

# 'food for thought'

## Issue 13

### Your Distraction Pack





Welcome to the 13th 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 26!



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](http://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](http://www.bcha.org.uk)



A person who feels appreciated will always do more than is expected.



## Activity - Colouring

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



## Quiz 1 - True or False

1. Cyclones spin in a clockwise direction in the southern hemisphere
2. Goldfish only have a memory of three seconds
3. The capital of Libya is Benghazi
4. Dolly Parton is the godmother of Miley Cyrus
5. Roger Federer has won the most Wimbledon titles of any player
6. An octopus has five hearts
7. Brazil is the only country in the Americas to have the official language of Portuguese
8. The Channel Tunnel is the longest rail tunnel in the world
9. Darth Vader famously says the line "Luke, I am your father" in The Empire Strikes Back
10. Olivia Newton-John represented the UK in the Eurovision Song Contest in 1974, the year ABBA won with "Waterloo"
11. Stephen Hawking declined a knighthood from the Queen
12. The highest mountain in England is Ben Nevis
13. Nicolas Cage and Michael Jackson both married the same woman
14. Japan and Russia did not sign a peace treaty after World War Two so are technically still at war
15. The mathematical name for the shape of a Pringle is hyperbolic paraboloid



## 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.

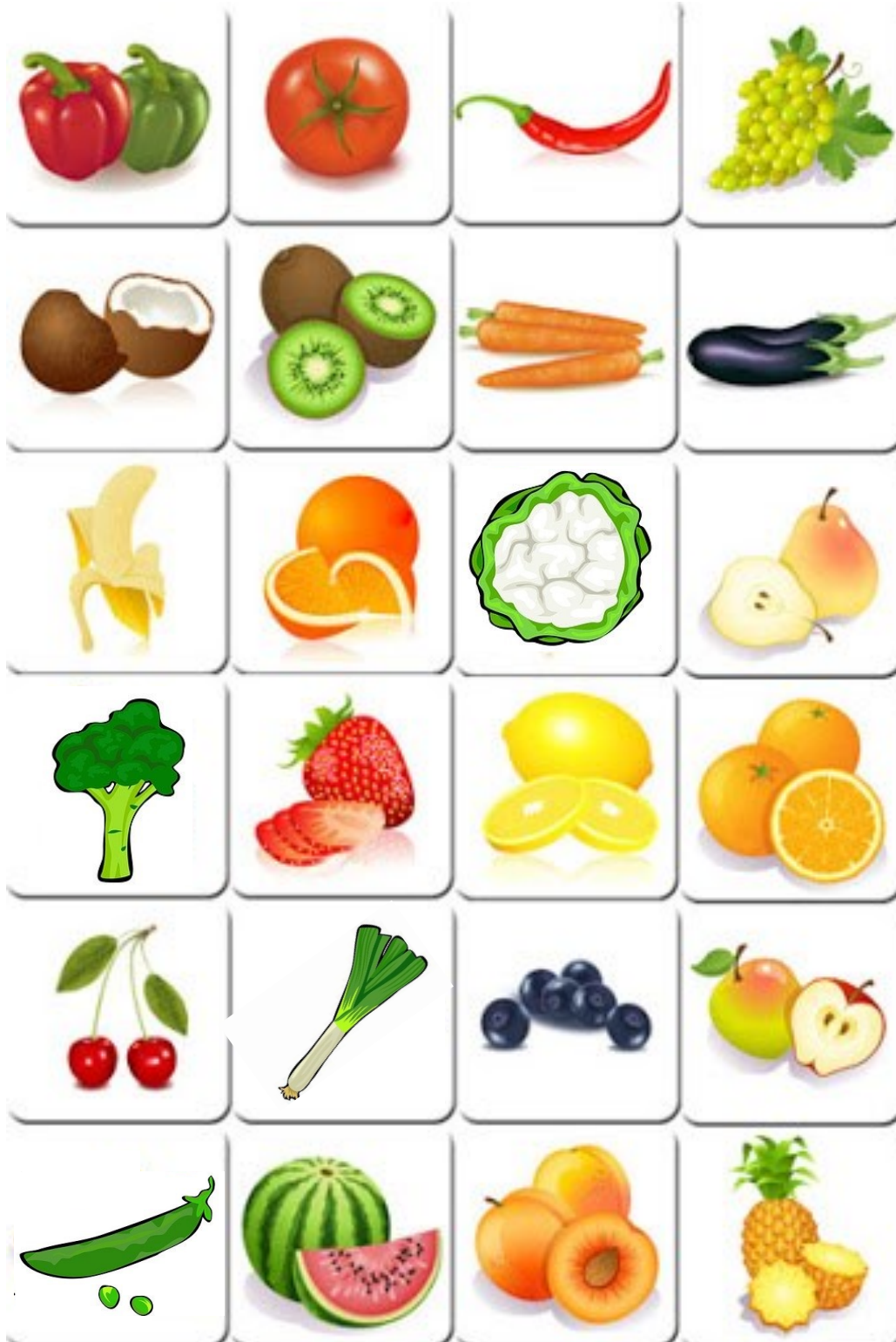


- Drink plenty of water - it's important to keep hydrated. It is recommended we drink 2 litres a day.



