

'food for thought'

Issue 12

Your Distraction Pack



Welcome to the 12th issue of 'food for thought', your distraction pack.

Dictionary definition of

distrá'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 24!



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', are 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



The tongue has no bones, but is strong enough to break a heart. So be careful with your words.

Quiz 1 - Top 10 longest place names in the world

Do you know, or can you guess, where these places are? Extra points if you can pronounce them!

1. Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu
2. Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogogoch
3. Chargoggagoggmanchauggagoggchaubunagungamaugg
4. Tweebuffelsmeteenskootmorsdoodgeskietfontein
5. Azpilicueta garaycosaroyaren berecolarra
6. Äteritsiputeritsipuolilautatsijänkä
7. Pekwachnamaykoskwaskwaypinwanik
8. Venkatanarasimharajuvaripeta
9. Bovenendvankeelafsnysleegte
10. Mamungkukumpurangkuntjunya Hill



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 using different shades of grey!



Quiz 2 - General Knowledge

1. Which two English born actors have hosted the Academy Awards ceremony three or more times? One point for each correct answer.
2. In which three years were the Summer Olympic Games cancelled?
3. Which group train at Westchester Mansion?
4. Which unspecified 'teen' was first coined by the Army Signal Corps during World War I?
5. Code Red, Michelangelo and Conficker were all famous examples of what?
6. Invented by a French chef at the Ritz Hotel in New York City, what name was given to his cold puree of leeks, potatoes and cream?
7. The most decorated US soldier in WW II later became a Hollywood actor. What was his name?
8. The following lyrics are from which 1950s hit?
"Romeo love Juliet,
Juliet she felt the same,
When he put his arms around her,
He said Julie baby your my flame"
9. When winter draws closer, the skies are often filled with fascinating murmurations. What are murmurations?
10. Who were the two members of the Jackson Five with the initials 'J. J.'? One point for each correct answer.
11. Which two Asian men have been Secretary-General of the United Nations? One point for each correct answer.
12. The Russian word for an incident of wanton and unrestrained destruction on a mass scale, such as may occur during wartime. Six letters, second letter 'O'.

Continued on next page

Quiz 2 - General Knowledge continued

13. Which two sports that start with the letter 'C' were once part of the Summer Olympic Games? One point for each correct answer.
14. Which year is missing from both the Gregorian calendar and the Julian calendar yet present in the astronomical calendar system?
15. Which other 'Mick' was once a member of The Rolling Stones?
16. What was the name of the boat commanded by Capt. Ramius?
17. The PINNA is the outer part of your what?
18. Who was American author Mona Simpson's inspirational brother, whom she did not meet until she was 25 years old?
19. Which car company, initially founded as the Swallow Sidecar Company, was forced to change its name after WWII to avoid the unfavourable connotations of the SS initials?



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.healthylondon.org/resource/homeless-health-during-covid-19/>

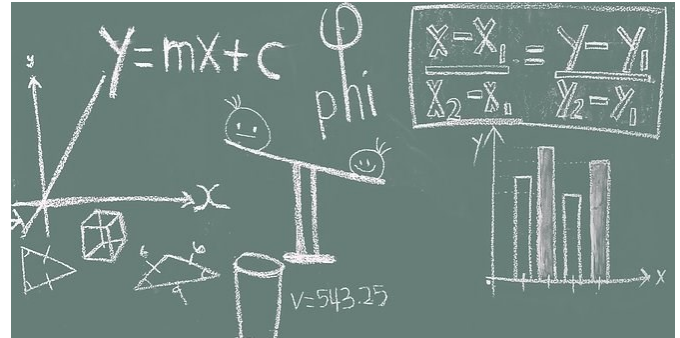
Activity - Word Search - Gemstones

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

PEARL
 EMERALD
 CITRINE
 JASPER
 RUBY
 GARNET
 AQUAMARINE
 DIAMOND
 PERIDOT
 JADE
 KUNZITE
 TURQUOISE
 TOPAZ
 ONYX
 AZURITE
 OPAL
 TANZANITE



