

'food for thought'

Issue 9

Your Distraction Pack



Welcome to the 9th 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.

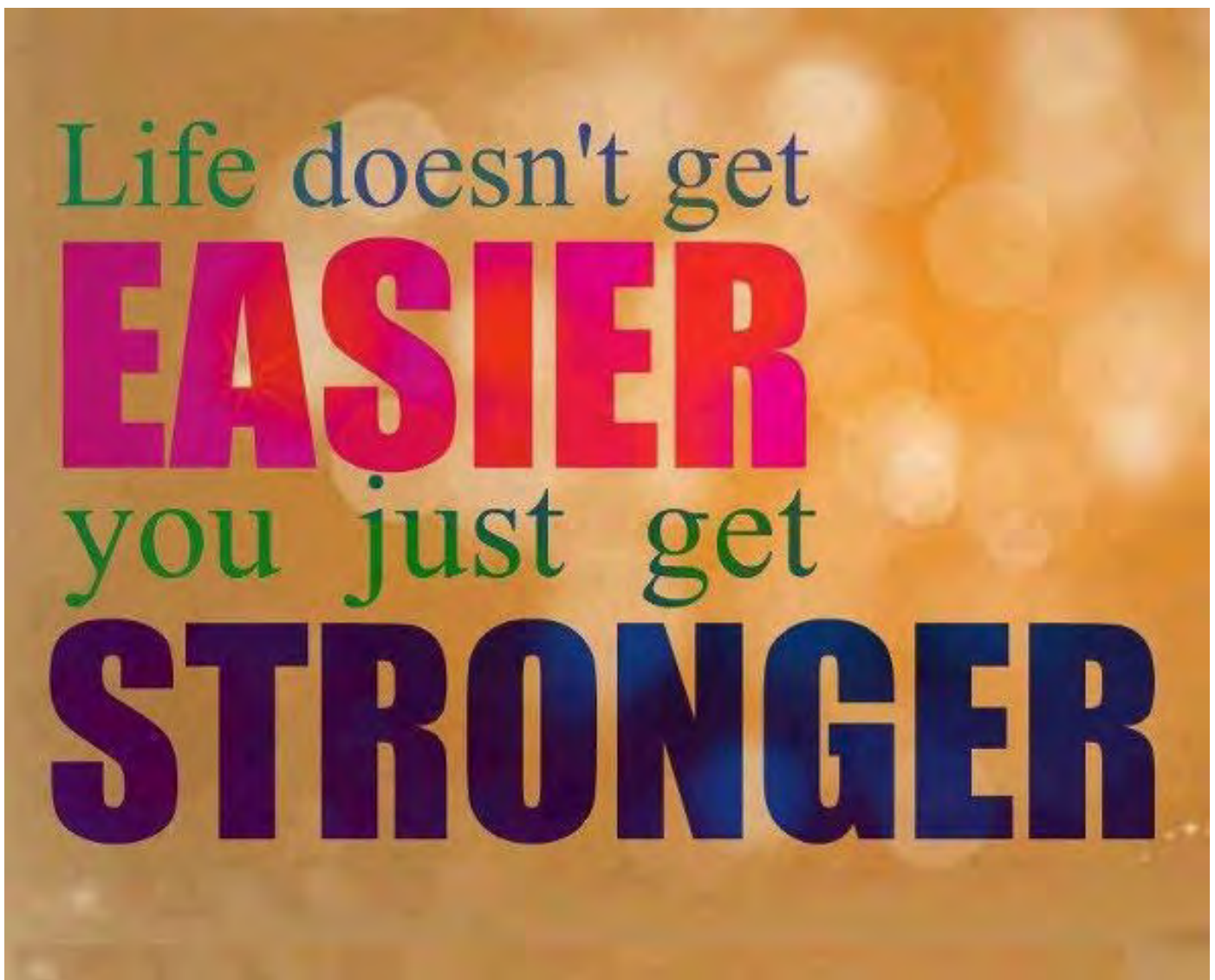
The answers are given at the back, so if you don't want to know what they are, don't look beyond page 33!



