

'food for thought'

Issue 10

Your Distraction Pack



Welcome to the 10th 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 25!



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



THOUGH NO ONE CAN
GO BACK AND MAKE A
BRAND NEW START,
ANYONE CAN START
FROM NOW AND MAKE
a brand new ending.

-Carl Bard

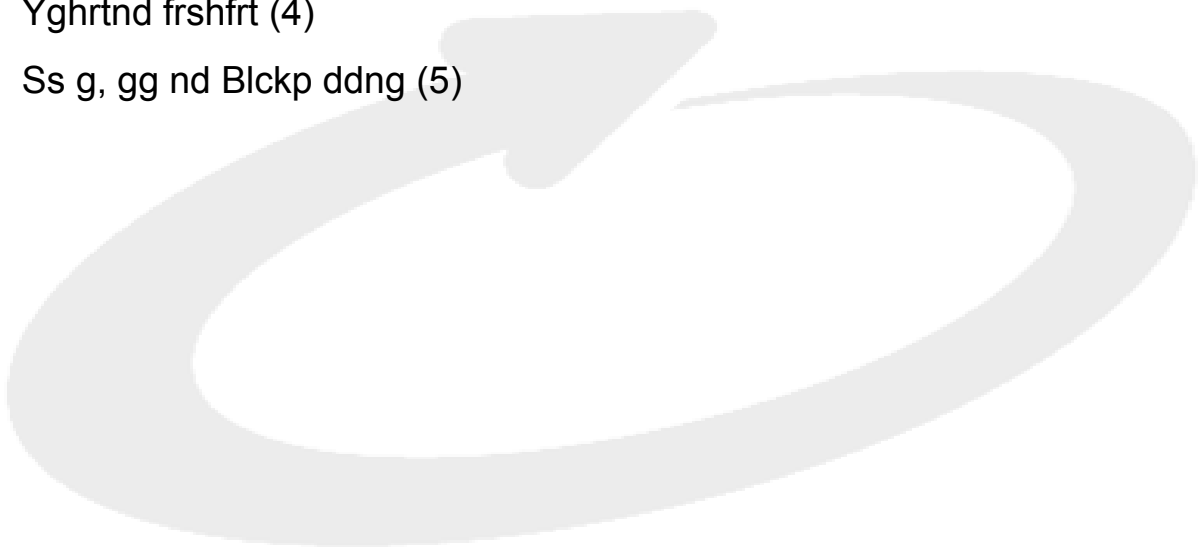


Quiz 1 - Missing vowels

These are all breakfast favourites but with their vowels removed. Can you work out what they are? The word spacing has been changed to make it a bit more challenging and the number in brackets is the number of words.



1. Ggn dbcn (3)
2. Prrdg (1)
3. Msl (1)
4. Frdgg ntst (4)
5. Tst ndmr mld (3)
6. Crnf lks (2)
7. Kpprs (1)
8. Scrm bldgg ndsmk dslmn (5)
9. Ssgn dtmt (2)
10. Bkdbns ntst (4)
11. Yghrtnd frshfrt (4)
12. Ss g, gg nd Blckp ddng (5)



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



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.

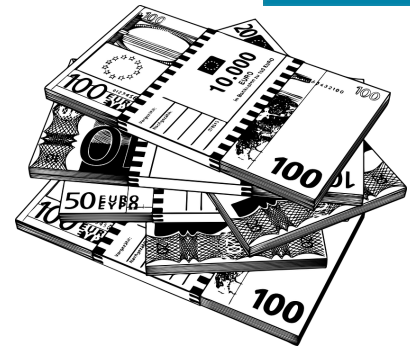


- Try doing some exercises in your room.



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

Activity - Word Search - Foreign Currencies



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

- | | | | | |
|-----------|--------------|-----------|------------|---------------|
| AFGHANI | EURO | KWANZA | NEW SHEKEL | RUPEE |
| ARIAYRY | FORINT | KYAT | NGULTRUM | RUPIAH |
| BAHT | FRANC | LEMPIRA | OUGUIYA | SHILLING |
| BALBOA | GOLD CORDOBA | LEONE | PATACA | SOM |
| BIRR | GOURDE | LILANGENI | PESO | SUCRE |
| BOLIVAR | GUARANI | LIRA | POUND | SYLI |
| BOLIVIANO | GUILDER | LITAS | PULA | TAKA |
| COLON | HRYVNIA | LOTI | QUETZAL | TALA |
| DALASI | KINA | MANAT | RAND | TENGE |
| DENAR | KORUNA | METICAL | REAL | TOLAR |
| DINAR | KRONA | NAIRA | RIAL | VATU |
| DIRHAM | KRONE | NAKFA | RINGGIT | WON |
| DOLLAR | KROON | NEW CEDI | RIYAL | YEN |
| DRAM | KUNA | NEW DONG | RUBLE | YUAN RENMINBI |
| ESCUDO | KWACHA | NEW KIP | RUFIIYA | ZLOTY |