Quiz 3 - Maths Challenge



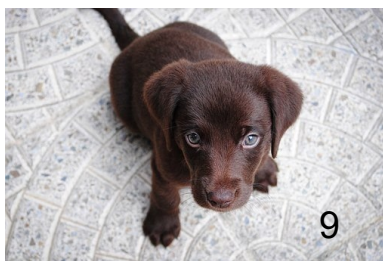
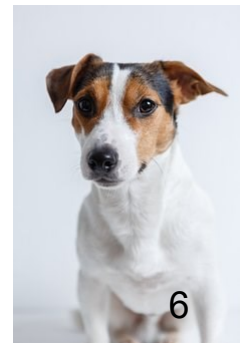
1. Joy starts watching TV at 5:25pm and watches three shows; one lasting 45 minutes, one lasting 28 minutes and one lasting just 8 minutes. Assuming that the shows run back to back with no adverts, what time does her last show finish?
2. How many hours are there in a leap year?
3. Megan is six years older than Sam and Dennis is 27 years younger than Sam. If Megan is 52, how old is Dennis?
4. What is the sum of the internal angles of an octagon?
5. What is seven-eighths of 216?
6. What is one sixteenth as a decimal?
7. A car travels at a constant speed on the motorway. The 300-mile journey takes exactly four hours. At what speed was the car travelling?
8. What is the perimeter of a square field with a total area of 900m^2 ?
9. If you throw two dice at the same time, what is the probability of getting a 6 on both?
10. What is the area of square with sides of 17cm?

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 4 - Adorable Puppies - do you know the breed?



- 1
- 2
- 3
- 4

- 5
- 6
- 7
- 8

- 9
- 10










Quiz 5 - Sporting terms

In which sport would you:

1. Perform a Rudolph and a Randolph
2. Throw stones at houses
3. Use a mashie or niblick
4. Stand at silly point
5. Start at the south stake
6. Sit in a sulky
7. Employ the O'Brien shift
8. Win the Sam McGuire Trophy
9. Abide by the Cartwright Rules
10. Trim your sheets
11. Bully off
12. Change Planes



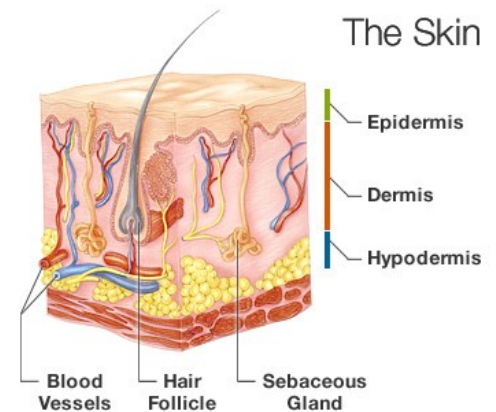
Quiz 6 - Brainteasers

<p>How many queens have been crowned In England Since 1831</p> 	<p>What famous expression is this ?</p> <p>100S549A34 100F4E621T 100S549A34</p>	<p>What happened In Paris On 31st June 1945?</p> <p>1945</p>	<p>A father has 3 daughters who were all born on the 3rd May 1968, However they are not triplets can you explain?</p> 
<p>01</p>	<p>02</p>	<p>03</p>	<p>04</p>
<p>My _____ Is _____ Than My Wallet, Which 1 Word Can Fill Both Gaps?</p> 	<p>Which Of The following Is The Odd One Out?</p> <p>EGG FISH FOUNDATION TABLE BET</p>	<p>2 miners sitting on a bench one miner was the other one's son but the other one was not his father why?</p> 	<p>What Can Explode Slowly, With No Smoke Or Flame?</p> 
<p>05</p>	<p>06</p>	<p>07</p>	<p>08</p>
<p>Why Is Ireland Different From Scotland, England, Wales & France</p> 	<p>What Do You Put On A Table, Cut & Then Pass Around But Never Actually Eat?</p> 	<p>Sheriff Tom Jones Rode Into Town On Friday, Stayed 3 Nights & Left Early Sunday Morning Explain?</p> 	<p>What Object Can You Cut Clean Through & Be Left With One Object With Two Ends?</p> 
<p>09</p>	<p>10</p>	<p>11</p>	<p>12</p>