## Activity - Testing your memory

Take a while to look at these fruit and veg and then when you think you've remembered them, see how many you can recall and write them down on the next page.





## Testing your Memory

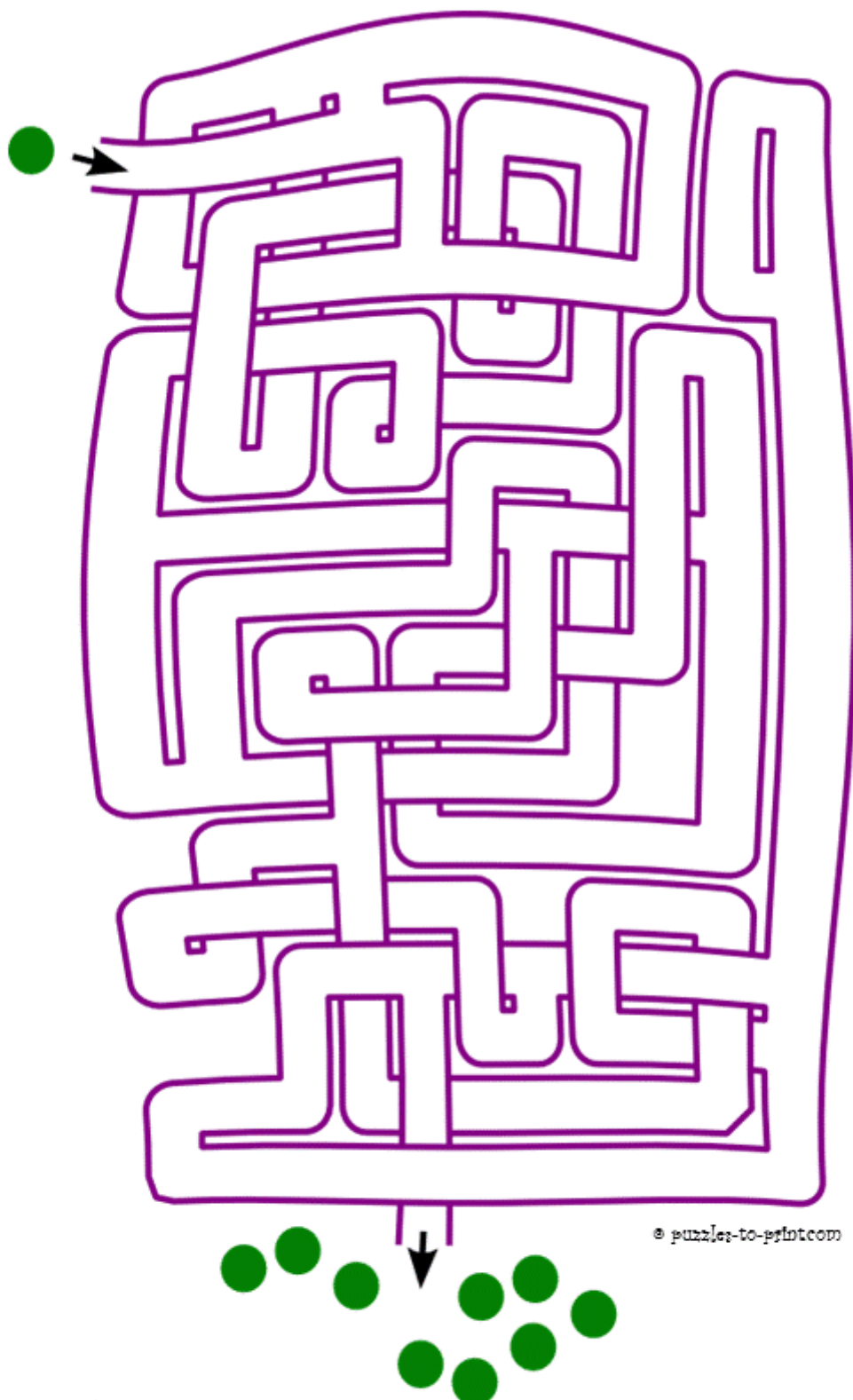
I remember .....

|  |  |  |  |
|--|--|--|--|
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## Activity - Maze

Can you find the shortest path through the maze for the green marble to join the others at the bottom?