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

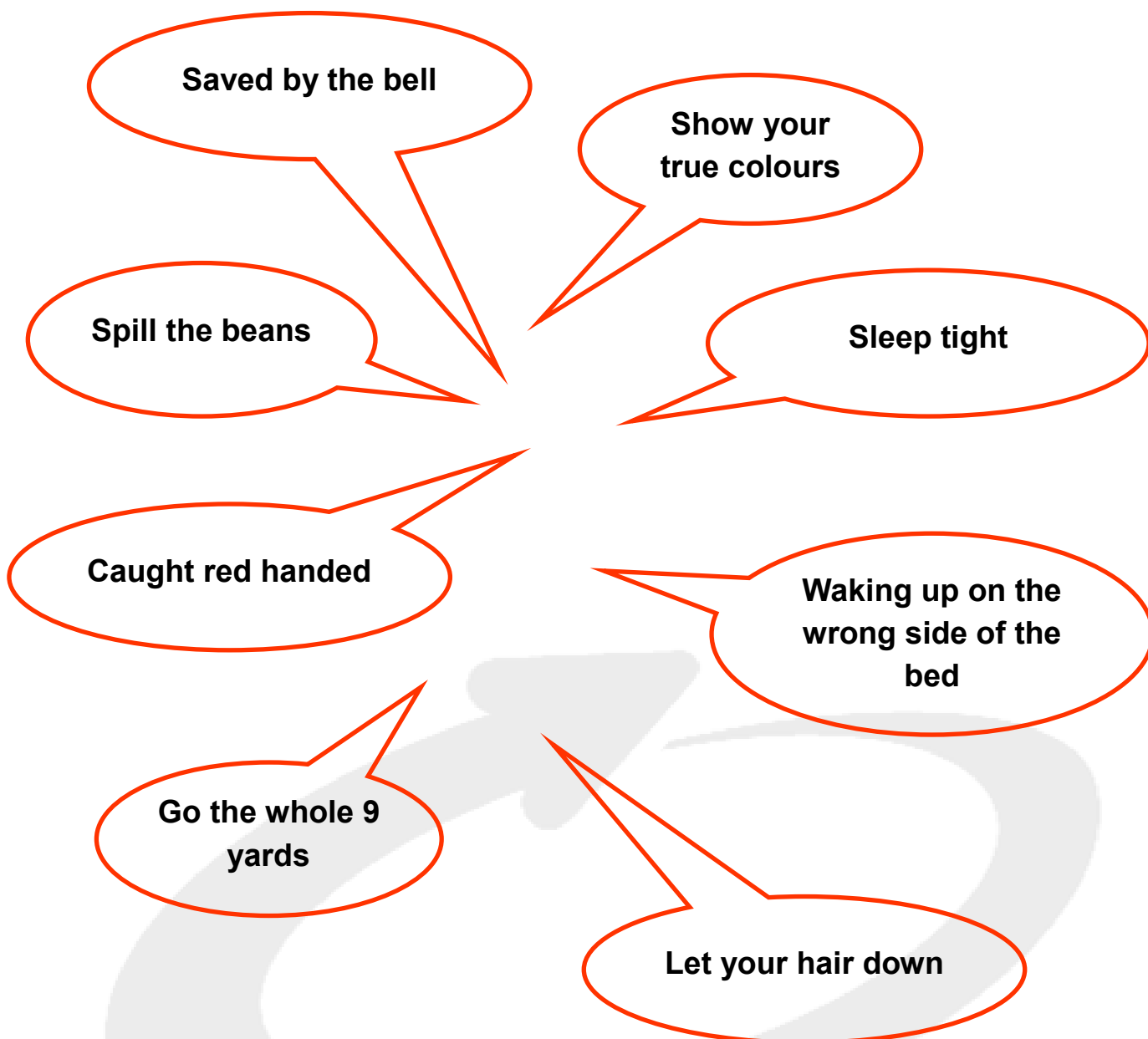


BCHA is a not for profit, registered Housing Association, that has supported those experiencing homelessness for over 50 years. BCHA help the most vulnerable within our society 'find a way forward'. www.bcha.org.uk



Quiz 1 - Sayings and their origins

Do you know the meanings and origins of these well-known sayings?



Self-isolating Top Tips:



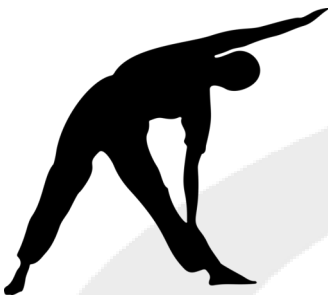
- Try and change your daily routine as much as is possible.



- Talk to neighbours - from a distance of at least 2 metres - as engaging with others is important for mental wellbeing.



- Open a window to let in fresh air, particularly if you cannot venture out for your daily exercise.



- Try doing some exercises in your room.



- Drink plenty of water - it's important to keep hydrated. It is recommended we drink 2 litres a day.

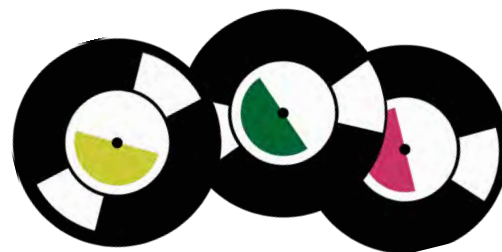
Activity - Colouring

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



Quiz 2 - Best selling albums

Here are just some of the best ever selling albums worldwide. Do you know the artists and the year they were released?



Artist	Album	Year released
	Thriller	
	Sgt. Pepper's Lonely Hearts Club Band	
	The Wall	
	Bad	
	Let's talk about love	
	The Immaculate Collection	
	Born in the USA	
	Supernatural	
	Metallica	
	Bat Out Of Hell	
	Saturday Night Fever soundtrack	
	Appetite for Destruction	
	Legend	
	Gold Greatest Hits	
	1	
	Dark Side of the Moon	
	Jagged Little Pill	
	21	
	Back in Black	
	Rumours	
	Hotel California	

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.



Activity - Maze

Can you help Sam and Jonny get to their holiday destination?





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.

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/>

The fastest of just about everything

Human (running)

On 16 Aug 2009, Usain Bolt (JAM) won the World Championships 100m in 9.58 sec in Berlin, Germany. His average speed was 37.57 km/h (23.34 mph), with a peak speed nearer 44 km/h (27.34 mph).

Land animal (long distances)

The pronghorn (*Antilocapra americana*) is an antelope-like ungulate found in the USA, Canada and Mexico. It has been observed moving at 56 km/h (35 mph) over 6 km (4 mi).



