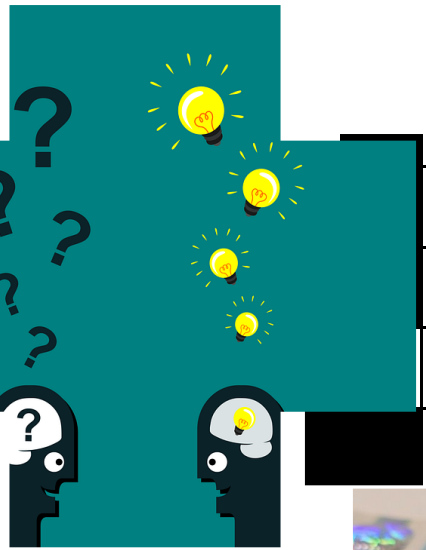
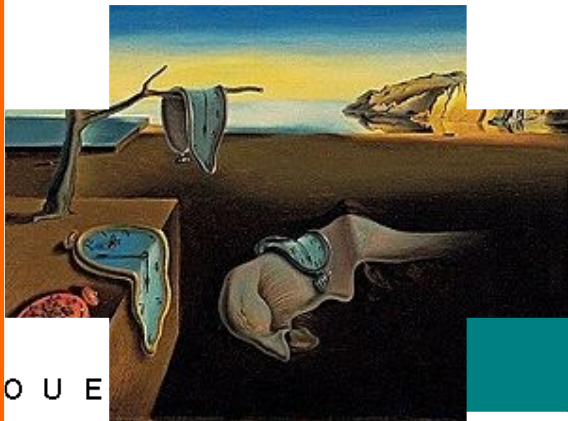


'food for thought'

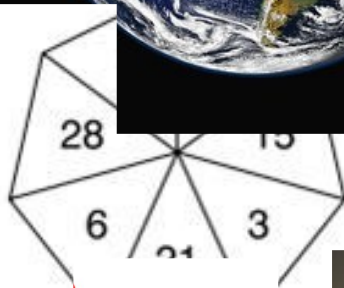
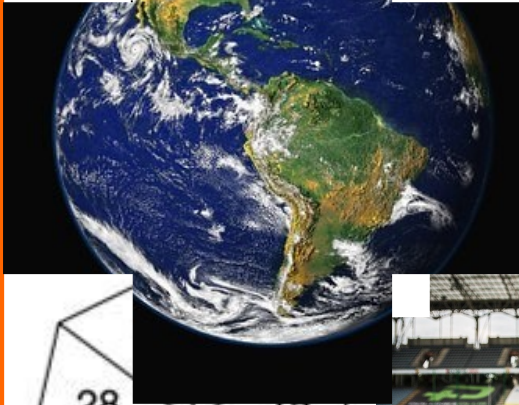
Issue 7

Your Distraction Pack



24		24	7	
19		17		
16	2	13	23	1
8		24		1
7		2	15	4
24		2		

O U E
N C R H S L X F M P L R S
I R L L E A Y P R L H U K
U A O P A H Q F U A P I D
G B B F T W S C L T I N
N D S F U S M
E A T M H W Z



Welcome to the **7th** issue of 'food for thought', your distraction pack.

Dictionary definition of

disträ'ction n.

"Something that prevents someone from giving their attention to something else"

"An activity that you do for pleasure"

COVID-19 has affected us all in very different ways, but the common adjustment we have all had to make is that of self-isolation and how we each deal with that varies enormously. Some are finding it easy to distance themselves from others, whilst others are finding isolation difficult.

We are all responsible for making sure not only we, but others, are kept safe from infection and the only way to do that is to stay where you live and avoid close contact with others.

These Distraction Packs offer a variety of quizzes, activities and reading material to help distract you during the long periods of time spent alone. We hope you enjoy them.

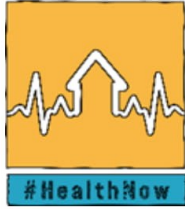
The answers are given at the back, so if you don't want to know what they are, don't look beyond page 32!



Having supported older individuals with convictions (in prisons and the community) for over ten years, RECOOP, part of the BCHA Family, recognises the importance of keeping active, both physically and mentally. Our Distraction Packs, 'food for thought' were created with that in mind. www.recoop.org.uk



BCHA is a not for profit, registered Housing Association, that has supported those experiencing homelessness for over 50 years. BCHA help the most vulnerable within our society 'find a way forward'. www.bcha.org.uk



Have your say!



We want to hear about your experiences during COVID-19

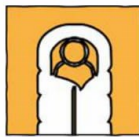
Groundswell are working with NHS England to understand the impact of COVID-19 on people who are homeless. This will help to inform how the NHS and other services respond to COVID-19 for people who are homeless.

If you are street homeless, living in a hotel, hostel or 'sofa surfing' we want to hear from you.

Text this number to get in touch.

07476552438


You can share your story confidentially and anonymously. You will be charged your usual rate for texts. When you contact us, you will be reimbursed phone credit to cover cost of data and text messages.




Groundswell is a charity that works with people who are homeless to create solutions to homelessness.

You can find out more about the project and view information and advice at www.groundswell.org.uk

Please note that we are not able to provide advice or support through the above number.