## All about .... The Great Wall of China

The Great Wall of China, the largest man-made project in the world, is a series of ancient fortifications built in northern China. Although named the 'wall', it is an integrated defence system including not only lofty and solid walls, but also massive signal towers, barriers, barracks, garrison stations, and fortresses along the walls, together forming an insurmountable line, for thousands of years, to protect the territories of ancient Chinese states against the nomadic tribes from the northern steppe. This long wall, just like a gigantic dragon, winds up and down across deserts, grasslands, mountains and plateaus, stretching approximately 21,196 kilometres from west to east of China.



Renowned as a UNESCO World Heritage site since 1987 and one of the Seven Wonders of the Medieval World, the Great Wall of China is not just 'medieval'. Early in the 7th century BC, several ancient states built their own boundary walls, which were later connected by Qin Shi Huang (259 – 210BC), the First Emperor of China, and known as the '10,000-li Long Wall'. In the following 2,000 years, many dynasties continued to consolidate and extend the Great Wall, for not only defence, but also border trade management, imposing tariffs, and immigration control.



The Great Wall's military use faded away, but now as an unparalleled architectural feat with historical significance, it is the No. 1 iconic attraction in China. There are wall remains found in 15 provinces of China. The well-preserved sections we see today are mainly built by the Ming Dynasty (1368 – 1644), among which the most popular are around Beijing, including Badaling, Mutianyu, Juyongguan, and Simatai.

Before the use of bricks, the Great Wall was mainly built from rammed earth, stones, and wood. During the Ming dynasty,

## All about .... The Great Wall of China continued

however, bricks were heavily used in many areas of the wall, as were materials such as tiles, lime, and stone. The size and weight of the bricks made them easier to work with than earth and stone, so construction quickened. Additionally, bricks could bear more weight and endure better than rammed earth.

Stone can hold under its own weight better than brick, but is more difficult to use. Consequently, stones cut in rectangular shapes were used for the foundation, inner and outer brims and gateways of the wall. Battlements line the uppermost portion of the vast majority of the wall, with defensive gaps a little over 30 cm (12 in) tall and about 23 cm (9.1 in) wide.

From the parapets, guards could survey the surrounding land. Communication between the army units along the length of the Great Wall, including the ability to call reinforcements and warn garrisons of enemy movements, was of high importance. Signal towers were built upon hill tops or other high points along the wall for their visibility. Wooden gates could be used as a trap against those going through. Barracks, stables and armouries were built near the wall's inner surface.



The notion that the Wall can be seen from the moon, (385,000 km, 239,000 miles) is a well-known but implausible myth.

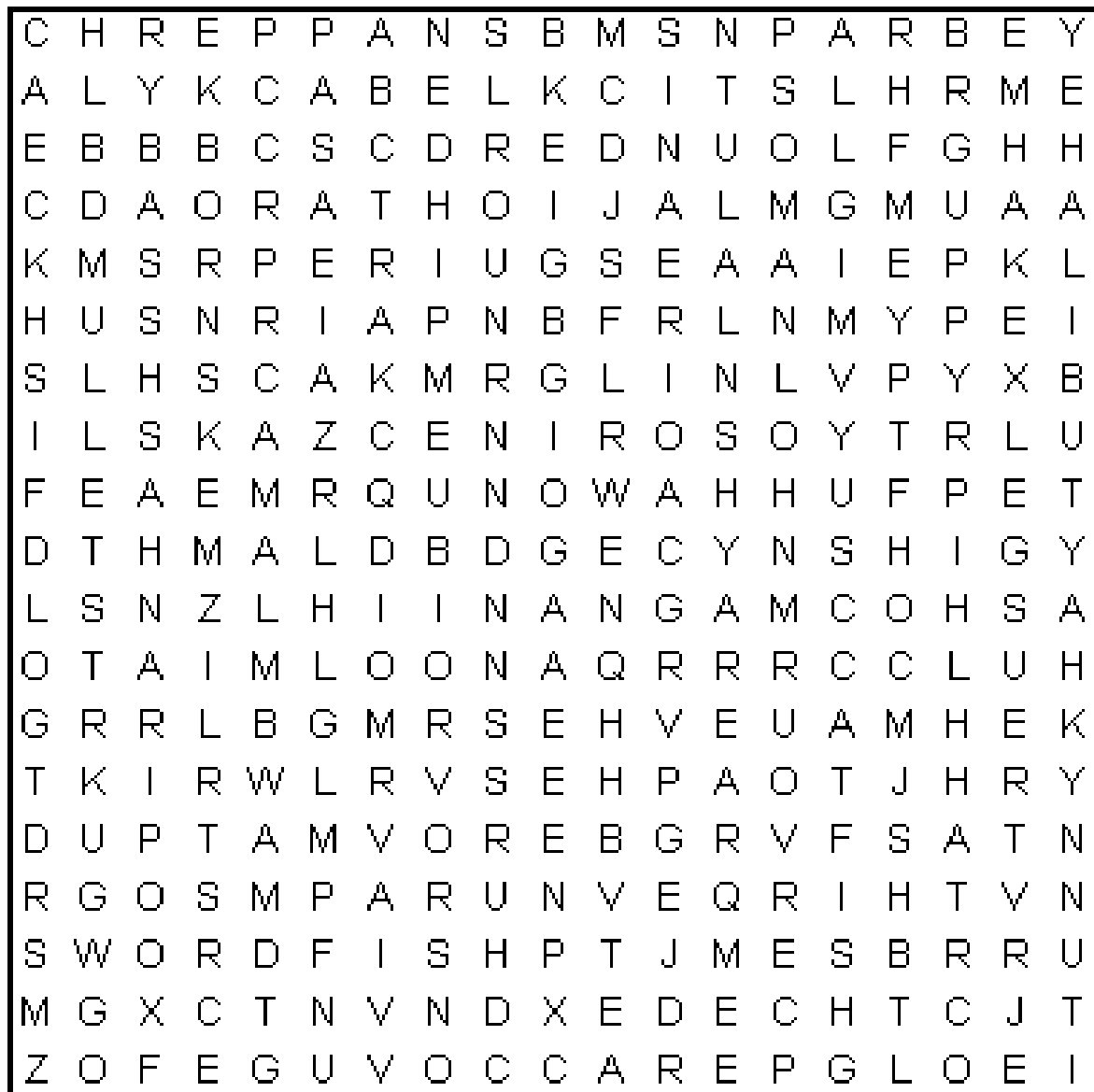
One of the earliest known references to the myth that the Great Wall can be seen from the moon appears in a letter written in 1754 by the English antiquary William Stukeley. Stukeley wrote that, "This mighty wall [Hadrian's wall] of four score miles [130 km] in length is only exceeded by the Chinese Wall, which makes a considerable figure upon the terrestrial globe and may be discerned at the Moon. The claim was also mentioned by Henry Norman in 1895 where he states "besides its age it enjoys the reputation of being the only work of human hands on the globe visible from the Moon."