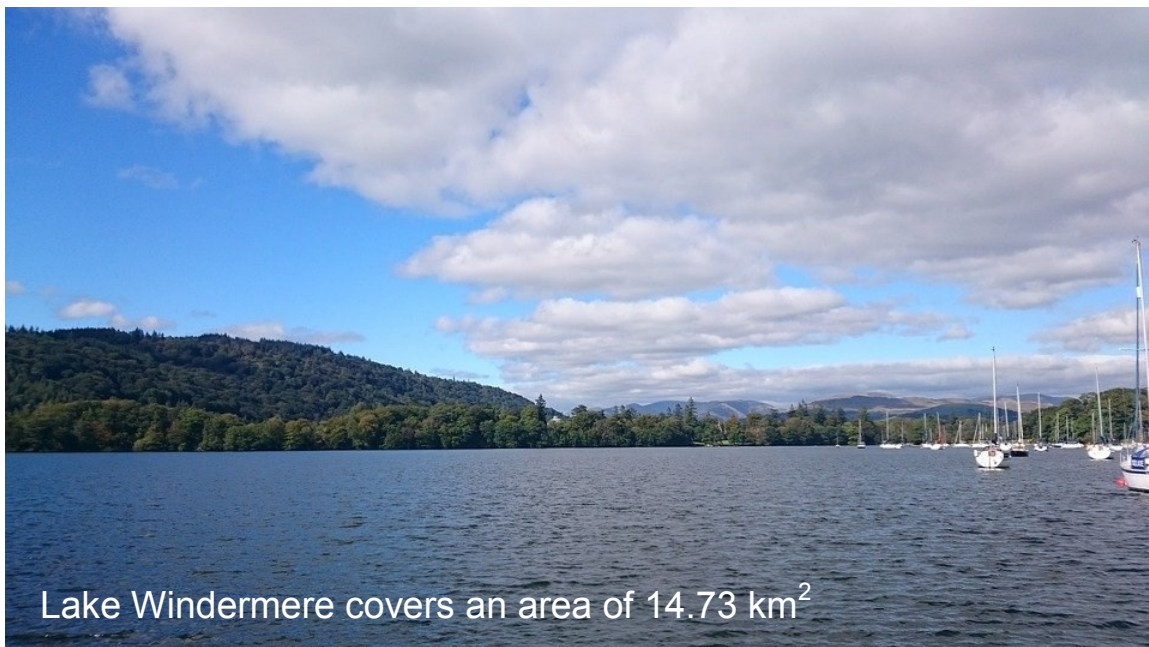
Activity - Spot the Difference

There are 12 - can you find them?



Rubbish - shocking facts

1. We bin around 50m tonnes of electrical waste globally every year. That's nearly 4 million double decker buses worth of old computer equipment, TVs, stereos and kitchen appliances, stretching to the moon more than 3 times over!
2. We throw away 7.2 million tonnes of food every year, and more than half of it is perfectly edible. Meanwhile, 1 in 7 people across the world don't have enough to eat.
3. Between 20% and 40% of fruit and vegetables are rejected by supermarkets before they even hit the shelves. Why? Because they don't adhere to their cosmetic standards – they're misshapen, lumpy or just plain weird-looking.
4. The amount of rubbish generated by the UK could fill Britain's largest lake, Lake Windermere, in just 8 months.



Lake Windermere covers an area of 14.73 km²

5. We used to get through 500 million plastic bags every week in the UK – amounting to billions of bags and thousands of tonnes of plastic. Sadly, each bag will take between 500 and 1,000 years to decompose in landfill. However, since the introduction of the 5p bag, usage has dropped by a staggering 85%.

Continued ..

Rubbish - shocking facts continued

6. At Christmas, as much as 83 square kilometres of wrapping paper will end up in UK bins when it could have been recycled instead. That's the same size as Sunderland.
7. The most effective way for individuals to cut emissions, according to new research from Sweden and Canada, is possibly the most controversial: having fewer kids. Studies revealed anyone who decides to have one less child, in a developed country, will spare the planet another 58.6 tonnes worth of CO2!
8. Humans now buy a million plastic bottles a minute. Most of this plastic ends up in the ocean. By 2050, the ocean will contain more plastic by weight than fish.
9. It's not just what goes in the bin that counts as waste – water can be wasted, too. A single leaky tap in a house can waste as much as 5,000 litres of water a year. If we all fixed our dripping taps we could supply 120,000 people with a day's worth of water.