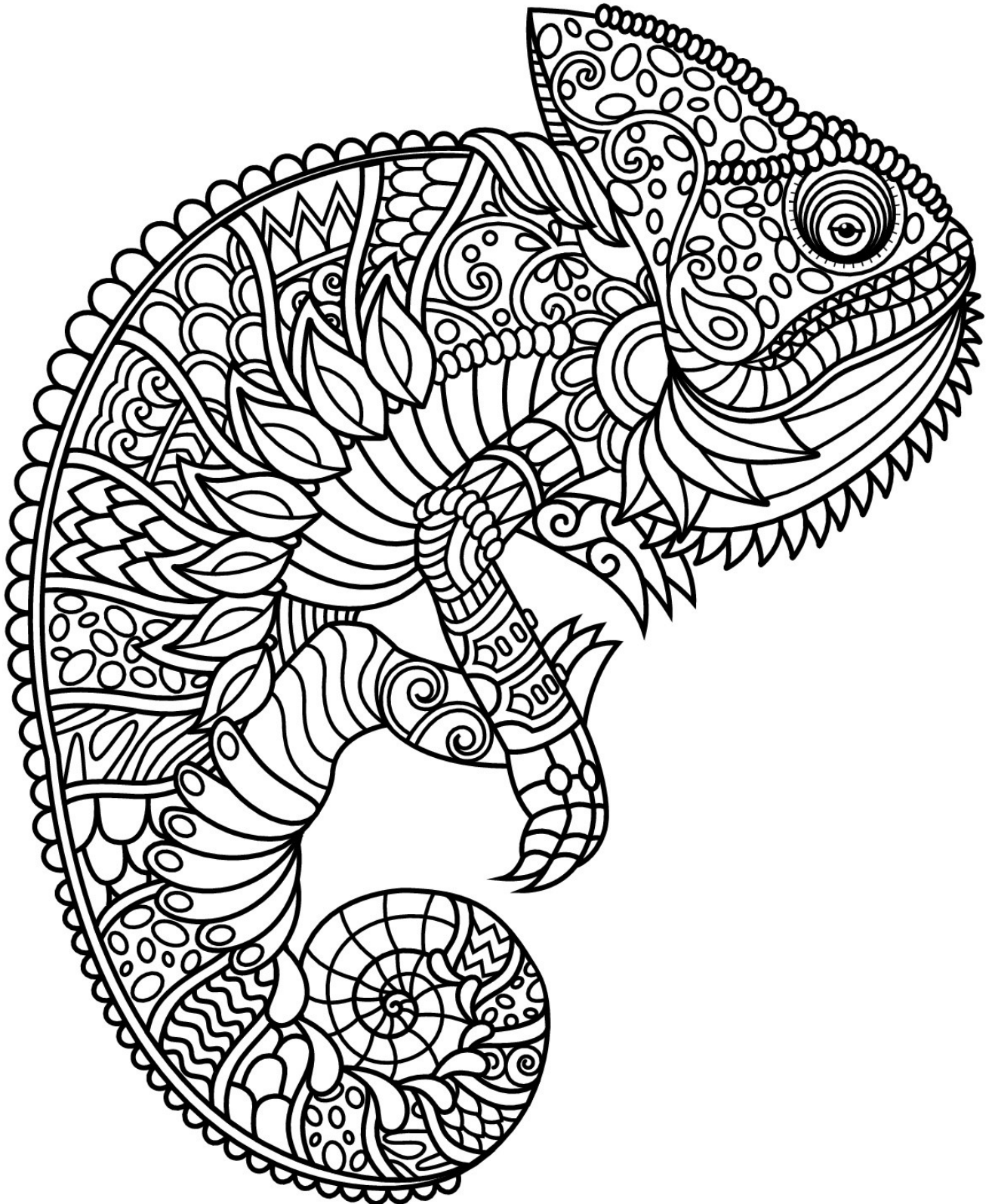
The logo for 'Thought for the Day' is a stylized thought bubble with a cloud-like top and a tail at the bottom. Inside the bubble, the words 'Thought for the Day' are written in a black, cursive script font.A decorative horizontal flourish with a central floral motif and symmetrical scrollwork on either side, rendered in a gold or bronze color.

Your best
teacher is
your last
mistake.

A decorative horizontal flourish with a central floral motif and symmetrical scrollwork on either side, rendered in a gold or bronze color.

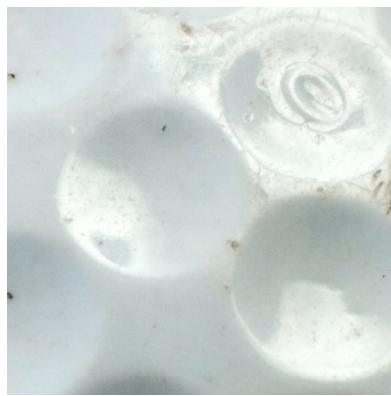
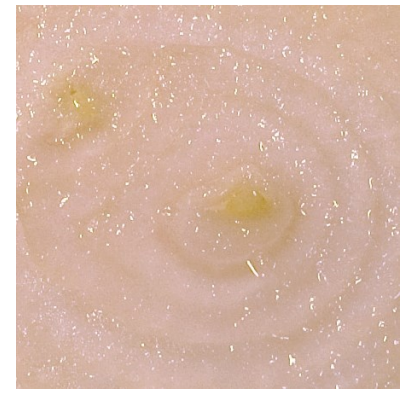
Activity - Colouring

If you don't have coloured pencils try different shades of grey.

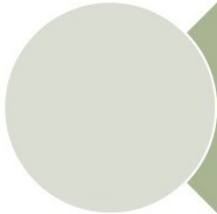



Activity - Up Close


Can you work out what these images are a close-up of?






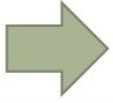
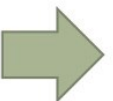
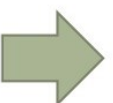
My Plan




 This plan belongs to:

 The plan starts on:

 I will look again at the plan on:

Things I'm good at:




Things I want to change:




The help I need is:




To Do List:

- 1.
- 2.
- 3.

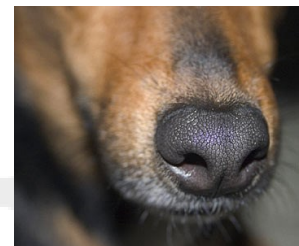
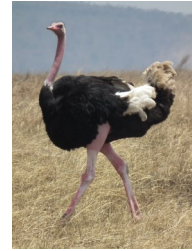
Word Search - European Countries

G	Y	D	Y	A	K	A	I	I	T	A	L	Y	U
M	B	D	R	I	I	Z	R	R	K	N	L	P	P
O	U	S	A	N	A	E	E	M	A	A	N	O	B
N	L	P	G	A	I	R	L	A	R	E	O	L	G
T	G	A	N	U	N	B	A	L	O	T	R	A	E
E	A	I	U	H	A	A	N	T	R	I	W	N	R
N	R	N	H	T	M	I	D	A	A	F	A	D	M
E	I	S	A	I	O	J	R	N	A	N	Y	A	A
G	A	E	A	L	R	A	P	I	I	A	E	I	N
R	Y	R	L	U	H	N	C	Y	P	R	U	S	Y
O	Y	B	A	I	N	O	T	S	E	T	P	G	R
A	A	I	R	M	T	E	C	N	A	R	F	H	M
A	I	A	E	N	I	A	R	K	U	A	Y	N	P
S	U	P	N	N	I	S	L	O	V	E	N	I	A

POLAND
 HUNGARY
 BULGARIA
 ROMANIA
 LITHUANIA
 CYPRUS
 ITALY
 UKRAINE
 SLOVENIA
 GERMANY
 FRANCE
 MONTENEGRO
 MALTA
 ESTONIA
 SPAIN
 SERBIA
 NORWAY
 AZERBAIJAN
 IRELAND

True or False - Fascinating Animal Facts

1. Horses run faster than ostriches?
2. A female lion does 90% of the hunting?
3. Almost half of the pigs in the world are kept by farmers in China.
4. A tarantula spider can survive for more than 2 years without food.
5. A single elephant tooth can weigh as much as 9lbs.
6. Cows have 3 stomachs.
7. A herd of 60 cows is capable of producing a ton of milk in less than a day.
8. A grasshopper can leap 40 times the length of its own body.
9. Octopuses have 2 hearts.
10. Butterflies can taste with their feet.
11. Owls don't have eyeballs.
12. A dog's sense of smell is about 10,000 times stronger than humans.
13. Male penguins propose to females by giving them a pebble.
14. Honeybees can flap their wings up to 230 times every second.