The claim that the Great Wall is visible from the moon has been debunked many times. (The apparent width of the Great Wall from the Moon would be the same as that of a human hair viewed from 3 km (2 mi) away, but is still ingrained in popular culture.

Source: [travelchinaguide.com/Wikipedia.com](http://travelchinaguide.com/Wikipedia.com)

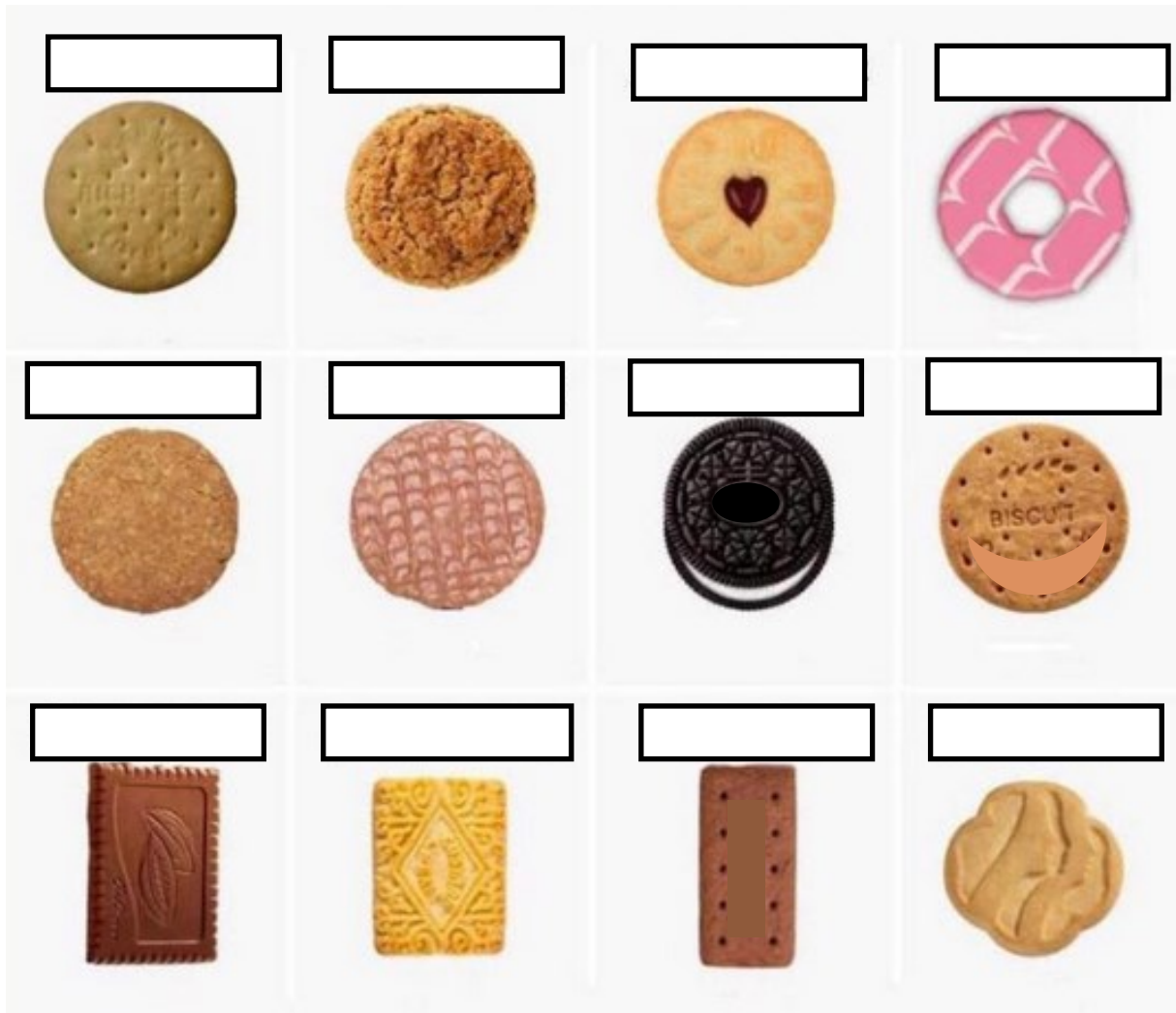


## Activity - Word Search - Going Fishing



ANCHOVY BARRACUDA BASS BREAM CARP CATFISH CHUB,  
 DOGFISH FLOUNDER GOLDFISH GROUPER GUPPY HAKE  
 HALIBUT HERRING JELLYFISH KRILL LAMPREY MARLIN  
 MINNOW MULLET PERCH PIKE PIRANHA ROACH SALMON  
 SARDINE SEAHORSE SHARK SNAPPER SOLE STICKLEBACK  
 STINGRAY STURGEON SWORDFISH TROUT TUNA TUNNY

## Quiz 2 - Can you identify the biscuit?





## Health Watch - Take time to breathe



### Balloon Breathing

Sit down comfortably, and place your hands around your mouth as though you are about to blow up a balloon. Take a big breath in through your nose, and then push the air slowly out your mouth and spread your hands as though you are blowing up your balloon. Do this over again until your balloon is as big as can be. Then, gently sway as you release your balloon up into the sky.

### Tummy Breathing

Lie on the floor or your bed and place or something small on your tummy. Breathe in deeply through your nose and feel it rise, and then feel it lower as you slowly breathe out through your mouth. Rock it to sleep using the rise and fall of your stomach.

### Bumblebee Breathing

Sit down comfortably, and gently place one finger tip in each ear, and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.



### Elephant Breathing

Stand up with your feet wide apart and dangle your arms in front of you like an elephant's trunk. Breathe in deeply through your nose and raise your arms up as high as they can go. Breathe out through your mouth and slowly swing your arms down; you could even make an elephant trumpet noise!



## Quiz 3 - General Knowledge

1. What is the common name for the disease rubella?
2. Which English monarch was nicknamed the Virgin Queen?
3. Pudsey Bear is the mascot for which charity?