Astounding facts about the human body

1. Your body is made of about 7 octillion atoms (that's 7,000,000,000,000,000,000,000,000 atoms).
2. There are 37 trillion cells in your body.
3. Stomach acid can dissolve metal.
4. Your skin's outer layer (epidermis) sheds every 2-4 weeks, amounting to roughly 0.7 kg of dead skin in a year.
5. Cells in the inner lens of the eye, muscle cells of the heart, and the neurons of the cerebral cortex are the only cells that will be with you your entire life.
6. If you were to spread out all the wrinkles in your brain, it would be about the size of a pillowcase.
7. There are a trillion nerves powering your memory. Studies have shown that after viewing 2,500 images for only 3 seconds, participants could recall if they had seen the images with 92% accuracy.
8. You spend 10 per cent of the day blinking.
9. Your eyes can distinguish between 2.3 and 7.5 million different colours.
10. Your nose can differentiate between 1 trillion different smells.
11. Your fingers can feel a ridge as small as 13 nanometers in size (7,500 x smaller than the diameter of a human hair).
12. Your heart beats 100,000 times per day, pumping 5.5 litres per minute, which adds up to about 3 million litres of blood a year.
13. 3 to 5 lbs of your body is made up of bacteria. Between 100 million to 1 billion bacteria can grow on each tooth.
14. If all the DNA in your body were uncoiled, it would stretch out to about 10 billion miles, which is from Earth to Pluto and back.



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.

Ladder 1

Chase



Catch

Clues:

Discontinue

Charter

Lead

Percolate

Fruit

Roost

Sear

Mend

Ladder 2

Games



Chess

Clues:

Stares

Mantles

Manages

Middle Sections

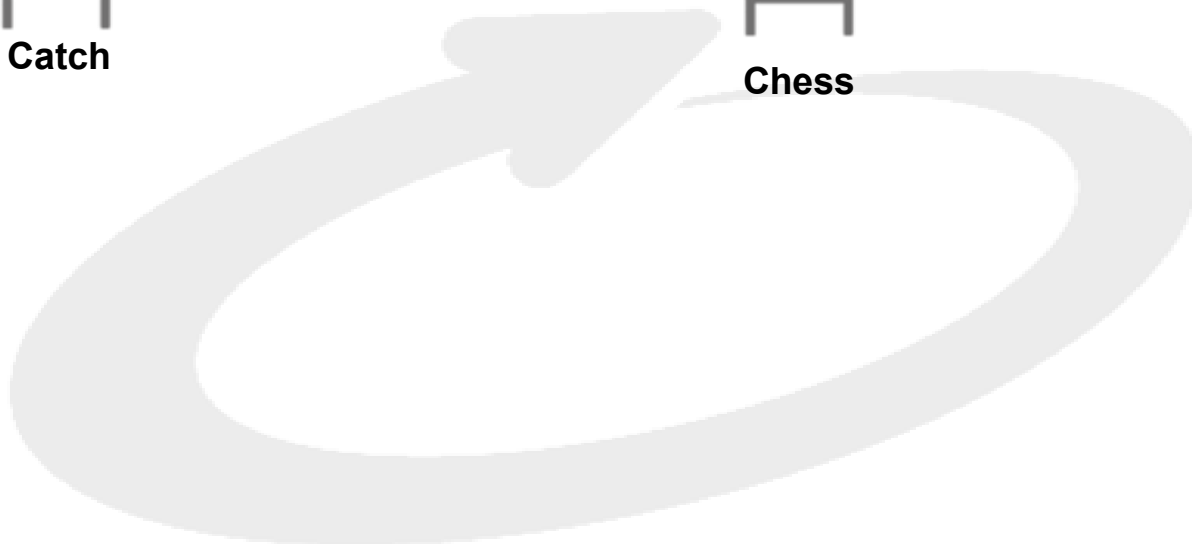
Army Unit

Cages

Harvests

Traverse

Herb



Activity - Maze

Can you help Rosie get to Tyler?