Land mammal (short distances)

The cheetah (*Acinonyx jubatus*) of sub-Saharan Africa and parts of Asia can maintain a steady maximum speed of approximately 100 km/h (62 mph) over short distances on level ground.

Greyhound

On 5 Mar 1994, a greyhound named Star Title was timed at 67.32 km/h (41.83 mph) on the straightaway track at Wyong in New South Wales, Australia. It blitzed the 400-yd (366-m) course in just 19.57 sec.



Tank

A production standard S 2000 Scorpion Peacekeeper tank developed by Repaircraft PLC (UK) achieved a speed of 82.23 km/h (51.10 mph) at the QinetiQ test track in Chertsey, Surrey, on 26 Mar 2002. Powered by an RS 2133 high-speed diesel engine, the tank was fitted with appliqué hull armour, ballistic skirts and a replaceable rubber pad track.

continued

The fastest of just about everything continued

Monowheel motorcycle

Riding War Horse, Kevin Scott and the UK Monowheel Team (all UK) achieved a speed of 98.464 km/h (61.18 mph) at Elvington Airfield in North Yorkshire, on 20 Sep 2015. It took four engineers two years to build the carbon-fibre-framed vehicle.



Bird (level flight)

In a report published by researchers working in the sub-Antarctic, the mean estimated ground-speed recorded for a satellite tagged grey-headed albatross (*Thalassarche chrysostoma*) was 127 km/h (78.9 mph). This speed was sustained for more than 8 hr while the albatross made for its nest at Bird Island, South Georgia, in the middle of an Antarctic storm.

Human-powered vehicle

Riding his Team AeroVelo's Eta bike at the World Human Powered Speed Challenge, Todd Reichert (CAN) achieved a speed of 139.45 km/h (86.65 mph) on 19 Sep 2015. It was the third time in three days that the fearless Canadian had set a new record during the event, which was held near Battle Mountain in Nevada, USA.

Roller-coaster

Formula Rossa at Ferrari World in Abu Dhabi, UAE, can accelerate up to 240 km/h (149.1 mph) and travel 52 m (170 ft) upwards in 4.9 sec. It opened to the public on 4 Nov 2010.



continued

The fastest of just about everything continued



Maglev train

The Series L0 (A07) is a magnetically levitated (maglev) train series operated by the Central Japan Railway Company. On 21 April 2015, the L0 achieved a speed of 603 km/h (374.69 mph) on the Yamanashi Maglev Line, a test track in Yamanashi, Japan.

Quad bike

Terry Wilmeth (USA) reached an average speed of 315.74 km/h (196.19 mph) over two runs at Madras Airport, Madras, Oregon, USA, on 15 June 2008. His ALSR Rocket Raptor version 6.0 was a modified Yamaha 700 Raptor with a hybrid rocket thruster.

Boat

The official world water speed record is 275.97 knots (511.11 km/h; 317.58 mph) by Ken Warby (AUS) in the jet-powered hydroplane Spirit of Australia on Blowering Dam Lake, NSW, Australia, on 8 October 1978.



Car (land-speed record)

Andy Green (UK) drove Thrust SSC at 1,227.985 km/h (763.035 mph; Mach 1.020) on 15 October 1997 in the Black Rock Desert in Nevada, USA. Powered by two Rolls-Royce jet engines, Thrust SSC was the first car to break the sound barrier.

continued

The fastest of just about everything continued

Tennis serve

On 9 May 2012, Samuel Groth (AUS) served an ace recorded at 263 km/h (163.4 mph) during an ATP Challenger event in Busan, South Korea. It came during Groth's second round tie against Uladzimir Ignatik (BLR). The Aussie pro also hit serves of 255.7 km/h (158.9 mph) and 253.5 km/h (157.5 mph) during the match – both of which surpassed Ivo Karlovic's (HRV) previous record of 251 km/h (156 mph). Although he gained a world record, Groth lost the match 6–4, 6–3.



Planet

Mercury orbits the Sun at an average distance of 57.9 million km (35.9 million miles) and has an orbital period of 87.9686 days. Its average orbit speed – 107,030 mph (172,248 km/h) – is almost twice as fast as that of the Earth.


Fastest speed possible


The fastest speed possible in the universe is the speed of light. This is achieved only by light itself and other forms of electromagnetic radiation such as radio waves. When travelling through a vacuum, the speed of light peaks at 299,792,458 m/sec (983,571,056 ft/sec).







Source: Getty Images


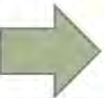
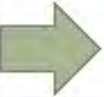
My Plan




 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:




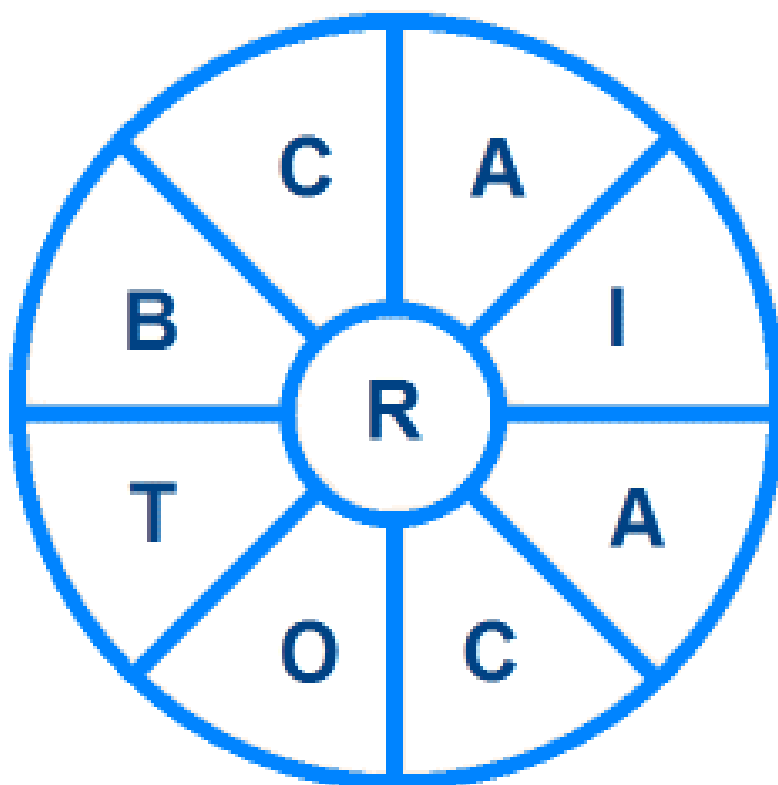
The help I need is:




To Do List:

- 1.
- 2.
- 3.

Activity - Word Wheel

How many words can you make from the letters in the wheel? Each word must contain the hub letter R, avoiding proper nouns. Can you find the 9-letter word?



Quiz 3 - Sport Anagrams

Can you unscramble the following to give the name of a sport. The numbers in brackets are the number of letters in each word. It often helps if you re-write the letters in a circle as other words become more visible.



1	A WET FEW RAN IT RIGHT (5,5,7)	
2	GET WIN IF LIGHT (13)	
3	RING WELTS (9)	
4	LOB ALOFT (8)	
5	LITHE CATS (9)	
6	ROMAN HAT (8)	
7	MINOR GO CART (5, 6)	
8	WIN FUN GRIDS (11)	
9	BALK TABLES (10)	
10	NESTLE IN BAT (5, 6)	
11	IS NO CHARGER (5, 6)	
12	BAT ON MIND (9)	
13	IN NETS (6)	
14	KEY CHOICE (3, 6)	
15	MYSTIC SANG (10)	
16	TAKES ICING (3, 7)	
17	NOW GLIB (7)	
18	I SIGNAL (7)	

Quiz 4 - Who lives here?

The addresses below are either real or from films, TV or books.

1	890 Fifth Avenue, New York City	
2	Bag End, Bagshot Row, Hobbiton	
3	17 Cherry Tree Lane, London	
4	7 Savile Row, Burlington Gardens, London	
5	20 Ingram Street, Forest Hills, Queens	
6	1313 Webfoot Walk, Duckberg	
7	Apt. 56B Whitehaven Mansions, Sandhurst Square, London	
8	165 Eaton Place, London	
9	62 West Wallaby Street, Wigan	
10	Southfork Ranch, Dallas	
11	4 Privet Drive, Little Whinging, Surrey	
12	742 Evergreen Terrace, Springfield	
13	32 Windsor Gardens, London	

Activity - Spot the Difference

Can you spot the 12 differences between these two images?



Groundswell

Out of homelessness



CORONAVIRUS (COVID-19)

Registering with a GP during COVID-19

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**

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)

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

Quiz 5 - UK Geography



1. Which English county shares boundaries with Lancashire to the south and west, Cumberland to the north and County Durham and Yorkshire to the east?
2. The modern game of Tennis was developed by Harry Gem and his friend Augurio Perrera at Edgbaston Priory Club situated in which English city?
3. Which is the highest mountain in England which is not inside the boundaries of the Lake District?
a) Cross Fell b) Skiddaw c) The Cheviot
4. Jaguar Land Rover has headquarters in which British city?
5. Which major Scottish river, the country's second longest, flows through Glasgow?
6. Which is the most northerly of the inhabited Channel Islands?
a) Herm b) Sark c) Alderney
7. The 2014 Commonwealth Games were held in which British city?
8. Which Welsh lake is the largest natural body of water in Wales and once had its level raised by Thomas Telford to help support the Ellesmere Canal?
9. Wales has three national parks. One is Snowdonia, one is the Brecon Beacons. Where is the third?
10. Said to be the first 'true' canal in England, The Bridgewater Canal can be found in which city?



Photo: bridgewatercanal.co.uk

Activity - Word Search - Marine Life

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

ANCHOVY
BARRACUDA
CLAM
CLOWNFISH
COD
CRAB
DOLPHIN
HALIBUT
JELLYFISH
LAMPREY
LOBSTER

MANATEE
MARLIN
OCTOPUS
OYSTER
PENGUIN
PORPOISE
PRAWN
SARDINE
SCALLOP
SEA LION
SEA OTTER

SEA TURTLE
SEALS
SHELLFISH
SHRIMP
SPONGE
SQUID
STARFISH
STINGRAY
TUNA
WALRUS
WHALE

Classic Sports Commentator quotes

"And here's Moses Kiptanui, the 19 year old Kenyan, who turned 20 a few weeks ago." (David Coleman)



"It's a great advantage to be able to hurdle with both legs" (David Coleman)

"We now have exactly the same situation as we had at the start of the race, only exactly the opposite." (Murray Walker)

After playing Cameroon in the 1990 World Cup finals: "We didn't underestimate them. They were just a lot better than we thought." (Bobby Robson)

On the difficulties of adjusting to playing football and living in Italy: "It was like being in a foreign country." (Ian Rush)

Jimmy Hill: "Don't sit on the fence Terry. What chance do you think Germany has of getting through?"

