

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. We recognise that it's not always easy to find time out as a carer but we have designed this bulletin for you to take as little or as much time as you can spare. It's just a starting point, it's carers o'clock.

When?

Every fortnight on 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 cuppa' together, in a safe and supported space. We will also be supporting each other online through social media channels using the hashtag #itscarersoclock and would love to see your photos, tips and support to share with everyone in a caring role.

How?

To receive the bulletin straight to your inbox email
julia@cultureshift.org.uk
Copies of the bulletins are also available to download from our website, go to...
www.cultureshift.org.uk

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 8



Holiday At Home

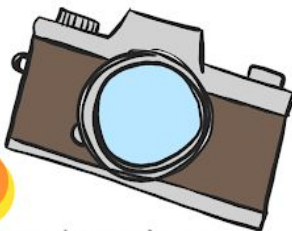
Delete the 'to-do' list

It's great to go away and leave the house clean and tidy - so decide on the day your holiday at home starts, get all the chores done before then, leaving you to be able to enjoy your break knowing the basics at home are done.



Send postcards

Take time on your holiday at home to contact people, revive the holiday tradition and send a postcard. Just a short line to say hello can make someone's day.



Get snapping

On holiday we are forever taking photos, helping us to create memories. So why not try it at home, carry it around with you and take photos of your loved ones, the places you go to, things you get up to. Even if it seems mundane, these will become photos that you can fondly look back on.

This summer is a good time for us to think about giving ourselves a break whilst staying at home so here are a few ideas to try...

Treat yourself

Holidays are a time to indulge yourself, so plan a daily treat for your holiday at home.

Maybe a new outfit, some pampering, making yourself a nice meal or mixing yourself your favourite tippie. Enjoy some small guilt free pleasures!



Get lost in a book

...or a magazine! Free from our normal timetable, holidays are an opportunity to spend time reading. So get some recommendations from some friends, find a cozy chair or space and finally enjoy reading those books you have always meant to get round to.



Explore

You don't have to go far from home to find something new. We all tend to take our local surroundings for granted and miss what is on our doorstep. If you were a stranger to your area, where would be the top 5 places you would go to? Maybe you haven't been to them recently so treat yourself to a visit and rediscover what's around you.