Source: OVOEnergy.com


Quiz 2 - Trees

1. Aspen is from which family of trees?
2. In which continent did the monkey-puzzle tree originate?
3. In which country did the bonsai technique develop?
4. In which county is England's largest forest?
5. Is the wood of a coniferous tree hard or soft?
6. The teak is native to which continent?
7. Which garden tree with yellow flowers has poisonous seeds?
8. Which three coniferous trees are native to Britain?
9. Which tree do we get turpentine from?
10. Which tree's leaves are the symbol of The National Trust?
11. *Araucaria araucana*, an evergreen tree native to South America is more commonly known as what?
12. What type of native tree is often found in old British Churchyards?
13. What yellow flowering, small tree is poisonous?
14. Tannin in Oak trees was traditionally used for what purpose?
15. Japanese and Canadian are both types of which tree?
16. What type of tree from Australia is the world's tallest flowering plant?
17. *Quercus suber* is a tree connected with wine. Why?
18. What does the term deciduous mean?
19. The tree is native to the Mediterranean and is grown to produce oil.
20. What is the name of the famous tree in Sherwood Forest, legendary home of Robin Hood?



Quiz 3 - Comedy Shows

Can you name the TV Comedy Show?

				
01	02	03	04	05
				
06	07	08	09	10
				
11	12	13	14	15



Quiz 4 - Anagrams

The following are all anagrams of the names of some of the UK's most well-known footballers of all time. Can you identify them? It's often helpful to re-write the letters in a circle to help you spot other words.

1. Leaky Ringer
2. Boob Embryo
3. Farmland Park
4. Whole Iceman
5. Saggy Grin
6. Cabby Bolt Horn
7. The Algebra
8. Dragon Knobs
9. Josh Banner
10. Handles Kingly



Source: readymadepubquiz.com

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

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**

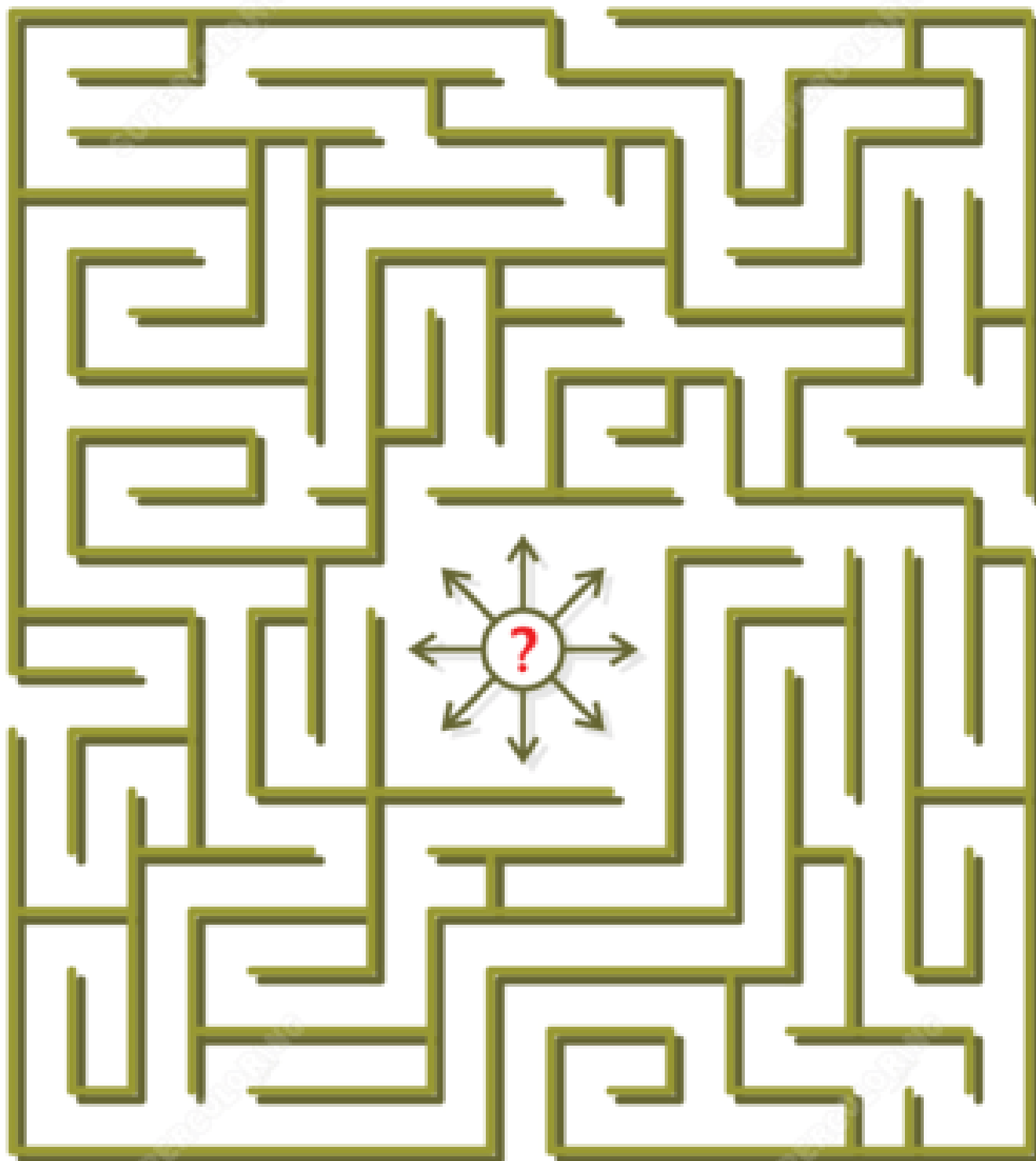
Will my GP share information about me?