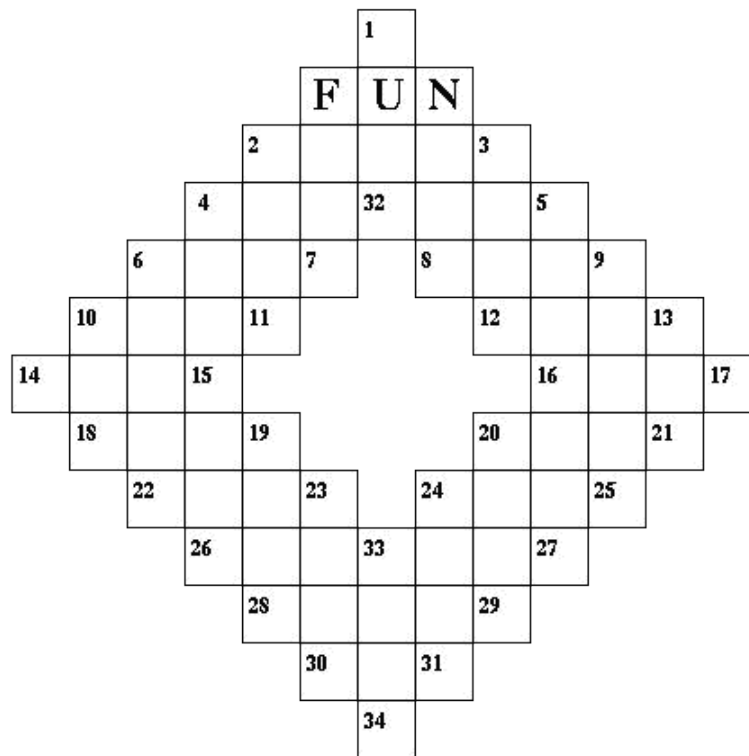


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Activity - The world's first Crossword Puzzle

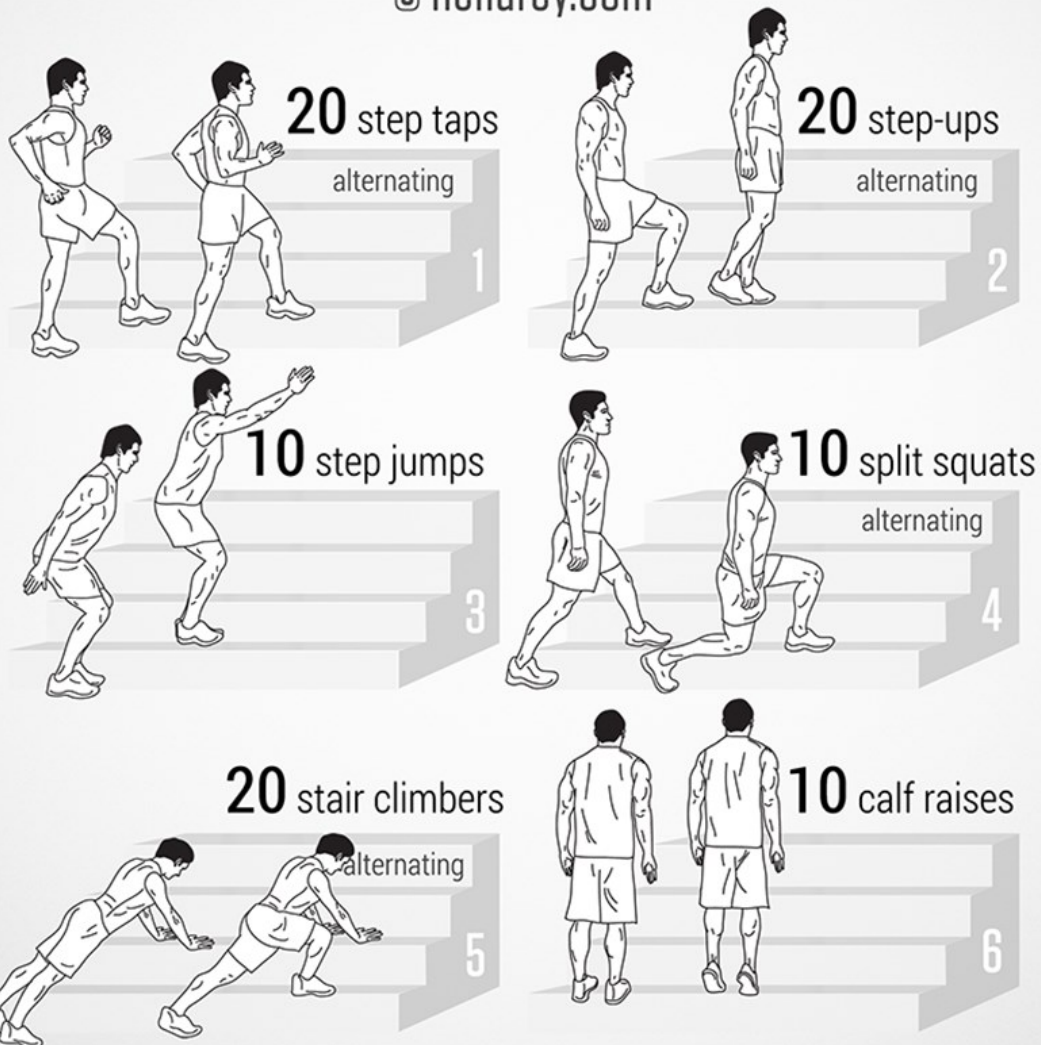
by Arthur Wynne, published December 21, 1913