Your stories from across the country

We would like to receive stories of your experiences in the accommodation during COVID-19 and will be selecting a number of them to go into future Distraction Packs. We will also be collecting and compiling them and thinking about how best to share these in the future. You can either add your name or submit anonymously. Using the template below, we invite you to share your story, poem, picture or photo. If you are able, photograph it and email to outbox or, alternatively, give it to a staff member to send/scan and email to us. The email box is england.covid-homeless@nhs.net Thank you.



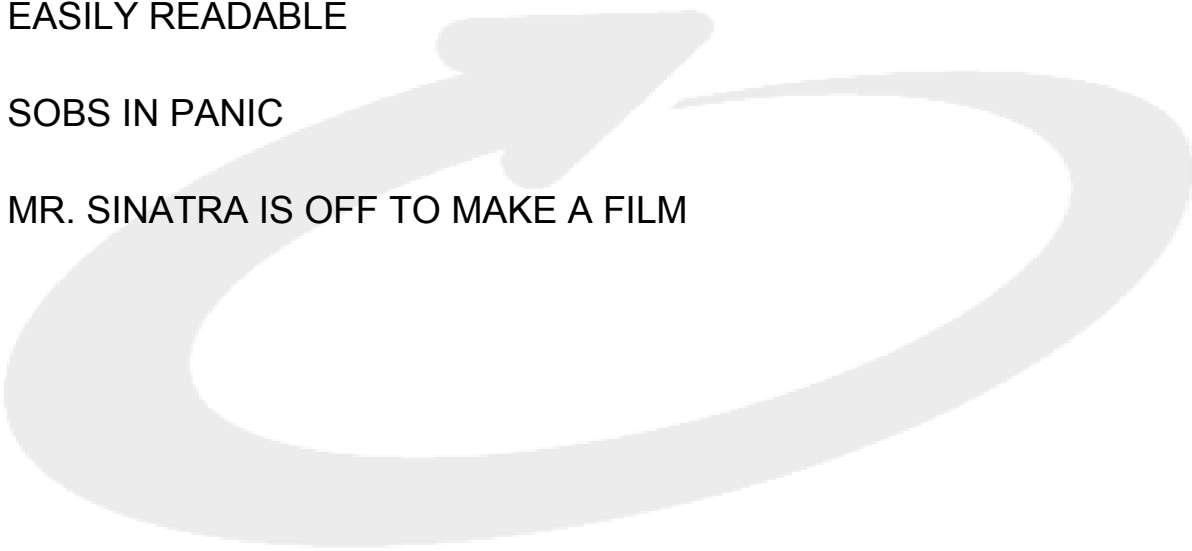
Quiz 1 - Pop Groups

Can you identify the group from the clue?

For example: SPINNING ROCKS = Rolling Stones



1. YEAR QUARTERS
2. DARK SUNDAY
3. WARM GALAXY
4. NUN TOBOGGAN
5. MSc. BSc. B.Eng.
6. HEBREW BEGINNING
7. PALE SERPENT
8. EASILY READABLE
9. SOBS IN PANIC
10. MR. SINATRA IS OFF TO MAKE A FILM



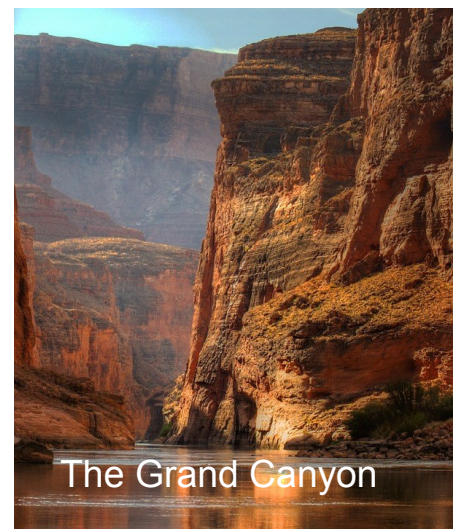
Activity - Spot the Difference - can you find all 10?



Quiz 2 - Geography



1. What are the names of the two longest rivers in the world?
2. Which planet is closest to the Earth?
3. In which country were the Hanging Gardens of Babylon said to have been located?
4. What is the capital of New Zealand?
5. Which animal is responsible for the most human deaths in Africa?
6. What animal lives in a lodge?
7. What is the name given to the active volcano located in Sicily?
8. In which US state is the Grand Canyon located?
9. In which country would you find the Port of Alexandria?
10. What is the largest island in the world?
11. What is the name of the highest mountain in the Canary Islands and which Island is it on?
12. The Bridal Veil Falls is the smallest of three waterfalls that are more famously known as?
13. Which planet is closest to the sun?
14. What is the name of the sea that is situated between Israel and Jordan?
15. What occurred first, the Stone Age or the Bronze Age?



Groundswell

Out of homelessness



CORONAVIRUS (COVID-19)

Registering with a GP during COVID-19

COVID-19 and registering

- Most GP surgeries are closed due to COVID-19, however some are doing phone and online appointments
- Registration has moved on-line or over the phone
- If you are having difficulties registering, ask a support worker or advocacy worker for help.

If you are unable to access a GP and have an urgent medical problem, please ring 111 or go to an Accident and Emergency department.

What services are provided at my GP?

Your GP will be able to help you with:

- Physical health problems, including minor illnesses, minor injuries and the management of all ongoing more serious health problems
- Mental health issues
- Substance misuse issues
- Preventative care e.g. health screening and vaccinations (see other leaflet)
- Wound dressings
- Support with your pregnancy
- Contraception and sexual health
- Referral to termination of pregnancy services (If you prefer not to attend your GP for this you can alternatively call 0333 999 9951)

What is a GP?

- A General Practitioner (GP) or a 'family doctor' is a **doctor based in the community**

What does a GP do?

- GPs can treat minor issues
- Identify any more serious health issues
- Refer you for further treatment to a hospital or other specialist health service

Who can register?

- Anyone in England may register and see a GP for free
- You do not need a fixed address
- Your immigration status does not matter
- You do not need identification, documentation or an NHS number

*Sometimes GP practices ask for identification or documentation. **If you are asked for documentation or identification, and you do not have any, explain that you are currently homeless, and they should still register you.**

*If the GP cannot support you to manage your condition, they will **refer you to a specialist**

***If your condition is an emergency go to Accident and Emergency**

How to get help

If you have any problems registering with a GP, have questions about health care charges or concerns about data sharing please contact

Doctors of the World (0808 164 7686). Monday - Friday 10am – 12pm



COVID-19 symptoms

Call 111 and self-isolate until further advice if you have any of the following symptoms.

- **Fevers or sweats**
- **A persistent cough**
- **Shortness of breath**
- **A loss of sense of smell or taste**



If you cannot manage your symptoms you should go to A&E.