- 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.healthy london.org/resource/homeless-health-during-covid-19/>

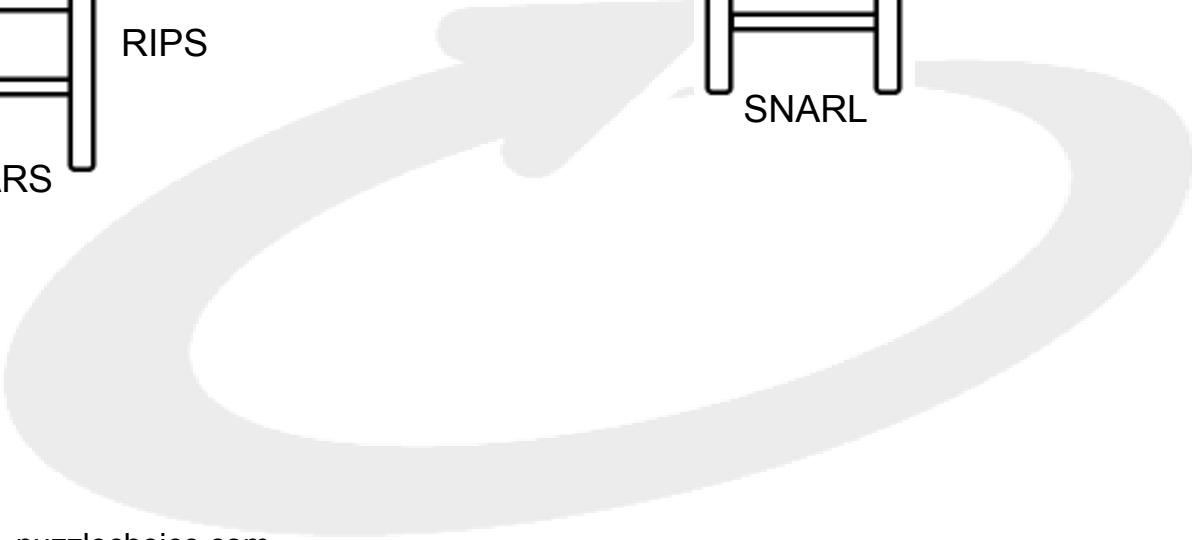
Activity - Can you find a way out of the labyrinth?



Activity - Word Ladder

A word ladder is a sequence of words formed by changing just one letter each time, e.g., CAT-COT-DOT-DOG. Can you find the missing words? Use the clues if you get stuck.

PRUNE		GROWL	
	HAVING A TENDENCY		DEVELOPS
	COMMUNICATION DEVICE		RADIATES
	WAS BRIGHT		DECELERATEES
	PUSH		GAMBLING
	TRIM DOWN		SPLINES
	DISGRACE		ROOFING MATERIAL
	PRETENCES		CONDITION
	CREASES		GAPE
	SIDES		TRAP
	RIPS		
PEARS		SNARL	



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 5 - The Wall

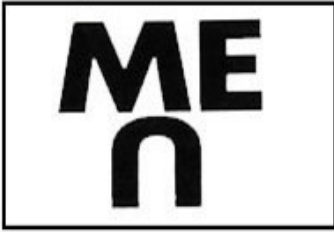



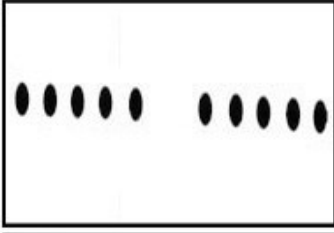
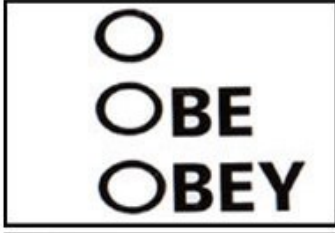
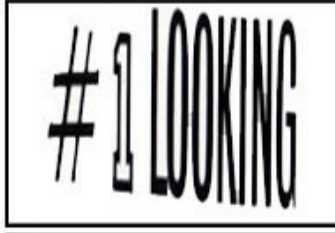



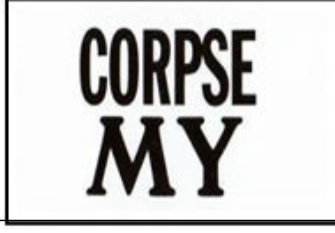

Inspired by the TV programme Only Connect, can you put these words into groups of four and work out the link between them?