Terry Venables: "I think it's 50-50."

"I was in a no-win situation, so I'm glad that I won rather than lost." (Frank Bruno)



"There's going to be a real ding-dong when the bell goes." (David Coleman)

"There is Brendan Foster, by himself, with 20,000 people." (David Coleman)

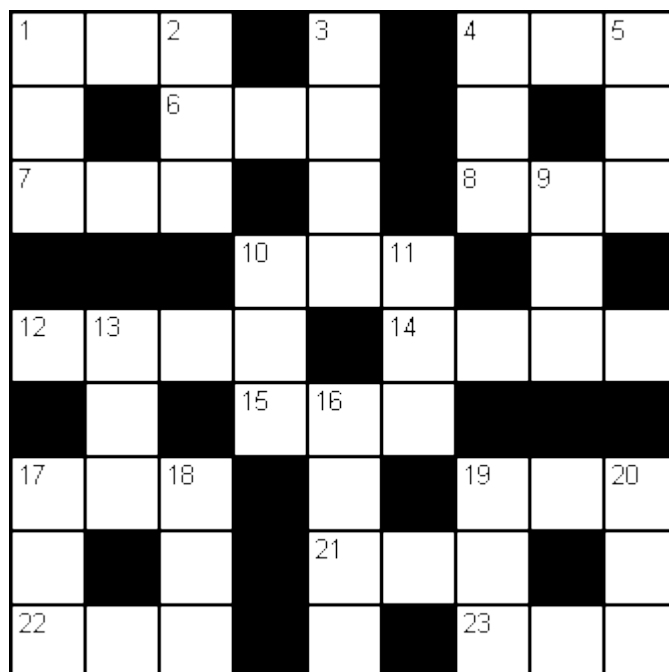


"The lead car is absolutely unique, except for the one behind it which is identical." (Murray Walker)

"I owe a lot to my parents, especially my mother and father." (Greg Norman)

"The bowler's Holding the batsman's Willey" (Brian Johnston)

Activity - Number Crossword



ACROSS

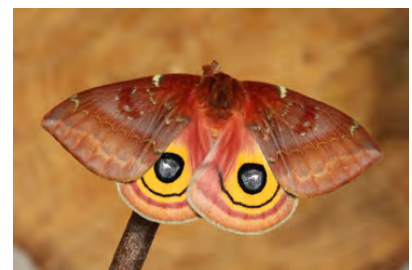
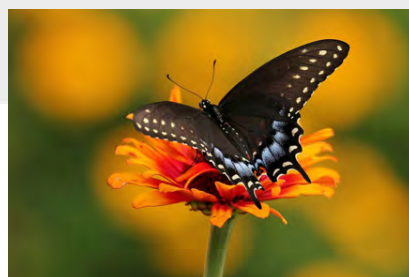
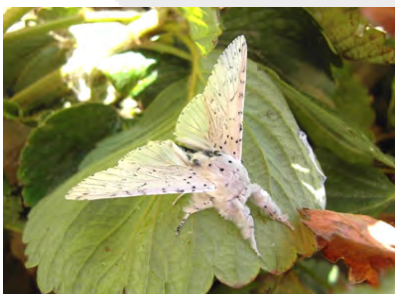
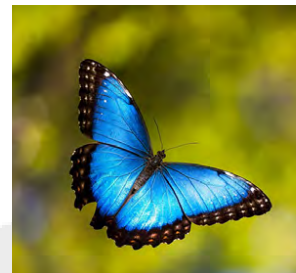
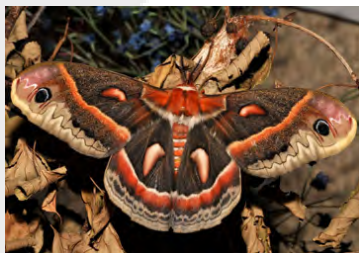
1. 17 across plus fourteen
4. 12 across minus 2198
6. 14 across divided by six
7. 13 down plus eighty
8. 1 across times five
10. Dozen in nine gross
12. 19 down times three
14. 12 across minus three
15. 12 across divided by eleven
17. Months in twelve years
19. 11 down plus fourteen
21. I down doubled
22. Minutes in three hours
23. 21 across plus twenty

DOWN

1. 20 down minus 115
2. 8 across plus fifty-four
3. 23 across times eight
4. 6 across minus 184
5. 9 down minus 770
9. 2 down plus eighty-six
10. Hours in eight days
11. 5 down plus 669
13. Three times 1 across
16. 15 across times seven
17. Three times forty-seven
18. Seconds in seven minutes
19. 8 across plus thirteen
20. Minutes in five hours

Quiz 6 - Metamorphosis

The animal kingdom is full of beautiful and mysterious processes, but there are few that are more captivating and wonderful than the metamorphoses that caterpillars undergo to become moths or butterflies. Have a go at matching them?



Nature's Dazzling Dancers

Some of nature's most mesmerising movers break out their routines to find love, while for others it is for their life.

