

# 'food for thought'

## Issue 14

### Your Distraction Pack



Welcome to the 14th 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 25!

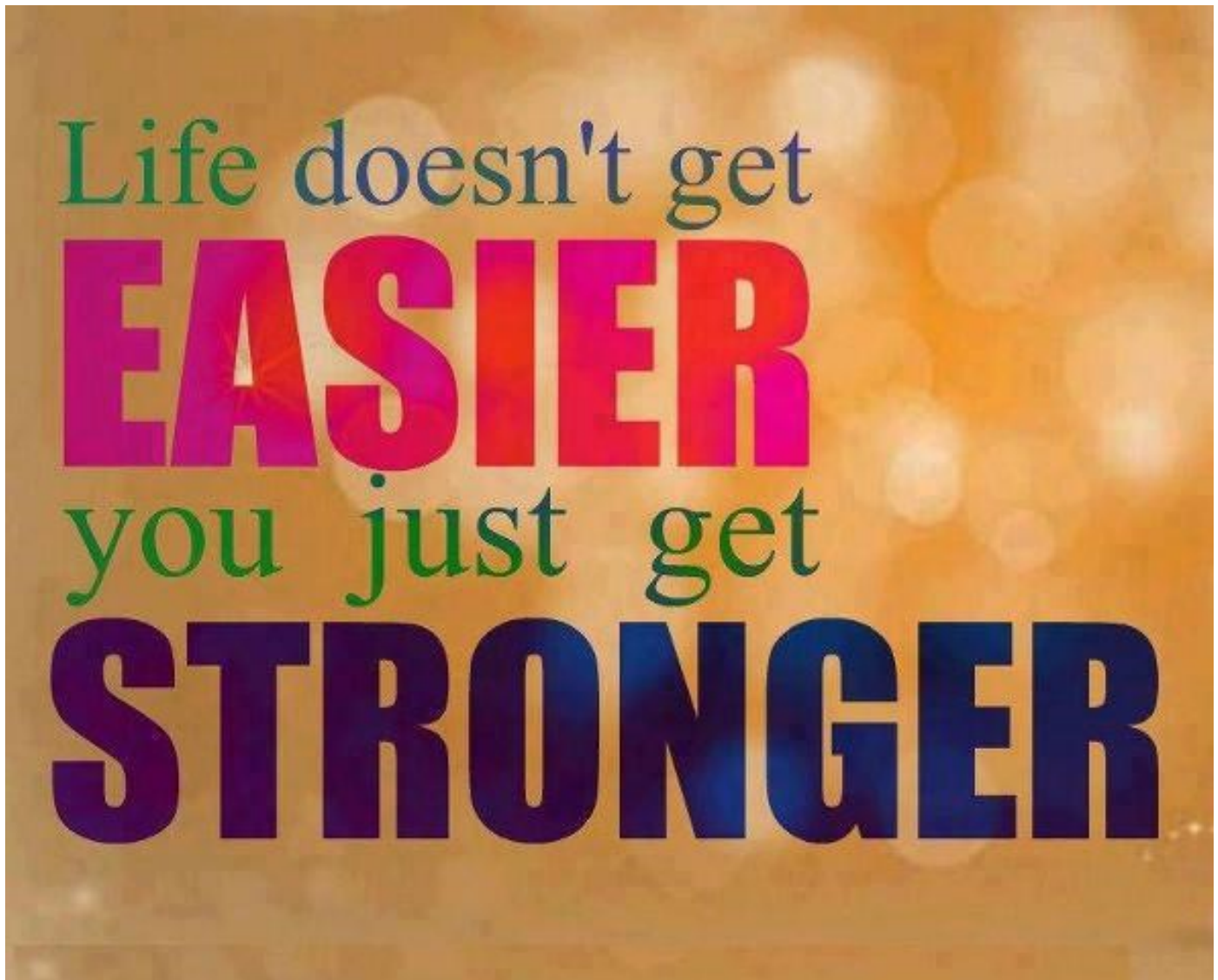


Having supported older individuals with convictions (in prisons and the community) for over ten years, RECOOP, part of the BCHA family, recognises the importance of keeping active, both physically and mentally. Our Distraction Packs, 'food for thought' are created with that in mind. [www.recoop.org.uk](http://www.recoop.org.uk)



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)

Thought for the day





## Quiz 1 - Best selling albums

Here are just some of the best ever selling albums world-wide. Do you know the artists and the year they were released? Guess if you don't!

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

## 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 - Dingbats

From the images below try and figure out the well-known phrase or saying. For example, the first one is “Right between the eyes”

 <p>01</p>	 <p>02</p>	 <p>03</p>	 <p>04</p>
 <p>05</p>	 <p>06</p>	 <p>07</p>	 <p>08</p>
 <p>09</p>	 <p>10</p>	 <p>11</p>	 <p>12</p>

Activity - can you help Lucy find her kitchen foods and tools?



Image printed on [www.supercoloring.com](http://www.supercoloring.com) - for personal use only - reproduction is prohibited



## The fastest of just about everything ....

### Human (running)

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

### Land animal (long distances)

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



### Land mammal (short distances)

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

### Greyhound

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



### Tank

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

continued ...

..