MINI	VAUXHALL	AMBASSADOR	WILTSHIRE
HAMPSHIRE	CAMBRIDGE	MAXI	PENCIL
QUEEN ELIZABETH II	A-LINE	BATTERSEA	PRINCESS
DORSET	WESTMINSTER	SOMERSET	DEVON



Activity - Dingbats

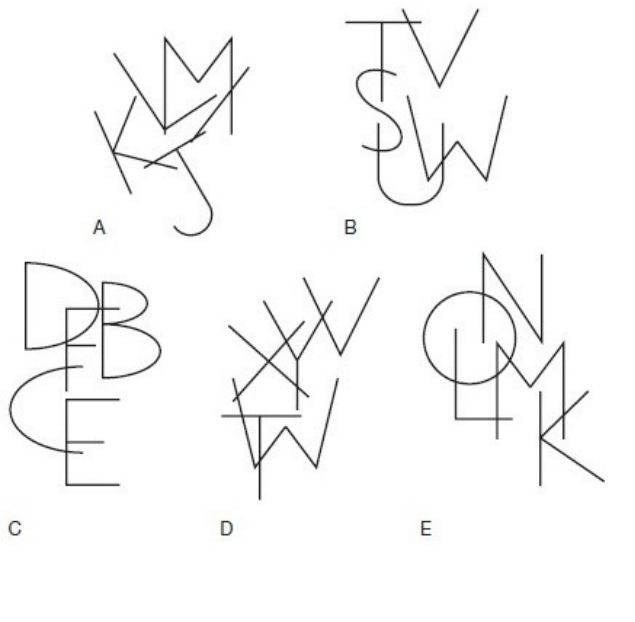
From the images below try and figure out the well-known phrase or saying. For example, the first one is 'you turn me on'.