4. The Jefferson Memorial is in which American city?
5. What is the name of the traditional afternoon 'rest period' taken in Spain?
6. How many stars are there on the American flag?
7. What is the name of David Cameron's wife?
8. What does a 'stitch in time' save?
9. What is James Bond's secret agent number?
10. How many feet are there in a yard?
11. Which colour would you associate with the EasyJet logo?
12. What science is the study of the Earth and the rocks of which it is composed?
13. 'Bertie Bassett' is associated with which sweets?
14. How many edges does a cube have?



*Pudsey Bear*



*Jefferson Memorial*

## Quiz 4 - Racquet Sports



1. In which sport is the Swaythling Cup contested?
2. In which month is the Australian Open tennis tournament usually held?
3. Which Warwickshire town is home to the oldest purpose built real tennis club in the World?
4. Who has won the Wimbledon women's singles title most often?
5. Of what material is a badminton shuttlecock traditionally made?
6. Which was the first tennis Grand Slam event to be opened to professionals?
7. In which sport was Fred Perry a World Champion prior to excelling in tennis?
8. What nationality was eight times British Open Squash Champion Geoff Hunt?
9. By what name is the popular racquet sport played in the Basque country known?
10. How is a rally started in tennis?
11. What is the name of the principal badminton competition competed for by men?
12. How many players make up a team in Pelota Mixteca?
13. Which four events make up the tennis Grand Slam?
14. In which country is the ball game Matkot a popular pastime?
15. In which borough of New York is the US Open tennis tournament played?
16. At which English Public school was the game of squash first developed?
17. Who was said to have been arrested whilst watching a real tennis game in 1536?
18. With a total of 41 medals to 2020, which nation has dominated the Olympic Badminton events?
19. Which journalist for The Times was England's top ranked table tennis player for ten years?
20. Which European country dominated men's world table tennis prior to World War Two?