While birds of paradise get a lot of press for their impressive struts and shakes, other animals might surprise you with their secret skills.

Nature's Greatest Dancers on BBC One explores the flamboyant, eye-catching and sometimes bizarre world of slick animal movers and tail-shakers.

Here are 10 animals with the most remarkable rhythms.

Peacock spider

The tiny male peacock spider has already got the outfit: as his name suggests he is adorned with bright blues, greens and yellows. But he needs more than that to find a mate. He begins by drumming out a beat – sending out a signal that can be sensed by females nearby.



Once he has his audience of one, he kicks off into one of the most elaborate dances of the animal kingdom, first waving his legs and then wagging back and forth, displaying his abdomen to show off its beautiful colours. If the female is suitably impressed, she performs her own abdomen-wiggling dance in return.

Greater sage grouse

The greater sage grouse has an unusual performance method. The male of this species, found in North America, is a body popper; jerking back and forth to pop out and display the pair of yellow throat sacs on his chest.



This signature move, combined with fanned tail feathers and his ruff of chest plumage is designed to attract females to his dancing ground, also known as a "lek", for a more private display.

The male sage grouse's dance is a very high energy one, especially as females can take weeks to watch males performing in a lek, judge and choose a mate. As a result males may lose up to a quarter of their body weight during the breeding season.

But their efforts are worth it, with successful males mating with up to 20 females per day.

Nature's Dazzling Dancers continued

Six-plumed bird of paradise

Perhaps the best known dancers of the natural world are the flamboyant birds of paradise, which combine intricate moves with bright colours to wow the object of their affections.

The male six-plumed bird of paradise, unspectacular at first appearance, launches an especially impressive routine.



In the forests of Papua New Guinea, he first makes sure his dancefloor is clean, even polishing the viewing perch where a female may sit. Then he scatters colourful berries for decoration, enhancing his chances of success against competing males the females will watch.

For the main event, he raises his feathers into an umbrella-like shape and bobs his head, flashing his iridescent throat feathers, and hopping from side to side.



Mudskipper

One amazing dancer is found in a less glamorous place – Japan's tidal mudflats.

Mudskippers are unusual fish that can walk on land and absorb oxygen through their skin.

To stand out against the grey-brown sludge, male mudskippers do something drastic to show off to females. They fan out their fins and leap into the air, reaching heights of up to half a metre.

Landing with a large slap, the dancing fish send vibrations telling interested females of his location. If the pair mate, the female then lays her eggs in the male's burrow.

Verreaux's sifaka

There's no doubt Madagascar's sifakas have some smooth moves. On the ground they prance gracefully, arms outstretched, in a sideways, balletic step. But this isn't to impress a mate.

Sifakas, which spend much of their lives in tree tops, move this way on the forest floor because of their body shape.

Nature's Dazzling Dancers continued

The lemurs have a very upright posture, and disproportionately long and turned-out legs for leaping forwards from branch to branch, sometimes long-jumping up to 30ft (9m).

Their short arms and long legs make walking on all fours virtually impossible. Instead they hold their arms out for balance and bound gracefully along the ground.



Devil ray

One of the most amazing displays in our oceans is the dance of the devil rays.

These fish launch themselves out of water as they congregate in huge groups in the Pacific Ocean, resulting in breath-taking scenes.

It is mainly the rays on the edge of these large congregations that have been observed jumping out of the water.

And it has been suggested this routine – with the animals splashing down hard into the water – could scare shrimp prey into the centre of the circle of devil rays where they are easily picked off.

Shrew

Shrew mums have a lot on their plate: they bring up litters of up to seven babies at a time.

Getting around – and keeping together – as such a large family is difficult.

So some shrews have developed a tremendous technique when leaving their nest – they form a conga line.



Nature's Dazzling Dancers continued

With each youngster biting the top of the tail of the shrew in front mum leads the way, making sure none of her offspring are left behind.

Spanish dancer

The Spanish dancer gets its name from its appearance and movements, reminiscent of a flamenco performer.

These large sea slugs (reaching 40cm or 15 inches in length) are blood red in colour and ripple the delicate edges of their mantle when they swim, creating the effect of a swishing skirt.



By thrusting its body back and forth it propels itself upwards through the water where it lives in the Indo-Pacific Ocean and the Red Sea.

In this way it can escape from danger, moving upwards. But this graceful mover is slow. So to make a quick getaway it aims to move to a water current which will sweep it away.



Humpback whale

Deep in the Pacific Ocean huge humpback whales look for love.

Males start their search by calling for a mate with a distinctive, melancholic song. These powerful melodies are one of the most complex in the animal kingdom and are louder than the engine of a jet plane, reaching females up to 20 miles (32.2km) away.

Then, once humpbacks find a partner from across the vast expanses of ocean, they engage in a slow-moving, graceful waltz.

Activity - Anagrams - World cities

Can you unscramble the letters in each word to find ten world cities?



1. Hahesign
2. Onerumble
3. Hailpaidhelp
4. Animal
5. Antisago
6. Notedmovie
7. Easierbonus
8. Niltubas
9. Ginjibe
10. Pubdates



Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS

Quiz 1 - Sayings and their meanings

Saved by the bell

Meaning: Rescued from an unwanted situation

History: As scary as it sounds, being buried alive was once a common occurrence. People who feared succumbing to such a fate were buried in special coffins that connected to a bell above ground. At night, guards listened for any bells in case they had to dig up a living person and save them “by the bell.”