2-3	What bargain hunters enjoy	6-22	What we all should be
4-5	A written acknowledgment	4-26	A day dream
6-7	Such and nothing more	2-11	A talon
10-11	A bird	19-28	A pigeon
14-15	Opposed to less	F-7	Part of your head
18-19	What this puzzle is	23-30	A river in Russia
22-23	An animal of prey	1-32	To govern
26-27	The close of a day	33-34	An aromatic plant
28-29	To elude	N-8	A fist
30-31	The plural of is	24-31	To agree with
8-9	To cultivate	3-12	Part of a ship
12-13	A bar of wood or iron	20-29	One
16-17	What artists learn to do	5-27	Exchanging
20-21	Fastened	9-25	To sink in mud
24-25	Found on the seashore	13-21	A boy
10-18	The fibre of the gomuti palm		

Stairs Workout

Repeat 5 times | up to 2min rest between sets
Walk up the stairs 3 times before every circuit
© neilarey.com



Activity - Codeword

Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

8	18	19	9	4	5		9	10	2	22	18	17
4		25		22		19		26		10		5
1	21	14	14	4	17	25		2	18	15	19	25
24		18		17		15		4		7		4
7	21	7	19	25		28	4	15	9	4	1	24 K
4				10		25				15		
5	18	16	4	26	7		4	9	9	25	9	9
		21				1		18				21
11	26	21	20	20	25	26		14	4	11	25	14
12		14		10		10		18		18		6
21	6	21	18	7		22	4	1 C	4	23	10	25
17		19		19		2		21		10		15
21	13	3 Y	19	25	15		18	15	6	25	9	17

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

Activity - Sudoku Fill in the blanks so that each row, each column and each of the nine 3 x 3 grids contain one of each of the numbers 1 - 9.

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

EASY



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

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

MEDIUM



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

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

HARD



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

Activity - Sudoku Fill in the blanks so that each row, each column and each of the nine 3 x 3 grids contain one of each of the numbers 1 - 9.

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS

Quiz 1 - Longest place names

1. Taumatawhakatangihangakoauauotamateaturipukakapikimaungahoronukupokaiwhenuakitanatahu, New Zealand

This is a name of a hill near Porangahau in the southern Hawke's Bay in New Zealand. It is a name given in the Moari language. This hill is 305 meters tall and is famously known for its long name. This name has since been shortened to Taumata for the ease of pronunciation.

The meaning of the name has been translated to mean "the place where Tamatae, the man who had big knees, the climber of mountains, the slider, the land-swallower that travelled about, played the nose flute that he had to the loved ones." With 85 characters, this word, represents the world's longest place name according to the Guinness World Records. This name has other versions which are even longer, but these other versions contain hyphens.

2. Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch, Wales

This name is often shortened as Llanfairpwll or Llanfair PG for brevity. It is the name of a large community and village in Wales that live on the Islands of Anglesey. Initially, this community was referred to as Llanfair Pwllgwyngyll before its name was changed in the 19th century to promote it as a tourist attraction centre. In the year 2011, the population of this community was 3040. At 58 characters, Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch is the longest one-word place name in the United Kingdom and the world's second longest place name.

The name was invented in the 1860s for promotional purposes. It was aimed at being a commercial avenue since tourist will be coming to see the community with the world's longest name. The long name has been credited to a local cobbler according to the village's website even though Sir John Morris-Johns, this name was created by a tailor who lived in the locality.

3. Chargoggagoggmanchauggagoggchaubunagungamaugg, United States

Chargoggagoggmanchauggagoggchaubunagungamaugg is a lake found in Webster, Massachusetts in the United States. It is also referred to as Lake Webster. This name is from the Nipmuc, which is an Algonquian language. It translates to "fishing point that's at the boundaries and which is a neutral meeting point."

Located near the border of Connecticut, it has a surface area of a 5.84 square kms. The name is made up of 45 letters and is believed to be the longest place

ANSWERS

Quiz 1 - Longest place names continued

name in the United States, as well as the third longest in the world.

