



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.

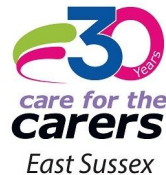
HOW?

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 5



TIME TO... BE CREATIVE

Create Your Own Joy Jar

Last week we introduced the joy cards and we hope you have found some time this week to start making a note of the positive things in your life. Now it's time to make a Joy Jar, to store these cards you have & for the future ones you will write. Having a dedicated place for the cards ensures they are safe and can help instil the process of writing the cards, but it also fun to make! So grab an old jar or box and get decorating, then find a place for it to live at home.



TIME TO...

Take a Mindful Walk

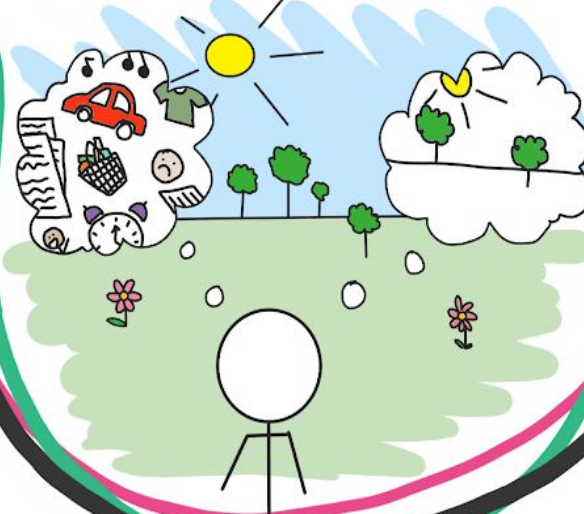
Especially during lockdown we are probably getting a bit bored of our daily walk. This might be a good time to try 'mindful walking'. Try some of these ideas, just for 5 minutes the next time you are walking...

1. Focus on the physical feelings of walking - in your legs & feet, for your back or on your face.
2. Slow down & establish a rhythm with your breathing, notice your lungs filling up & then emptying at the same rate.
3. Use your sense - look for details, listen for sounds & touch different textures you come across.
4. If your mind wanders, a good way to re-focus is to look down at your feet and match your steps with 'left' 'right' until you feel back in the present.
5. Give your walk a theme - Pick a focus and take note of the details & findings. It could be the weather, nature, colour, textures...the list goes on. You could turn it into a project where you aim to take a photo, make a drawing or write down some words from your walk about your chosen theme.

MOVE YOUR BODY & CLEAR YOUR MIND



Mind full vs Mindful



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