			
01	02	03	04
			
05	06	07	08
			
09	10	11	12

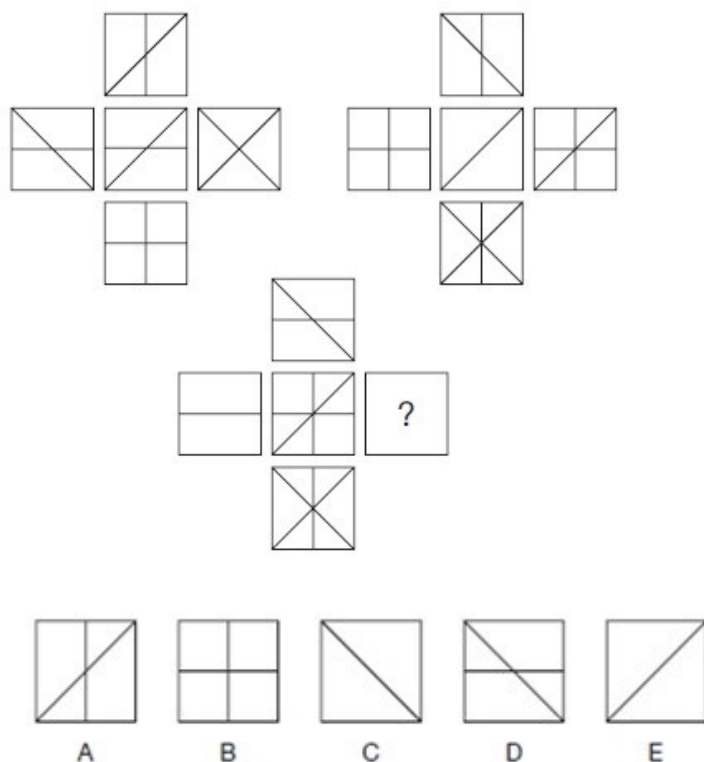


Quiz 7 - Reasoning

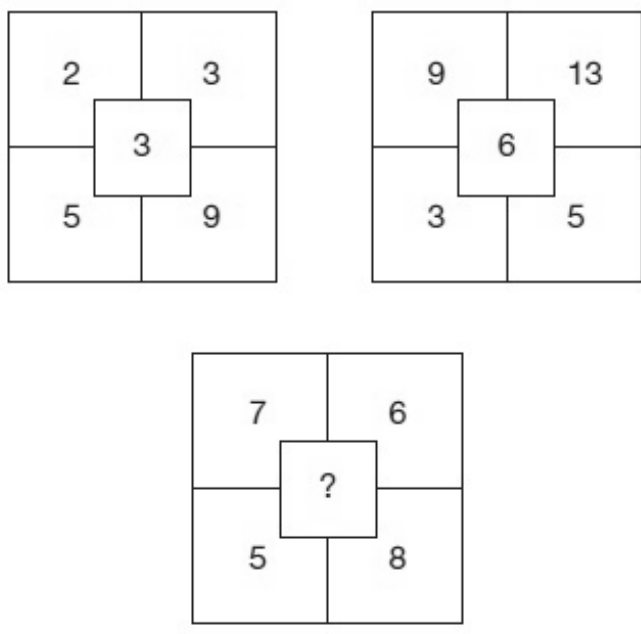
1. Which is the odd one out?



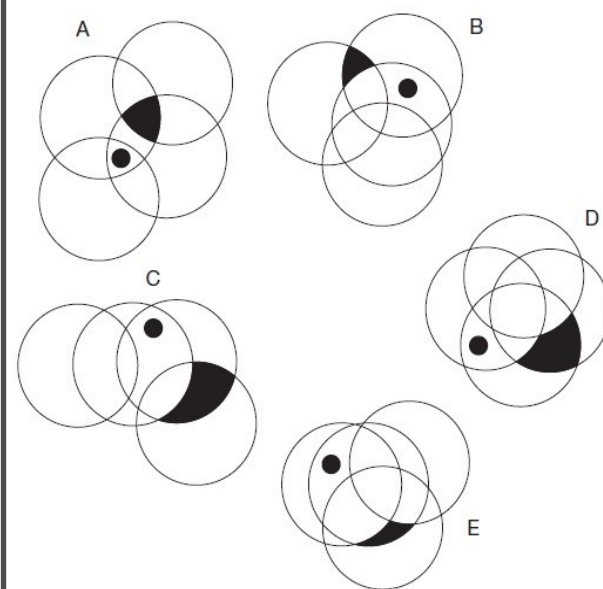
2. Which box should replace the question mark?



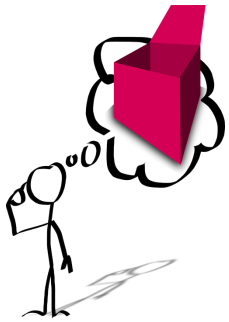
3. Which number should replace the question mark?



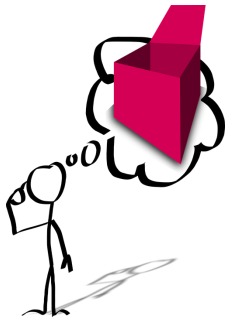
4. Which is the odd one out?



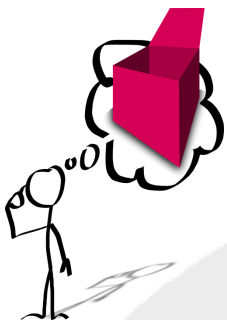
Quiz 8 - Lateral Thinking/Brainteasers



A man walks into a bar and asks the barman for a glass of water. The barman pulls out a gun and points it at the man. The man says 'Thank you' and walks out. Why?

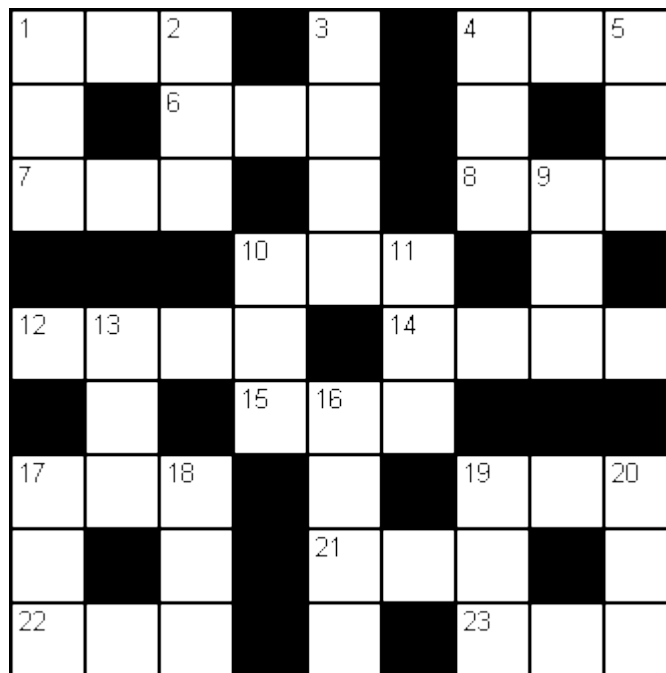


A woman is lying dead in a field. Next to her there is an unopened package. There is no other creature in the field. How did she die?