This information is correct as of 17/06/20

Using the GP services

I need to book an appointment

- During COVID-19 phone or on-line booking systems are the only way to access GP appointments
- Speak to support staff or an advocacy agency if you have any issues registering
- GP appointments are usually 10 minutes long, but you can always request longer appointments if you need

I need an interpreter

- If English is not your first language NHS services must provide telephone interpreting services
- You can ask a receptionist or health care provider for an interpreter to help you register and you can also ask for an interpreter for your appointment with the GP or nurse

Specialist GP practices

- There may be GP practices in your area that are especially for people who are currently homeless or migrants, asylum seekers or refugees
- Advocacy and support services should be able to tell you if there is a specialist GP practice in your area

Will I be charged?

- Health care provided within a GP surgery is free. **However**, you may have to pay for prescribed medicines depending on what benefits you receive and what health conditions you have. **See section below about help with health costs.**
- If you have no current immigration status or your application is in process you can be charged for hospital care and some community services. See section below about help with health costs.
- If you cannot pay in advance you might not be able to get treated. **However**, if a clinician thinks the treatment is urgent you will be given the treatment. You may receive a bill after treatment. There are some exceptions to this e.g. **treatment related to COVID-19 is free.**

I need help with the costs of medicines, dental treatment and sight care

- Depending on which benefits you receive and your medical conditions you might also be required to pay for prescriptions, dental care, eye tests and glasses
- **However**, if you have a low income, you may be eligible for an **NHS HC2 certificate** which entitles you to free prescriptions, dental treatment, sight tests and vouchers for glasses. **If you are not entitled to benefits you can still apply for this.**
- An HC1 form is used to apply for this certificate.
- Your health provider should be able to give you an HC1 form. If not, this form can be downloaded from the internet. And you can also apply online <https://services.nhsbsa.nhs.uk/apply-for-help-with-nhs-costs/apply-online>
- **Ask for help to fill in the form if you need it**

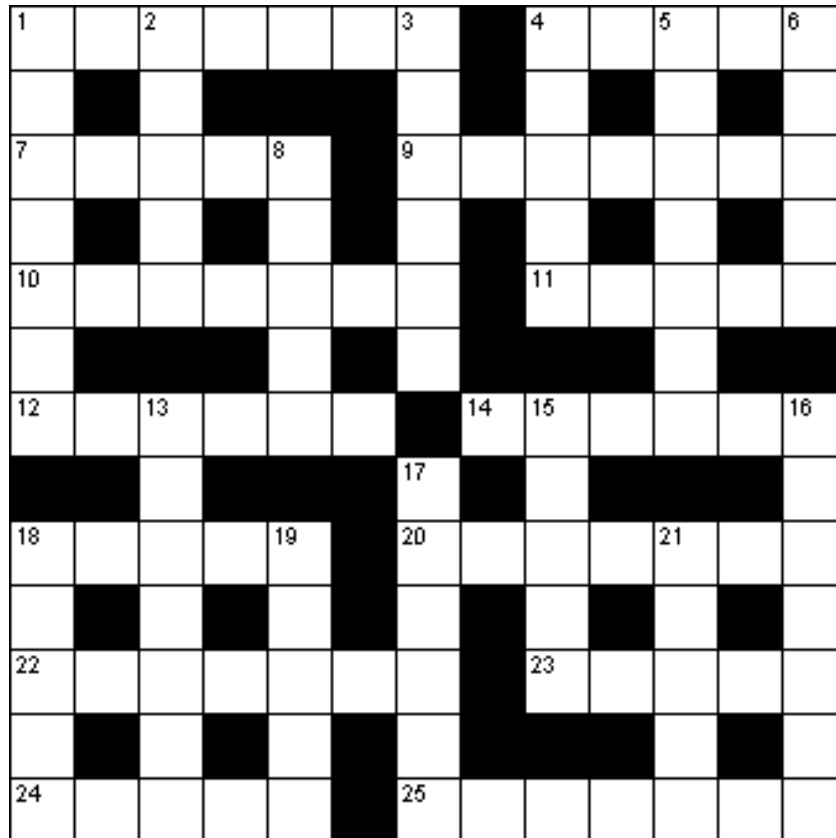
Will my GP share information about me?

- GP practices and other NHS services will **NOT** share your information with any other Government department
- GP practices do not share information with the Home Office currently
- The only situation in which a GP might have to share information about you is if you are at risk or there is risk to others

Translated versions of this document are available here:

<https://www.healthylondon.org/resource/homeless-health-during-covid-19/>

Activity - Crossword



ACROSS

1. Floorshow (7)
4. Spooky (5)
7. Detection device (5)
9. Vertical (7)
10. Inactivity (7)
11. Measuring implement (5)
12. Dictator (6)
14. Ecclesiastic (6)
18. Copious (5)
20. Drawn (7)
22. Pouch worn with a kilt (7)
23. Diadem (5)
24. Admittance (5)
25. Spiny anteater (7)

DOWN

1. Transported (7)
2. Emblem (5)
3. Tropical bird (6)
4. Mistake (5)
5. Dependable follower (7)
6. Go in (5)
8. Magnitude relation (5)
13. Reinforcement (7)
15. Reasoned judgement (5)
16. Musical passage (7)
17. Opportunity (6)
18. Part of a church (5)
19. Ahead of time (5)
21. Obviate (5)

Quiz 3 - First Division Football Clubs

We have removed the vowels of these well known football clubs. Can you name them? The number in brackets is the number of words in each name.



1. Wycmbwndrrs (2)
2. Pswchtwn (2)
3. Ptrbrghntd (2)
4. Cvntrycty (2)
5. Fltwdtwn (2)
6. Dncstrrvrs (2)
7. SdrInd (1)
8. Xfrdntd (2)
9. Lnclncty (2)
10. Trnmrrvrs (2)
11. Ccrngtstnly (2)
12. Wmbldn (1)
13. Mltnkynsdns (3)