# 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:

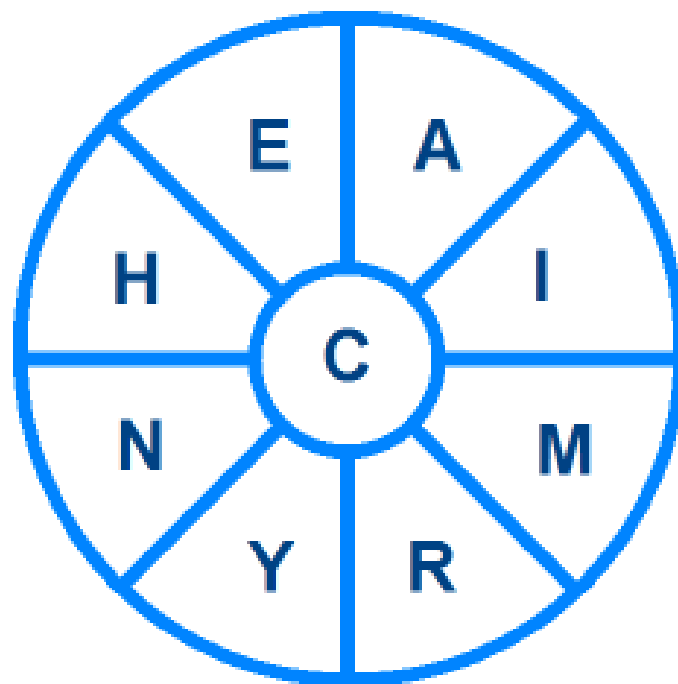
<https://www.healthylondon.org/resource/homeless-health-during-covid-19/>

## Activity - Arrow Crossword

|                 |                  |              |           |            |          |                  |             |               |               |         |                             |          |
|-----------------|------------------|--------------|-----------|------------|----------|------------------|-------------|---------------|---------------|---------|-----------------------------|----------|
| Lofty           |                  | Variety meat |           | Reservoir  |          | Snakelike fish   | Array       |               | Crony         |         | Australian state, initially |          |
| Perplex         |                  |              |           |            |          | Persecute        |             |               |               |         | Drink                       |          |
|                 |                  |              |           |            |          | Baked item       |             |               |               |         |                             |          |
| Cape            |                  | Bird of prey |           |            |          |                  |             |               | Depleted      |         |                             |          |
|                 |                  | Bid          |           |            |          |                  |             |               | Shooting star |         |                             |          |
|                 |                  |              |           |            | Molecule |                  |             |               |               | Legging |                             | Traps    |
|                 |                  |              |           |            | Garish   |                  |             |               |               |         |                             |          |
| Fairy           | Fragment         |              |           |            |          |                  | Type of nut |               |               |         |                             |          |
|                 | Words for a song |              |           |            |          |                  |             |               |               |         |                             |          |
|                 |                  |              | Satire    | Well-being |          |                  |             |               |               |         | Star                        |          |
|                 |                  |              |           |            |          |                  |             |               |               |         |                             |          |
| Conifer         |                  |              |           | Pique      |          | Metallic element | Barn        |               |               |         |                             |          |
| Annoy           |                  |              |           |            |          |                  | Redact      |               |               |         |                             |          |
|                 |                  |              |           |            |          |                  |             | Musical work  |               |         |                             |          |
|                 |                  |              |           |            |          |                  |             |               |               |         |                             |          |
| Perform         |                  | Lukewarm     |           |            |          |                  |             | Employer      |               | Destiny |                             | Typeface |
|                 |                  | Those people |           |            |          |                  |             |               |               |         |                             |          |
|                 |                  |              | Edge tool |            | Pen tip  |                  |             |               | Chart         |         | Twitch                      |          |
|                 |                  |              |           |            | Epoch    |                  |             |               |               |         |                             |          |
| Form            |                  |              |           |            |          | Edible plant     |             |               |               |         |                             |          |
|                 |                  |              |           |            |          |                  |             |               |               |         |                             |          |
| Photo equipment | Put to use       |              |           |            |          |                  |             | Smooth fabric |               |         |                             |          |
|                 |                  |              |           |            |          |                  |             |               |               |         |                             |          |
|                 |                  |              |           |            |          | Facet            |             |               |               |         |                             |          |

## Activity - Word Wheel

How many words can you make from the letters in the wheel? Each word must contain the hub letter C and at least 3 other letters. No proper nouns. There is also one 9-letter word.