A man lives on the tenth floor of a building. Every day he takes the lift down to the ground floor to go to work or to go shopping. When he returns, he takes the lift to the seventh floor and walks up the stairs to reach his flat on the tenth floor. He hates walking so why does he do it?

Quiz 9 - Number crossword



Across

1. Three times 19 down
4. 19 down minus five
6. 15 across plus eighty-three
7. 17 across minus 2
8. 18 down plus thirty-eight
10. 19 across minus sixty-six
12. 3 down plus forty-seven
14. 12 across doubled
15. 13 down minus 150
17. 20 down minus sixteen
19. 5 down minus 133
21. Minutes in four hours
22. Four times 4 across
23. Five times 10 down

Down

1. 12 across divided by eleven
2. 1 down plus twenty-five
3. Minutes in three days
4. Dozen in twelve gross
5. Seconds in five minutes
9. 17 down minus eleven
10. 11 down minus eight
11. Minutes in three hours
13. 3 down divided by twelve
16. 23 across doubled
17. 14 across divided by eleven
18. 4 down times three
19. Months in nine years
20. 3 down divided by six

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS

Quiz 1 - Missing vowels

1. Egg and bacon
2. Porridge
3. Muesli
4. Fried egg on toast
5. Toast and marmalade
6. Corn Flakes
7. Kippers
8. Scrambled egg and smoked salmon
9. Sausage and tomato
10. Baked beans on toast
11. Yoghurt and fresh fruit
12. Sausage, egg and black pudding

Quiz 2 - Trees

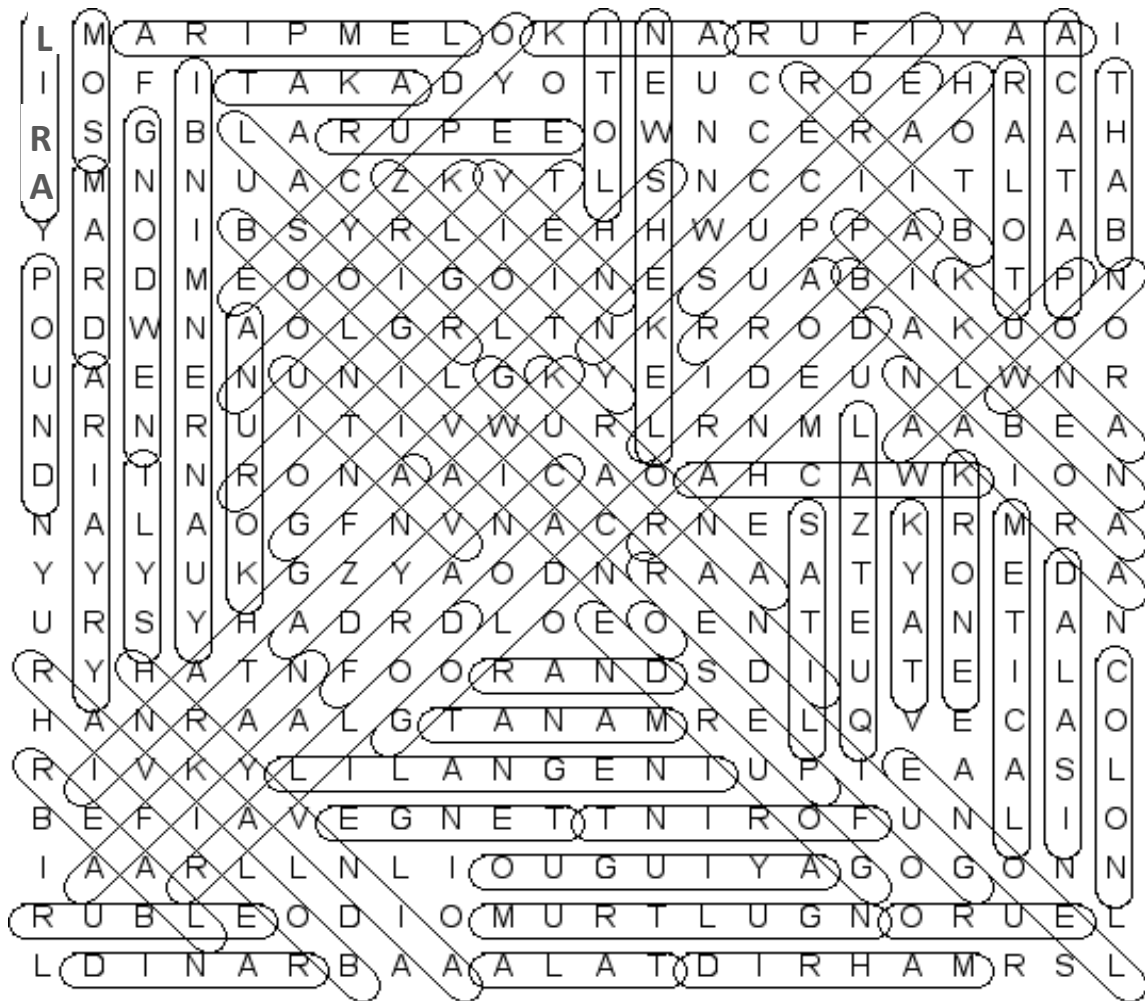
1. Poplar
2. South America
3. Japan
4. Northumberland
5. Soft
6. Asia
7. Laburnum
8. Yew, Scots Pine, Juniper
9. Pine
10. Oak
11. Monkey Puzzle Tree
12. Yew
13. Laburnum
14. Tanning leather
15. Maple
16. Eucalyptus.
17. Also known as Cork Oak
18. It means the tree will shed its leaves in autumn and grow new leaves the following spring.
19. Olive
20. Major Oak