4. Tweebuffelsmeteenskootmorsdoodgeskietfontein, South Africa

Tweebuffelsmeteenskootmorsdoodgeskietfontein is a farm located in the North Western Province of South Africa, about 200km to the west of Pretoria. It comes from the Afrikaans language meaning a “spring where two buffaloes were killed by use of one short.”

This name is derived from combinations of different languages including German, Afrikaans, and Dutch. Terms from all these languages were put together to come up with the long word. This is made up 44 characters, and its South Africa’s longest one-word place and the world’s 4th longest place name.

5. Azpilicuetagaraycosaroyarenberecolarrea, Spain

At 39 letters, this is the fifth longest name of a place in the world, and the longest both in Spain and Europe. This name has been named from Basque language which has been translated into English to mean “the low field of a high pen of Azpilkueta”.

6. Äteritsiputeritsipuolilautatsijänkä, Finland

This 35 letter word name is the longest one worded place name in Finland and the second longest in Europe. It is the name of a bog region in Finnish Lapland.

A pub owner registered his premises under this name after being frustrated in his last two attempts of trying to register with other names and failing. He decided on this long name that he knew no one else had. This name though is not Finish as it has no meaning derived from it. It is most likely to be gibberish!

7. Pkwachnamaykoskwaskwaypinwanik, Canada

Pkwachnamaykoskwaskwaypinwanik is a lake of the Manitoba. It is the longest one worded place name in Canada. The name is from the Cree language and means a place where fishing hooks are used to catch wild trout.

This lake is located in the north-eastern part of Manitoba near the border with Ontario. At 31 letters long, it is ranked as the seventh longest one-word place name in the world.

ANSWERS

Quiz 1 - Longest place names continued

8. Venkatanarasimharajuvaripeta, India

Venkatanarasimharajuvaripeta is a name of a railway station in Andhra Pradesh located on the border with Tamil Nadu state in India. This railway station is normally distinguished from other railway stations in India as the railway station with the longest name. 'Sri' is a three letter prefix used to refer to this railway station for the sake of ease of pronunciation and brevity.

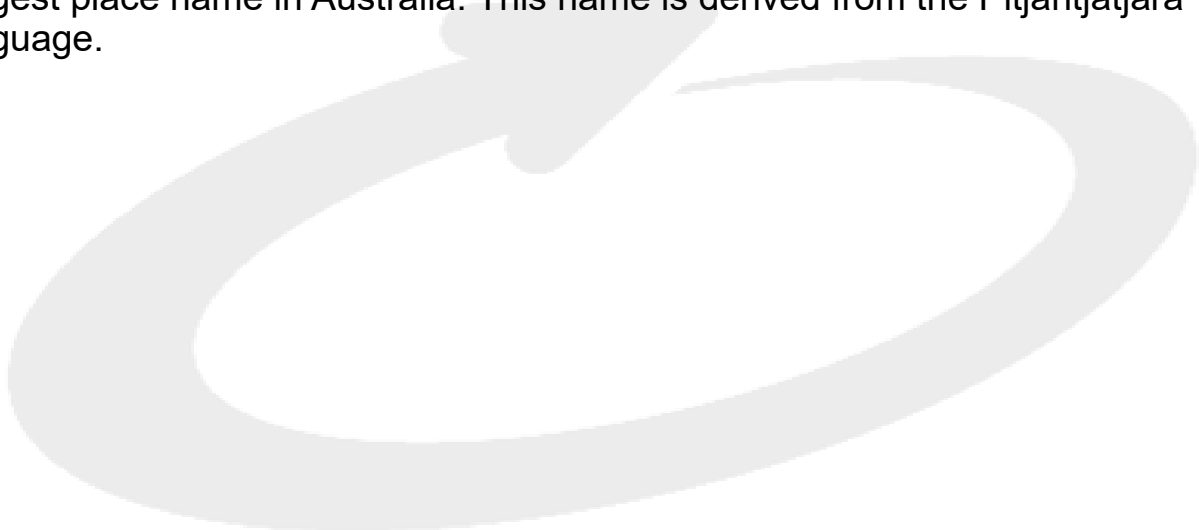
9. Bovenendvankeelafsnysleegte, South Africa

Bovenendvankeelafsnysleegte is a farm that is found in South Africa in the Upper Karoo of Northern Cape Town. It is South Africa's second longest one-word place name, and at 27 letters, it's the world's ninth longest place name. This name is from the Afrikaans language, and it means the "upper end of a throat-cut valley". The farm lies at an altitude of 923 meters height above sea level.