## Quiz 5 - BRIT Award Nominees

The vowels have been removed from the names of some of the nominees of the 2020 BRIT Awards. Can you identify them? The spacing has been changed to make it a bit more challenging for you and the number in brackets is the number of words in the name.



1. lwsc pld (2)
2. strm zy (1)
3. clst (1)
4. blllsh (2)
5. tylr, thcr tr (3)
6. mbl (1)
7. fls (1)
8. hrryst yls (2)
9. dv (1)
10. fkt wgs (2)
11. brngm thh rzn (4)
12. cld ply (1)
13. rng rnd (2)
14. lzz (1)
15. brcs prngstn (2)





## 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.

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

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

## Activity - Number Search

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

04473, 05133, 05147, 10193, 11707, 19274, 23457, 29593,  
34477, 37432, 47474, 64738, 73849, 87207, 94383, 99874.

## Quiz 6 - Sayings and their origins

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

**Pleased as punch**

**Go crazy**

**Rub the wrong way**

**Kick the bucket**

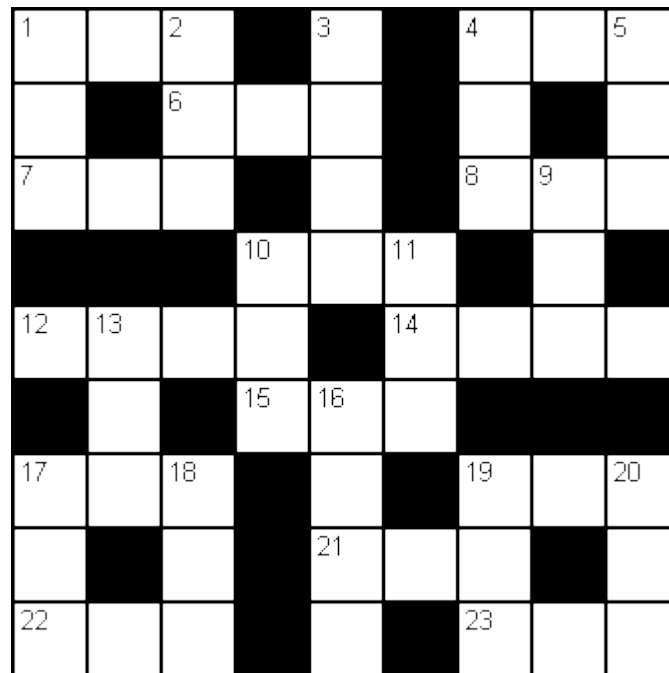
**Rule of thumb**

**No spring chicken!**

**Run amok**

**Cat got your tongue**

## Quiz 7 - 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

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

EASY



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

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

MEDIUM



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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   | 1 |   |   |   |   |
|   | 6 |   |   | 9 |   |   |   |   |
|   | 5 | 7 |   |   | 3 | 9 |   | 6 |
| 8 |   |   | 7 |   |   | 1 |   | 3 |
|   | 3 | 9 |   |   | 5 |   |   |   |
|   |   | 3 |   | 2 |   | 8 |   |   |
|   |   | 2 |   |   |   |   | 1 |   |
| 1 |   |   |   |   |   | 6 |   | 9 |

HARD



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

## Answers

### Quiz 1 - True or False

1. True
2. False – scientists have found their memories can actually last for months
3. False – it's Tripoli
4. True – Dolly is good friends with Miley's dad, country star Billy Ray Cyrus
5. False – he has won 8, Martina Navratilova won 9
6. False – it has three
7. True
8. False – The Gotthard Base Tunnel in Switzerland is 4 miles longer at 35.5 miles
9. False – the line is actually "No, I am your father"
10. True
11. True
12. False – Ben Nevis is in Scotland
13. True – to Lisa Marie Presley
14. True – the two countries have signed a joint declaration but not a peace treaty
15. True

### Quiz 2 - Biscuits

- |                  |                    |                   |
|------------------|--------------------|-------------------|
| 1. Rich Tea      | 5. Hobnob          | 9. Choco Leibnz   |
| 2. Gingernut     | 6. Choc. Digestive | 10. Custard Cream |
| 3. Jammie Dodger | 7. Oreo            | 11. Bourbon       |
| 4. Party Ring    | 8. Digestive       | 12. Shortbread    |