Show your true colours

Meaning: To reveal one’s true nature

History: Warships used to fly multiple flags to confuse their enemies. However, the rules of warfare stated that a ship had to hoist its true flag before firing and hence, display its country’s true colours.

Sleep tight

Meaning: Sleep well

History: During Shakespeare’s time, mattresses were secured on bed frames by ropes. In order to make the bed firmer, one had to pull the ropes to tighten the mattress.

Spill the beans

Meaning: To reveal a secret

History: In Ancient Greece, beans were used to vote for candidates entering various organisations. One container for each candidate was set out before the group members, who would place a white bean in the container if they approved of the candidate and a black bean if they did not. Sometimes a clumsy voter would accidentally knock over the jar, revealing all of the beans and allowing everyone to see the otherwise confidential votes.

Waking up on the wrong side of the bed

Meaning: Waking up in a bad mood

History: The left side of the body, or anything having to do with the left, was often considered sinister. To ward off evil, innkeepers made sure the left side of the bed was pushed against a wall, so guests had no other option but to get up on the right side of the bed.

Continued

ANSWERS

Quiz 1 - Sayings and their meanings continued

Caught red handed

Meaning: To be caught doing something wrong

History: This saying originated because of a law. If someone butchered an animal that didn't belong to him, he had to be caught with the animal's blood on his hands to be convicted. Being caught with freshly cut meat did not make the person guilty.

Go the whole 9 yards

Meaning: To try one's best

History: World War II Fighter pilots received a 9-yard chain of ammunition. Therefore, when a pilot used all of his ammunition on one target, he gave it "the whole 9 yards."

Let your hair down

Meaning: To relax or be at ease

History: Parisian nobles risked condemnation from their peers if they appeared in public without an elaborate hairdo. Some of the more intricate styles required hours of work, so of course it was a relaxing ritual for these aristocrats to come home at the end of a long day and let their hair down.



ANSWERS

Quiz 2 - Best selling Albums

Michael Jackson	Thriller	1982
The Beatles	Sgt. Pepper's Lonely Hearts Club	1967
Pink Floyd	The Wall	1979
Michael Jackson	Bad	1987
Celine Dion	Let's talk about love	1997
Madonna	The Immaculate Collection	1990
Bruce Springsteen	Born in the USA	1984
Santana	Supernatural	1999
Metallica	Metallica	1991
Meat Loaf	Bat Out Of Hell	1977
Bee Gees	Saturday Night Fever soundtrack	1991
Guns N' Roses	Appetite for Destruction	1987
Bob Marley & The Wailers	Legend	1984
Abba	Gold Greatest Hits	1992
The Beatles	1	2000
Pink Floyd	Dark Side of the Moon	1973
Alanis Morissette	Jagged Little Pill	1975
Adele	21	2011
AC/DC	Back in Black	1980
Fleetwood Mac	Rumours	1977
Eagles	Hotel California	1976

ANSWERS

Activity - Word Wheel

9 letter word: ACROBATIC

Some words of five letters or more containing the hub letter **R**:

aria, boar, brat, card, coir, crib, crab, riot, rota, taro, trio, abort, actor, aorta, atria, bract, carat, cobra, orbit, ratio, tabor, tiara, acrobat, carioca

Quiz 3 - Sport Anagrams

1. WHITE WATER RAFTING
2. WEIGHTLIFTING
3. WRESTLING
4. FOOTBALL
5. ATHLETICS
6. MARATHON
7. MOTOR RACING
8. WINDSURFING
9. BASKETBALL
10. TABLE TENNIS
11. HORSE RACING
12. BADMINTON
13. TENNIS
14. ICE HOCKEY
15. GYMANSTICS
16. ICE SKATING
17. BOWLING
18. SAILING

Quiz 4 - Who lives here?

1. The Avengers
2. Bilbo Baggins
3. Jane & Michael Banks (Mary Poppins)
4. Phileas Fogg
5. Peter Parker (Spiderman)
6. Donald Duck
7. Hercule Poirot
8. The Bellamy Family (Upstairs, Downstairs)
9. Wallace & Gromit
10. The Ewing Family
11. Harry Potter
12. The Simpsons
13. Paddington Bear

ANSWERS

Activity - Spot the Difference

1. Front leg of cat missing
2. Musical note by bird missing
3. Stamp on letter in bag missing
4. Cat's whisker missing
5. Tag on cat's collar missing
6. Feather on bird's head missing
7. Grass by mailbox leg missing
8. Toe on left shoe coloured in
9. One flower moved
10. Bottom button shirt moved down
11. Right shoe lace moved
12. Rolled up paper is longer

Activity - Number Crossword

1	5	8		3		2	1	1
8		4	0	1		1		6
5	5	4		2		7	9	0
			1	0	8		3	
2	4	0	9		2	4	0	6
	7		2	1	9			
1	4	4		5		8	4	3
4		2		3	7	0		0
1	8	0		3		3	9	0