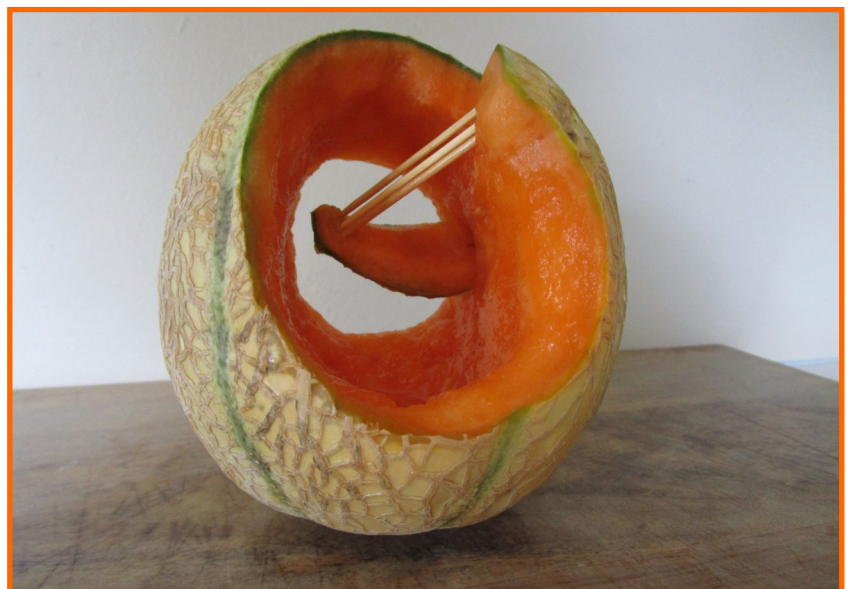
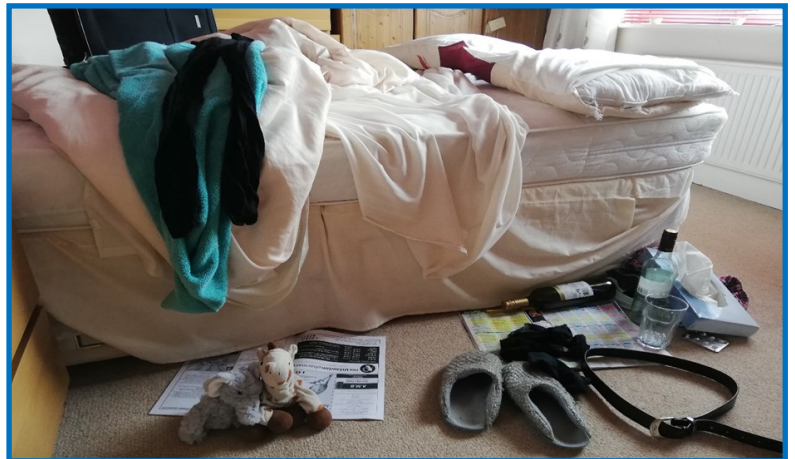
A Creative Challenge!

It came to our attention that at the start of the global lock-down the J Paul Getty Museum in California had asked the public to recreate works of art from its collection using only 3 objects, from the comfort of their own homes. The response has been staggering and we are offering you the opportunity to get involved by creating an image of your own which we could publish in future issues of 'food for thought'. It could be a painting, sculpture, or a local landmark or building. Below are two examples created by the RECOOP team. The first is a re-creation of the controversial "Pillow case ... My bed" by Tracey Emin created in 1998 and the second a sculpture by Barbara Hepworth, entitled "Pelagos".

If you would like to get involved and are able, photograph your re-creation and email to outbox or, alternatively, give it to a staff member to send/scan and email to us. The email box is england.covid-homeless@nhs.net It would also be good if you could also let us know what you have re-created, for example "Statue of Eros, Piccadilly Circus, London". Thank you and have fun!



Original by Tracy Emin !



Where will your imagination take you?

“Live out of your imagination, not your history.”

Stephen R. Covey



The Power of Imagination - by Remez Sasson

Imagination is the ability to form a mental image of something that is not perceived through the five senses. It is the ability of the mind to build mental scenes, objects or events that do not exist, are not present, or have happened in the past.

Everyone possesses a certain degree of imagination ability. The imagination manifests in various degrees in various people. In some, it is highly developed, and in others, it manifests in a weaker form.

Imagination makes it possible to experience a whole world inside the mind. It gives the ability to look at any situation from a different point of view and to mentally explore the past and the future.

This ability manifests in various forms, one of which is daydreaming. Though too much idle daydreaming may make one impractical, a certain degree of daydreaming, while not being engaged in something that requires attention, provides temporary happiness, calmness and relief from stress.

In your imagination, you can travel anywhere in the speed of light, without any obstacles. It can make you feel free, though temporarily, and only in the mind, from tasks, difficulties and unpleasant circumstances.

Imagination is not limited only to seeing pictures in the mind. It includes all the five senses and the feelings. One can imagine a sound, taste, smell, a physical sensation or a feeling or emotion. For some people it is easier to see mental pictures, others find it easier to imagine a feeling, and some are more comfortable imagining the sensation of one of the five senses. Training of the imagination gives the ability to combine all the senses.

A developed and strong imagination does not make you a daydreamer and impractical. On the contrary, it strengthens your creative abilities, and is a great tool for recreating and remodelling your world and life.

Activity - can you find the 17 travel icons?



Image provided on www.supercoloring.com - for personal use only - reproduction is prohibited

Here is a back exercise recommended by NHS Choices. Try and set aside 20-mins each day to exercise.

back exercises

HELPS REDUCE LOWER BACK PAIN,
TENSION, STIFFNESS AND SORENESS

neilarey.com

1



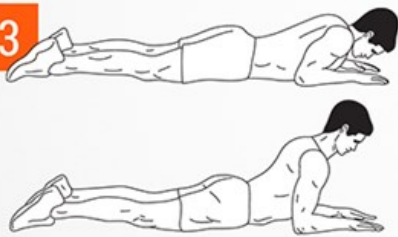
10 bottom to heels stretch

2



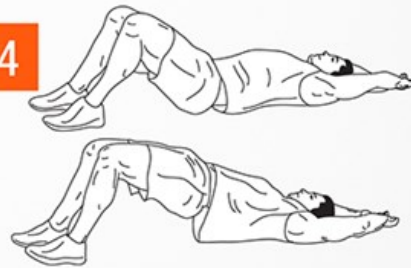
10 opposite arm / leg raises

3



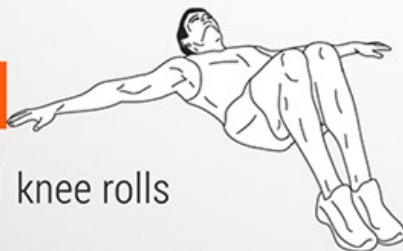
10 back extensions

4



10 bridges

5



10 knee rolls



Activity - Word Wheel

How many words can you make from the letters in the wheel? Each word must contain the hub letter R and at least 2 other letters. No proper nouns. There is also one 9-letter word.