### Quiz 3 - General Knowledge

- |                         |                        |
|-------------------------|------------------------|
| 1. German measles       | 9. 007                 |
| 2. Elizabeth I          | 10. 3                  |
| 3. BBC Children in Need | 11. Orange             |
| 4. Washington D.C.      | 12. Geology            |
| 5. Siesta               | 13. Liquorice Allsorts |
| 6. 50                   | 14. 12                 |
| 7. Samantha             |                        |
| 8. Nine                 |                        |

## Answers

### Memory Game - fruit and veg

|                      |            |             |                 |
|----------------------|------------|-------------|-----------------|
| Red and green pepper | Tomato     | Chilli      | Bunch of grapes |
| Coconut              | Kiwi       | Carrots     | Aubergines      |
| Peeled bananas       | Orange     | Cauliflower | Pear            |
| Broccoli             | Strawberry | Lemon       | Oranges         |
| Cherries             | Leak       | Blueberries | Apple           |
| Peas                 | Watermelon | Peach       | Pineapple       |

### Quiz 4 - Racquet Sports

- |                        |  |                  |
|------------------------|--|------------------|
| 1. Table Tennis        | 9. Pelota  | 16. Harrow       |
| 2. January             | 10. By a serve                                     | 17. Anne Boleyn  |
| 3. Leamington Spa      | 11. Thomas Cup                                     | 18. China        |
| 4. Martina Navratilova | 12. Five   | 19. Matthew Syed |
| 5. Cork                | 13. Australian, French and US Opens plus Wimbledon | 20. Hungary      |
| 6. French Open         | 14. Israel   |                  |
| 7. Table Tennis        | 15. Queens   |                  |
| 8. Australian          |  |                  |

### Activity - Arrow Crossword

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

### Activity - Word Wheel

9-letter word - MACHINERY

Some other words of five letters or more containing the hub letter C:

cairn, chain, chair, charm, chary, chime, china, chine, crane, cream, crime, manic, march, mercy, mince, nacre, nicer, niche, ranch, reach, cinema, creamy, enrich, iceman, mincer, archine, carmine, chimera, chimney, machine, chairmen.

## Activity - Codeword

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

## Quiz 5 - BRIT Award Nominees

- |                       |                          |                       |
|-----------------------|--------------------------|-----------------------|
| 1. Lewis Capaldi      | 7. Foals                 | 13. Ariana Grande     |
| 2. Stormzy            | 8. Harry Styles          | 14. Lizzo             |
| 3. Celeste            | 9. Dave                  | 15. Bruce Springsteen |
| 4. Billie Elish       | 10. FKA Twigs            |                       |
| 5. Tyler, the Creator | 11. Bring me the Horizon |                       |
| 6. Mabel              | 12. Coldplay             |                       |



## ANSWERS - Quiz 6 - Sayings and their meanings

### Pleased as punch

**Meaning:** To be very happy

**History:** A 17th century puppet show for children called Punch and Judy featured a puppet named Punch who always killed people. The act of killing brought him pleasure, so he felt pleased with himself afterwards.

### Rub the wrong way

**Meaning:** To irritate, bother, or annoy someone

**History:** In colonial America, servants were required to wet-rub and dry-rub the oak-board floors each week. Doing it against the grain caused streaks to form, making the wood look awful and irritating the homeowner.

### Rule of thumb

**Meaning:** A common, ubiquitous benchmark

**History:** Legend has it that 17th century English Judge Sir Francis Buller ruled it was permissible for a husband to beat his wife with a stick, given that the stick was no wider than his thumb.

### Run amok

**Meaning:** Go crazy

**History:** Comes from the Malaysian word amok, which describes the behaviour of tribesmen who, under the influence of opium, became wild, rampaging mobs that attacked anybody in their path.

### No spring chicken

**Meaning:** Someone who is past his prime

**History:** New England chicken farmers generally sold chickens in the spring, so the chickens born in the springtime yielded better earnings than the chickens that survived the winter. Sometimes, farmers tried to sell old birds for the price of a new spring chicken. Clever buyers complained that the fowl was “no spring chicken,” and the term came to represent anyone past their prime.

### More than you can shake a stick at

**Meaning:** Having more of something than you need

**History:** Farmers controlled their sheep by shaking their staffs to indicate where the animals should go. When farmers had more sheep than they could control, it was said they had “more than you can shake a stick at.”

Continued on next page

## ANSWERS - Quiz 6 continued

### Kick the bucket

**Meaning:** To die

**History:** When a cow was killed at a slaughterhouse, a bucket was placed under it while it was positioned on a pulley. Sometimes the animal's legs would kick during the adjustment of the rope and it would literally kick the bucket before being killed.

### Cat got your tongue

**Meaning:** Something said when a person is at a loss for words

**History:** This refers to the cat-o'-nine-tails – a whip used by the English Navy for flogging. The whip caused so much pain that the victims were left speechless.

## Quiz 7 - 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

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

EASY



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

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

MEDIUM



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

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

HARD



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