Activity - Anagrams World Cities

Quiz 5 - UK Geography

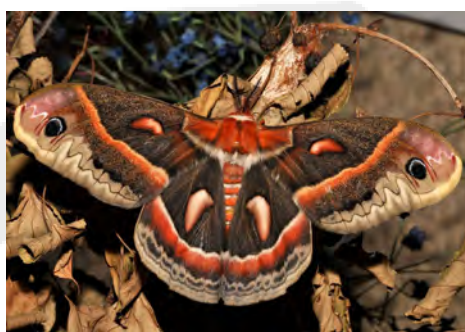
1. Westmorland
2. Birmingham
3. a) Cross Fell
4. Coventry
5. River Clyde
6. c) Alderney
7. Glasgow
8. Bala Lake (Llyn Tegid)
9. Pembrokeshire Coast National Park
10. Manchester

1. Shanghai
2. Melbourne
3. Philadelphia
4. Manila
5. Santiago
6. Montevideo
7. Buenos Aires
8. Istanbul
9. Beijing
10. Budapest

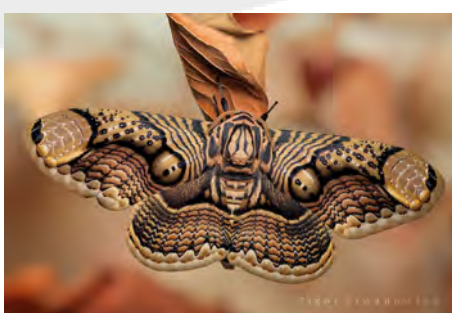
ANSWERS - Quiz 6 - Metamorphosis



Io Moth - males have bright yellow forewings, body and legs, while females have reddish brown forewings, body and legs. Both have one big black to bluish eyespot with some white in the centre on each hindwing, a defence mechanism meant to frighten off potential predators. Adults live 1-2 weeks.



The **Hyalophora Cecropia** is North America's largest native moth. It is a member of the Saturniidae family, or giant silk moths. Females with a wingspan of 6 inches or more have been documented.

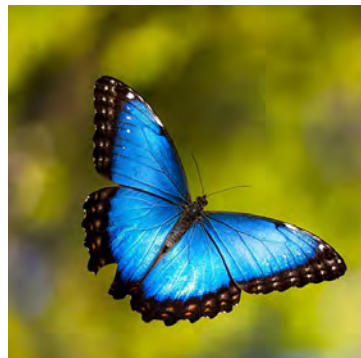


Brahmaea wallichii also known as the owl moth, is a moth from the family Brahmaeidae, the Brahmin moths and one of its largest species. The owl moth is nocturnal and has a wingspan of between 90–160mm (3½–6¼ inches).

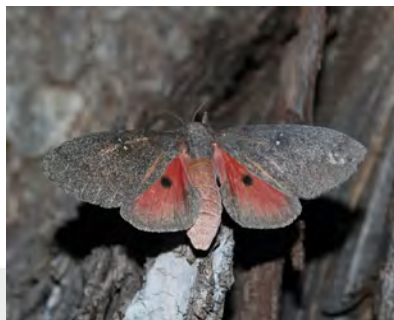
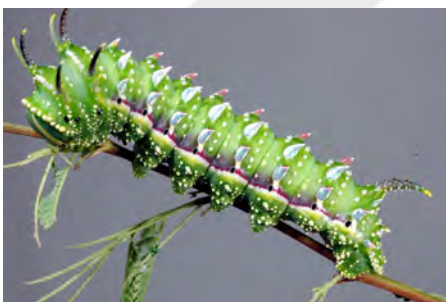
ANSWERS - Quiz 6 - Metamorphosis continued



Greta oto, the **glasswinged butterfly** is a member of the subfamily Danainae, tribe Ithomiini, subtribe Godyridina. The wings are transparent, with a span of 5.6 to 6.1cm (2.2 to 2.4 in). The tissue between the veins of its wings looks like glass, as it lacks the coloured scales found in other butterflies.



The entire life cycle of the **Morpho butterfly**, from egg to death, is approx. 137 days and adults live for about a month. They live in rain forests in the forest canopy layer and rarely come near the understorey and forest floor layers.

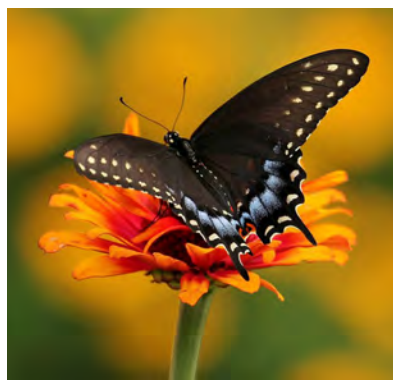


Syssphinx [Sphingicampa] hubbardi, or **Hubbard's silk moth**, is a species in the Saturniidae family. It is found in Mexico and the southern United States.

ANSWERS - Quiz 5 - Metamorphosis continued



Cerura vinula have a wingspan of 58mm—75mm (2.3ins to 3.0ins). The males are slightly smaller. The caterpillars have a remarkable defensive behaviour. When disturbed, they strike a defensive pose raising the head with a reddish area and tails with extendable flagella (a lash-like appendage that protrudes from the cell body). They might squirt formic acid at the attacker if the defence warning is unheeded.



Papilio troilus, the **spicebush swallowtail** or **green-clouded butterfly**, is a common black swallowtail butterfly found in North America. The swallowtails are unique in that even while feeding, they continue to flutter their wings. Unlike other swallowtail butterflies, spicebushes fly low to the ground instead of at great heights.

ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

HARD



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

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