Quiz 3 - TV Comedy Shows

1. Bless this House
2. Friends
3. Robin's Nest
4. Citizen Smith
5. Only Fools & Horses
6. My Family
7. Dad's Army
8. Alf
9. The Likely Lads
10. Some Mothers do 'ave em
11. Only when I laugh
12. The Wonder Years
13. Happy Days
14. Cheers
15. Never the Twain

ANSWERS

Activity– Word Search - Foreign Currencies



Spot the Difference

1. Cloud is missing
2. Part of umbrella is missing
3. Triangle pattern on bucket is missing
4. Centre of starfish is missing
5. Sail on boat is coloured in
6. Stripe on towel is missing
7. Palm tree on cliff has moved
8. Dolphin in water has moved
9. Shell has moved
10. Flag on boat is reversed
11. Surfer is facing opposite direction
12. Tail of iguana on surfboard is different

ANSWERS

Quiz 4 - Anagrams - famous footballers

1. Gary Lineker
2. Bobby Moore
3. Frank Lampard
4. Michael Owen
5. Ryan Giggs
6. Bobby Charlton
7. Gareth Bale
8. Gordon Banks
9. John Barnes
10. Kenny Dalglish

Quiz 5 - The Wall

MINI, MAXI, PENCIL, A-LINE - Skirts

VAUXHALL, QUEEN ELIZABETH II, BATTERSEA, WESTMINSTER -
London Bridges

AMBASSADOR, CAMBRIDGE, PRINCESS, SOMERSET - Makes of Austin cars

HAMPSHIRE, WILTSHIRE, DORSET, DEVON - Counties

Activity - Word Ladder

PRUNE, PRONE, PHONE, SHONE, SHOVE, SHAVE, SHAME, SHAMS, SEAMS,
TEAMS, TEARS, PEARS

GROWL, GROWS, GLOWS, SLOWS, SLOTS, SLATS, SLATE, STATE, STARE, SNARE,
SNARL

Quiz 6 - General Knowledge

1. Luton
2. Indices
3. Canada
4. Richard Osman
5. St. Louis
6. H. G. Wells
7. Billingsgate
8. Horatio
9. Commodore
10. Green
11. Archimedes
12. Three roads
13. William Henry
14. Sir Robert Peel
15. Carla Bruni
16. Google
17. Chequers
18. 1930s (1936)
19. 6 feet
20. Adams

Activity - Dingbats

1. You turn me on
2. Waving goodbye
3. The good the bad and the ugly
4. Slap and tickle
5. Missing the point/point taken
6. Love, honour and obey
7. Looking after number 1
8. Wish upon a star
9. On the right side of the law
10. Once upon a time
11. Over my dead body
12. No peace for the wicked

Quiz 7 - Reasoning

1. D. It contains the letters T V W X Y, which omits the letter U. The rest contain five consecutive letters of the alphabet.
2. A. Each row and column of the three boxes contains two of each of the three different lines, i.e., horizontal, vertical and diagonal.
3. A. Each row and column of three boxes contains two of each of the three different lines, ie horizontal, vertical and diagonal.
4. A. The dot and shaded portion are each in three circles. In the rest they are in two.

Quiz 8 - Logical Thinking/Brainteasers

1. The man had hiccups. The barman recognized this from his speech and drew the gun in order to give him a shock. It worked and cured the hiccups – so the man no longer needed the water.
2. The woman had jumped from a plane but her parachute had failed to open. It is the unopened package.
3. The man is of short stature.

Answers

Quiz 9 - Number Crossword

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



ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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