10. Mamungkukumpurangkuntjunya Hill, Australia

Mamungkukumpurangkuntjunya is the name of a hill found in South Australia, located approximately 108.8km north-west of the small town of Marla.

At twenty-six letters (the same length as the English alphabet), it is the official longest place name in Australia. This name is derived from the Pitjantjatjara language.



ANSWERS

Activity - Codeword

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

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



Quiz 2 - General Knowledge

1. Bob Hope and David Niven
2. 1916, 1940 and 1944
3. X-men
4. Umpteen ('Umpty' was slang for the Morse code dash. Many dashes were then called umpteen)
5. Computer viruses
6. Vichyssoise
7. Audie Murphy
8. Fever (Peggy Lee's version)
9. The aerobatic displays of starlings
10. Jermaine Jackson and Jackie Jackson
11. Ban Ki-Moon and U Thant
12. POGROM
13. Cricket and Croquet
14. The year zero. (Under those systems, the year 1 BC is followed by AD 1)
15. Mick Taylor
16. Red October
17. Ear (Pinna is Latin for 'feather')
18. Steve Jobs, Apple Inc.
19. Jaguar Cars

Quiz 3 - Maths Challenge

1. 6:46
2. 8,784
3. 19
4. 1080°
5. 189
6. 0.0625
7. 75 m.p.h.
8. 120m
9. 1/36
10. 289cm²

Quiz 4 - Puppy Breeds

1. Weimaraner
2. Dachshund
3. Dogue de Bordeaux
4. Golden retriever
5. English Bulldog
6. Jack Russell
7. Chihuahua
8. Rottweiler
9. Labrador
10. Maltese

ANSWERS

Quiz 5 - Sporting terms

1. Trampolining
2. Curling
3. Golf
4. Cricket
5. Croquet
6. Harness Racing
7. Shot Putt
8. Gaelic Football
9. Baseball
10. Yachting
11. Hockey
12. Lacrosse

Quiz 6 - Brain Teasers

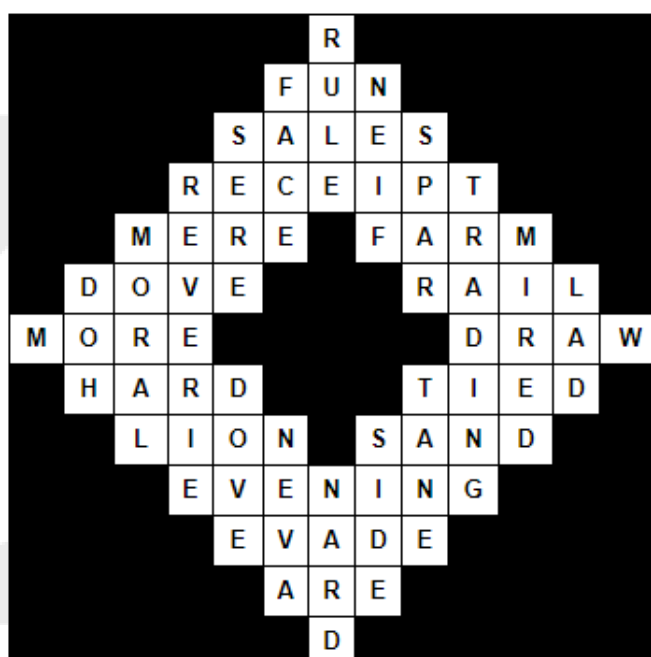
1. None - they were princesses when crowned
2. Safety in numbers
3. Nothing - June has 30 days
4. They are three of quads
5. Lighter
6. Fish - you can't lay a fish
7. Because the other miner was his mother
8. A population
9. It's got 3 vowels
10. A deck of cards
11. His horse was called Friday
12. Any kind of loop

Activity - Word Ladder

Ladder 1	GAMES
CHASE	GAPES
CEASE	CAPE
LEASE	COPE
LEASH	CORE
LEACH	CORP
PEACH	COOP
PERCH	CROP
PARCH	CROSS
PATCH	CRESS
CATCH	CHESS

Ladder 2

Activity - World's first Crossword



ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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