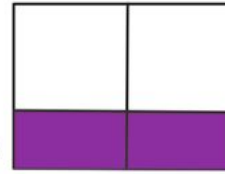
Fold your square vertically and horizontally, then fold.

2.



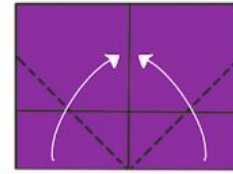
Fold bottom edge to the center

3



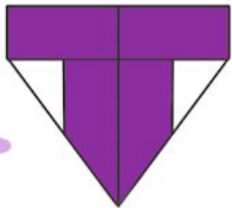
FRONT VIEW:
Flip to other side!

4



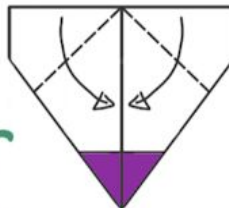
Fold both bottom corners in towards central line

5



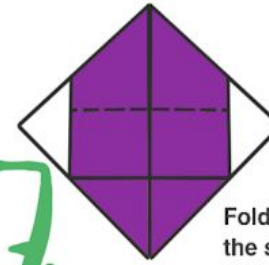
Flip to the other side!

6



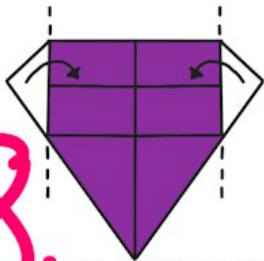
Fold top corners into central vertical line

7



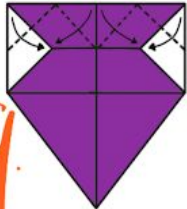
Fold top corner down to the bottom. Avoid folding the side triangles, you will be able to fold inside these as they will open up as you start to make the fold.

8.



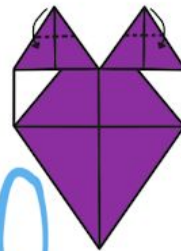
Fold side triangles inwards.

9.



Fold top corners down to the edge made by top fold.

10



Bend down top triangular tips
Then flip over.

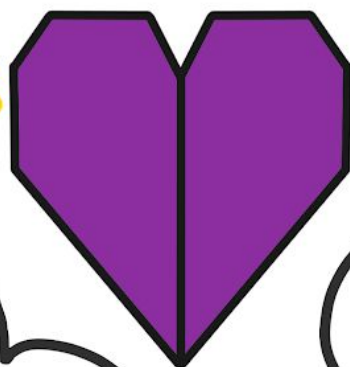
Watch a video tutorial here!

Click Here

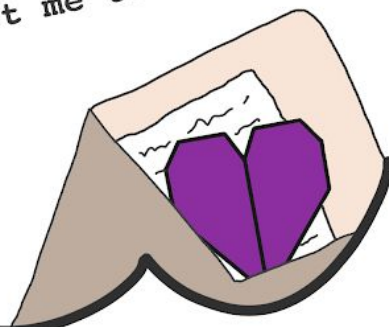


Turn to next page for ideas on what to do with your heart...

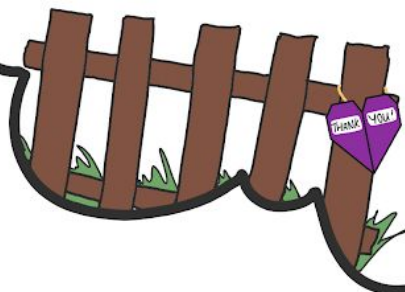
Some ideas...



Post me to a friend...



Write a thank you on me and leave out for a key worker



Hang me in the window!



Take a picture of me and share online!



Write a motivational statement on it and place in the house for everyone to see



Use me as bookmark



Make a few more and turn us into bunting...



Print this or
make you own

GOOD NIGHT ME

Here are some
Top Tips!

Try keeping a
sleep diary

Reduce
your screen
time

Try your best
to stick to the
routine
as best you can

Your evening routine checklist for a good night's sleep

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Make a mental list
of your day's
best bits

Meditation
is a great exercise
to relax
a busy mind

Avoid caffeine
before bed

Give your eyes
a break
try listening to a
podcast

Extra Resources. Click and follow the link, or type these key words into search engine.

These are some things we have found that we think you might enjoy doing at home, by yourself or with people. The colour code relates to our 3 sections in the bulletin... Yellow = creative, Green = active, Pink = reflective. If you don't have time now, you can always print off, cut out and keep for another time.



Sofa Singers

Online singing community

Gig Buddies CoronaVirusFest

Keeping the gigs going in lockdown!

Do Think Share

Daily creative challenges

Idle Hands

Printable colouring booklets

Project Hodgepodge

Sharing our experiences

Focal Point Gallery

'Why don't you...' Programme

Pandemic Positivity

Article about keeping positive

Kew Gardens Resources

Keeping nature close.

Museum of Me

Reflective activity for anyone

Your Mental Health

Mental Health Foundation Resources

Mindfulness for Carers

10 minute guided meditations

#sharethatyoucare

Campaign with Carers UK & British Gas

National Walking Month

Living Streets #try20

10 Today

10 mins physical movement

Yoga with Adrienne

Movements for Tension Relief

Stay Active

Activities to keep kids active

Sport England

Stay in, work out ideas

We are Undefeatable

Exercise diary