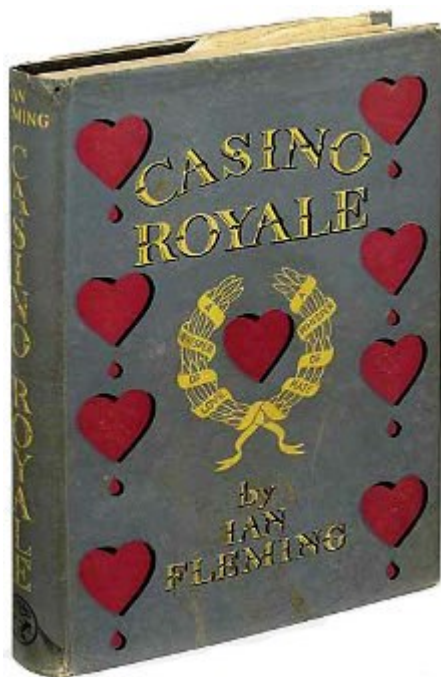


Looking at Ian Fleming

Ian Lancaster Fleming (28 May 1908 – 12 August 1964) was an English author, journalist and naval intelligence officer who is best known for his James Bond series of spy novels. Fleming came from a wealthy family connected to the merchant bank Robert Fleming & Co., and his father was the Member of Parliament for Henley from 1910 until his death on the Western Front in 1917. Educated at Eton, Sandhurst and, briefly, the universities of Munich and Geneva, Fleming moved through several jobs before he started writing.



While working for Britain's Naval Intelligence Division during the Second World War, Fleming was involved in planning Operation Goldeneye and in the planning and oversight of two intelligence units, 30 Assault Unit and T-Force. His wartime service and his career as a journalist provided much of the background, detail and depth of the James Bond novels.



Fleming wrote his first Bond novel, *Casino Royale*, in 1952. It was a success, with three print runs being commissioned to cope with the demand. Eleven Bond novels and two collections of short stories followed between 1953 and 1966. The novels revolve around James Bond, an officer in the Secret Intelligence Service, commonly known as MI6. Bond is also known by his code number, 007, and was a commander in the Royal Naval Volunteer Reserve. The Bond stories rank among the best-selling series of fictional books of all time, having sold over 100 million copies worldwide.

All in all, Agent 007's exploits can be enjoyed in Fleming's 14 James Bond books, starting with *Casino Royale* (1953), and going forward through *Live and Let Die* (1954), *Moonraker* (1955), *Diamonds Are Forever* (1956), *From Russia with Love* (1957), *Dr. No* (1958), *Goldfinger* (1959), *For Your Eyes Only* (1960), *Thunderball* (1961), *The Spy Who Loved Me* (1962), *On Her Majesty's Secret Service* (1963), *You Only Live Twice* (1964), *The Man with the Golden Gun* (1965), and *Octopussy and The Living Daylights* (1966).

Looking at Ian Fleming continued

Fleming also wrote the children's story *Chitty-Chitty-Bang-Bang* and two works of non-fiction. In 2008, *The Times* ranked Fleming 14th on its list of "The 50 greatest British writers since 1945".

Fleming was married to Ann Charteris, who was divorced from the second Viscount Rothermere because of her affair with the author. Fleming and Charteris had a son, Caspar. Fleming was a heavy smoker and drinker for most of his life and succumbed to heart disease in 1964 at the age of 56. Two of his James Bond books were published posthumously; other writers have since produced Bond novels. Fleming's creation has appeared in film twenty-six times, portrayed by seven actors.

James Bond Quiz



1. Where was Ian Fleming's estate Goldeneye located?
 - a. Jamaica
 - b. Scotland
 - c. The Virgin Islands
 - d. Fuji
2. How many James Bond films did Sean Connery take part in?
 - a. 6
 - b. 3
 - c. 9
 - d. 1
3. In the classic, *You Only Live Twice*, James is sent to recover what kind of craft?
 - a. A jet plane
 - b. A submarine
 - c. A spacecraft
 - d. A super tank
4. According to the Bond story, how were James' parents killed?
 - a. Mountain climbing
 - b. Car crash
 - c. During WWI
 - d. IRA bombing

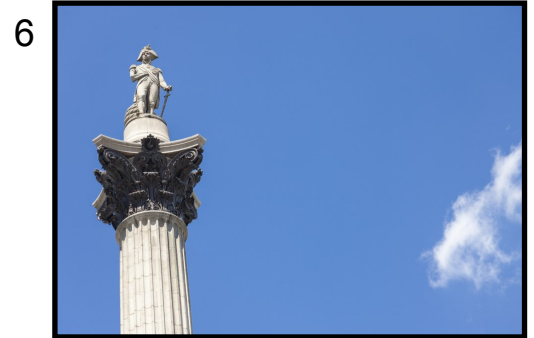
James Bond Quiz continued



5. What is James Bond's favourite drink?
 - a. Champagne
 - b. Martini
 - c. Scotch
 - d. Rusty Nail
6. There have been many Bond girls. Which one did James actually marry?
 - a. Tatiana Romanova
 - b. Teresa di Vincenzo
 - c. Sylvia Trench
 - d. Honey Ryder
7. James Bond is a British agent, who does he work for?
 - a. M16
 - b. The Queen's Guard
 - c. Scotland Yard
 - d. Control
8. Which James Bond movie was the first to star Roger Moore?
 - a. Goldfinger
 - b. Moonraker
 - c. Live and Let Die
 - d. The Spy who Loved Me
9. Who is the evil villain in the Bond story Live and Let Die?
 - a. Karl Stromberg
 - b. Max Zorin
 - c. Mr. Big
 - d. General Gogol
10. In the James Bond movie "The World is Not Enough" whom is Bond supposed to protect?
 - a. Elektra King
 - b. King Edward
 - c. President Ford
 - d. Bill Gates

Quiz 4 - Famous Statues

Who are these statues of and do you know where they can be seen?



1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Activity - Codeword

Codewords are like crossword puzzles - but have no clues! Instead, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle. All you have to do is decide which letter is represented by which number.

To start you off, we reveal the codes for three letters. With these letters filled in throughout the puzzle, you'll have enough clues to start guessing words and discovering other letters.

20	17	15	8	14		9	25	25	18	25	15	4
8		6		2		25		3		19		20
16	6	8	19	20	17	10		3	13	22	13	3
20		14		1		13		6		13		16
21	25	25	8	11		20	13	2	1	25	2	14
11				9		3				6		
10	2	13	22	11	18		23	13	15	8	20	5
		17				21		17				16
26	6	3	16	8	13	20		24	6	20	8	13
18		11		14		8		6		18		8
20	17	17	25	4		3	25	11	7	13	8	14
12		8		18		25		8		19		18
11	18	11	21	11	17	14		14	2	13	19	11

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Activity - Dingbats


From the images below try and figure out the well-known phrase or saying.

ATFRANKFRANKRA	BIG BIG IGNORE IGNORE	OdOoOmo	MUST GET HERE MUST GET HERE MUST GET HERE
01	02	03	04
BUSINESS :)	little LARGE little LARGE little little little LARGE	RUNNING HOME	TTTTTTTTTT9.9
05	06	07	08
cHIMp	WELIEIGHT	R.P.I	RI POORCH
09	10	11	12



Quiz 5 - Car Badges

Can you name the car from its badge?

 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>	 <input type="text"/>	 <input type="text"/>

Activity - Sudoku

	4		5			
	6	8	3			
	3		8		9	1
3	2			5		
		1	7			5
		7	4	8		
8		9	6	7	5	
9		7		4		8

EASY



		8		1		3
	5			7	3	
3				2		1
	2			7		8
5			6			
		1			4	6
7	1			5		9
	3					
2				9	8	

		8				6
9	2		4			1
1			9			
	5		9	3		
	1	4		5		
		2			4	
7	3			1		
			8	3		
					4	2

MEDIUM



			6	8			3
9			3				6
	2			1			
8	4						
	1					6	8
						2	
3				6			
	8	5	7		3		
2	7	8	5				4

			1	6			
3		2		8			
			9				5
	1		2				3
5						6	
	6			3			4
			1				
8			5				1
2	5						7

HARD



1			4	6	5		
					3		8
2							9
				4			
	5	6		7			
			9			6	4
5	2						
	7		3		8		9
		9		5			3

Activity - Sudoku

7	3			2		1		
	4	6		1				9
8			4	7				
						9	8	
	5		7			6		
	8					4	2	
	2		8	3			4	
9							7	
	6					1	8	

EASY



		3					2	4	8
2				9				1	
7	8	4						6	
9	4	8		7			1		
			2				6		
	7			2					
8	5		3		4				
			7					3	
			3		9				

7								
9	1	6						5
					6	4		
	4			8				7
				5				
	8	1				2		4
				5				3
					6	4	1	8
				3				9

MEDIUM



2		7						9	
						9		1	
9				4				6	
3				1					5
	9					2	7		
							8		
5				8				9	
					7	3			
6				5					

				6					
	7					4			2
		9						7	
				5				3	
						2	8		
	4			9		1	6		
3		1						9	
			8		4				
6					1				

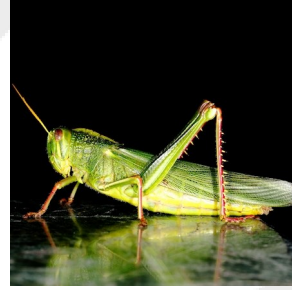
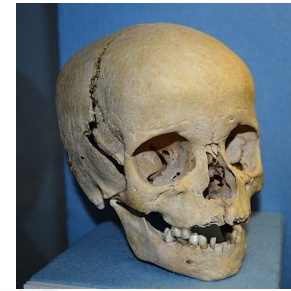
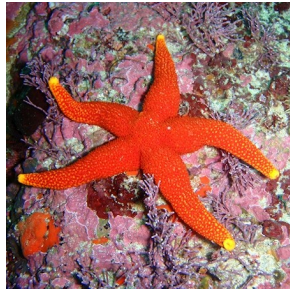
HARD



4				9		8			
		1							2
	9			8					1
8	4			9		5	3		
					2		6		
	1							5	
					1				
					8			6	
	5					3		7	

ANSWERS

Activity - Up Close



ANSWERS - True or False

1. Horses run faster than ostriches? FALSE - male ostriches can run over 40 miles per hour for up to 30 minutes. Horses can run up to 30 miles an hour.
2. A female lion does 90% of the hunting? - TRUE
3. Almost half of the pigs in the world are kept by farmers in China. TRUE
4. A tarantula spider can survive for more than 2 years without food. TRUE
5. A single elephant tooth can weigh as much as 9lbs. TRUE
6. Cows have 3 stomachs. FALSE—they have 4. Technically they only have one stomach, but it has four distinct compartments: Rumen, Reticulum, Omasum, Abomasum.
7. A herd of 60 cows is capable of producing a ton of milk in less than a day. TRUE
8. A grasshopper can leap 40 times the length of its own body. FALSE - 20 times.
9. Octopuses have 2 hearts. FALSE—they have 3.
10. Butterflies can taste with their feet. TRUE. Butterflies taste with their feet as their taste sensors are located there. They can taste it by just standing on their food. They don't have mouths that allow them to bite or chew, instead they have a long straw-like structure called a proboscis which they use to drink nectar and juice.
11. Owls don't have eyeballs. TRUE—they have eye tubes.
12. A dog's sense of smell is about 10,000 times stronger than humans. TRUE. But they have just 1/6th our number of taste buds.
13. Male Gentoo penguins propose to females by giving them a pebble. TRUE — they look for the smoothest, shiniest pebble to present to females of their choice. If the female accepts, she takes the pebble and places it in her nest, accepting the male as her mate.
14. Honeybees can flap their wings up to 230 times every second. TRUE - using a combination of high-speed digital photography and a robotic model of a bee wing, the researchers figured out the flight mechanisms of honeybees.

ANSWERS

Quiz 1 - Pop Groups

1. The Four Seasons
2. Black Sabbath
3. Hot Chocolate
4. Sister Sledge
5. Three Degrees
6. Genesis
7. White Snake
8. Simply Red
9. Tears for Fears
10. Frankie goes to Hollywood

Quiz 2 - Geography

1. The Amazon and the Nile
2. Venus
3. Iraq
4. Wellington
5. The Hippopotamus
6. The beaver
7. Mount Etna
8. The state of Arizona
9. Egypt
10. Greenland
11. Mount Teide, Tenerife
12. The Niagra Falls
13. Mercury
14. The Dead Sea
15. The Stone Age

Quiz 3 - First Division Football clubs

- 1 Wycombe Wanderers
- 2 Ipswich Town
- 3 Peterborough United
- 4 Coventry City
- 5 Fleetwood Town
- 6 Doncaster Rovers
- 7 Sunderland
- 8 Oxford United
- 9 Lincoln City
- 10 Tranmere Rovers
- 11 Accrington Stanley
- 12 AFC Wimbledon
- 13 Milton Keynes Dons

ANSWERS

Activity - Word Wheel

9-letter word - NAVIGATOR

Words of four or more letters that you may have found:

agora, antra, aorta, argon, argot, atria, grain, grant, griot, groan, goat, groin, intro, naira, noria, organ, raita, ratio, riant, riata, tiara, train, virga, angora, organa, rating, ration, raving, roving, trigon, virago, aviator, orating, vagrant, variant

James Bond Quiz

1. A - Jamaica
2. A - 6
3. C - A spacecraft
4. A - Mountain climbing
5. B - Martini
6. B - Teresa di Vincenzo
7. A - M16
8. C - Live and Let Die
9. C - Mr. Big
10. A - Elektra King

Activity - Crossword



ANSWERS

Activity - Codeword

20	17	15	8	14		9	25	25	18	25	15	4
A	N	G	S	T		Z	O	O	L	O	G	Y
8		6		2		25		3		19		20
S		U		R		O		C		B		A
16	6	8	19	20	17	10		3	13	22	13	3
H	U	S	B	A	N	D		C	I	V	I	C
20		14		1		13		6		13		16
A		T		P		I		U		I		H
21	25	25	8	11		20	13	2	1	25	2	14
M	O	O	S	E		A	I	R	P	O	R	T
11				9		3				6		
E				Z		C				U		
10	2	13	22	11	18		23	13	15	8	20	5
D	R	I	V	E	L		J	I	G	S	A	W
		17				21		17				16
		N				M		N				H
26	6	3	16	8	13	20		24	6	20	8	13
F	U	C	H	S	I	A		Q	U	A	S	I
18		11		14		8		6		18		8
L		E		T		S		U		L		S
20	17	17	25	4		3	25	11	7	13	8	14
A	N	N	O	Y		C	O	E	X	I	S	T
12		8		18		25		8		19		18
K		S		L		O		S		B		L
11	18	11	21	11	17	14		14	2	13	19	11
E	L	E	M	E	N	T		T	R	I	B	E

Activity - Dingbats

1. Frank Sinatra
2. Too big to ignore
3. Dominoes
4. The Musketeers
5. Business before pleasure
6. A little on the large side
7. Running away from home
8. 99.9
9. Making a monkey out of him
10. Lightweight
11. A Grave error
12. Take from the rich to give to the poor

Answers

Quiz 4 - Famous Statues

- | | |
|-------------------------------|--------------------------------|
| 1. Oliver Cromwell - London | 5. Brian Clough - Nottingham |
| 2. Eric Morecambe - Morecambe | 6. Admiral Nelson - London |
| 3. Dickie Bird - Barnsley | 7. Elvis Presley - Memphis |
| 4. Sherlock Holmes - London | 8. Emmeline Pankhurst - London |

Quiz 5 - Car Badges

 Infiniti	 Mercedes-Benz	 Mitsubishi	 Buick
 Dodge	 Chevrolet	 Cadillac	 Audi
 Porsche	 Volkswagen	 Renault	 Subaru
 Acura	 Peugeot	 Lexus	 Maserati
 Suzuki	 Fiat	 Vauxhall	 Citroën
 Saturn	 Bentley	 Daewoo	 Alfa Romeo

ANSWERS

Activity - Sudoku

7	4	9	2	5	1	3	8	6
1	6	8	4	3	9	5	7	2
2	3	5	8	6	7	9	1	4
3	2	6	1	9	5	8	4	7
4	8	1	3	7	2	6	9	5
5	9	7	6	4	8	2	3	1
6	7	3	5	8	4	1	2	9
8	1	4	9	2	6	7	5	3
9	5	2	7	1	3	4	6	8

EASY



4	9	8	5	1	6	2	3	7
1	5	2	4	7	3	9	8	6
3	6	7	8	9	2	5	1	4
6	2	4	9	3	7	1	5	8
5	8	1	6	2	4	7	9	3
9	7	3	1	5	8	4	6	2
7	1	6	2	8	5	3	4	9
8	3	9	7	4	1	6	2	5
2	4	5	3	6	9	8	7	1

3	4	8	1	5	2	7	6	9
9	6	2	7	3	4	8	1	5
1	5	7	8	9	6	2	3	4
4	7	5	6	1	9	3	8	2
2	8	1	3	4	7	5	9	6
6	9	3	5	2	8	1	4	7
7	3	4	2	6	1	9	5	8
5	2	9	4	8	3	6	7	1
8	1	6	9	7	5	4	2	3

MEDIUM



4	7	1	6	8	2	5	9	3
9	5	8	3	7	4	1	6	2
6	2	3	9	1	5	4	7	8
8	9	4	1	2	6	7	3	5
5	1	2	4	3	7	6	8	9
7	3	6	5	9	8	2	1	4
3	4	9	2	6	1	8	5	7
1	8	5	7	4	3	9	2	6
2	6	7	8	5	9	3	4	1

7	4	5	1	6	2	8	9	3
3	9	2	7	8	5	4	1	6
1	8	6	9	3	4	7	2	5
4	1	8	2	7	6	5	3	9
5	2	3	4	9	1	6	7	8
9	6	7	8	5	3	1	4	2
6	7	9	3	1	8	2	5	4
8	3	4	5	2	7	9	6	1
2	5	1	6	4	9	3	8	7

HARD



1	3	8	4	9	6	5	7	2
9	6	5	1	2	7	3	4	8
2	4	7	5	8	3	6	1	9
3	9	1	6	4	2	8	5	7
4	5	6	8	7	1	9	2	3
7	8	2	9	3	5	1	6	4
5	2	3	7	6	9	4	8	1
6	7	4	3	1	8	2	9	5
8	1	9	2	5	4	7	3	6

ANSWERS

7	3	5	6	9	2	8	1	4
2	4	6	3	1	8	7	5	9
8	9	1	4	5	7	2	6	3
6	7	3	1	2	4	5	9	8
4	5	2	7	8	9	6	3	1
1	8	9	5	6	3	4	2	7
5	2	7	8	3	1	9	4	6
9	1	8	2	4	6	3	7	5
3	6	4	9	7	5	1	8	2

EASY



1	3	9	5	6	7	2	4	8
2	6	5	9	4	8	7	1	3
7	8	4	1	3	2	5	6	9
9	4	8	6	7	3	1	5	2
3	1	2	4	5	9	6	8	7
5	7	6	2	8	1	3	9	4
8	5	7	3	1	4	9	2	6
4	9	1	7	2	6	8	3	5
6	2	3	8	9	5	4	7	1

7	3	4	8	1	5	9	2	6
9	1	6	2	4	7	3	5	8
8	5	2	9	3	6	4	7	1
2	4	9	1	8	3	5	6	7
6	7	3	4	5	2	8	1	9
5	8	1	6	7	9	2	3	4
1	2	7	5	9	8	6	4	3
3	9	5	7	6	4	1	8	2
4	6	8	3	2	1	7	9	5

MEDIUM



2	4	7	1	5	6	3	9	8
8	6	3	7	2	9	5	1	4
9	5	1	3	4	8	2	6	7
3	2	8	9	1	7	6	4	5
4	9	5	6	8	2	7	3	1
7	1	6	4	3	5	8	2	9
5	3	4	8	6	1	9	7	2
1	8	9	2	7	3	4	5	6
6	7	2	5	9	4	1	8	3

4	3	2	1	6	7	9	5	8
5	7	6	3	8	9	4	1	2
8	1	9	2	4	5	3	7	6
1	6	7	4	5	8	2	3	9
9	5	3	6	1	2	8	4	7
2	4	8	7	9	3	1	6	5
3	8	1	5	2	6	7	9	4
7	9	5	8	3	4	6	2	1
6	2	4	9	7	1	5	8	3

HARD



4	2	5	7	9	1	8	3	6
3	8	1	4	5	6	7	9	2
6	9	7	8	3	2	5	4	1
8	4	2	9	6	5	3	1	7
5	7	3	1	2	4	6	8	9
9	1	6	3	7	8	2	5	4
7	6	8	5	1	9	4	2	3
1	3	4	2	8	7	9	6	5
2	5	9	6	4	3	1	7	8