## The fastest of just about everything .... continued

### Monowheel motorcycle

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



### Bird (level flight)

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

### Human-powered vehicle

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

### Roller-coaster

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



continued .....

## The fastest of just about everything .... continued



### Maglev train

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

### Quad bike

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

### Boat

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



### Car (land-speed record)

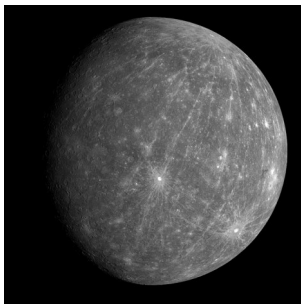
Andy Green (UK) drove Thrust SSC at 1,227.985 km/h (763.035 mph; Mach 1.020) on 15 October 1997 in the Black Rock Desert in Nevada, USA. Powered by two Rolls-Royce jet engines, Thrust SSC was the first car to break the sound barrier.

continued ....

## The fastest of just about everything .... continued

### Tennis serve

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



### Planet

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

### Fastest speed possible

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



## Activity - Word Search

### Major World Lakes

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

- ONEGA
- CASPIAN SEA
- ARAL
- BAIKAL
- LADOGA
- WINNIPEG
- MICHIGAN
- HURON
- ERIE
- GREAT BEAR
- BALKHASH
- VICTORIA
- KIOGA
- MANITOBA
- ONTARIO
- CHAD
- NYASA
- RUDOLF
- URMIA

## Activity - Up Close

Take a long, hard look at these images—can you work out what they are?



1



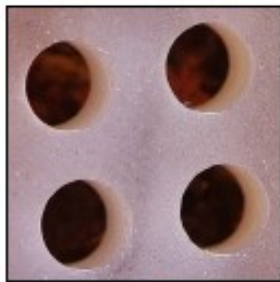
2



3



4



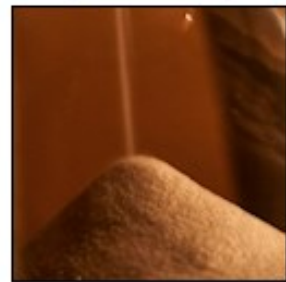
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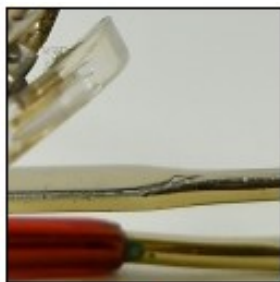
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7



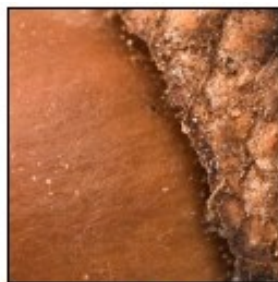
8



9



10



11



12

## Quiz 2 - Sport Anagrams

Can you unscramble the following to give the name of a sport. The numbers in brackets are the number of letters in each word.



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

# 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?

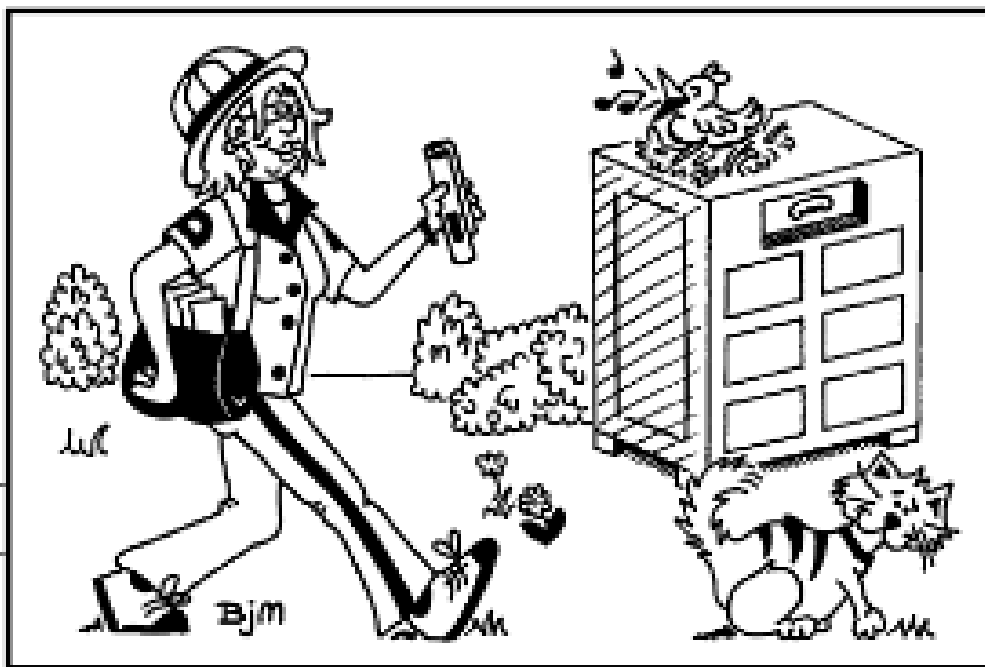
- GP practices and other NHS services will **NOT** share your information with any other Government department
- GP practices do not share information with the Home Office currently
- The only situation in which a GP might have to share information about you is if you are at risk or there is risk to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

Translated versions of this document are available here:

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

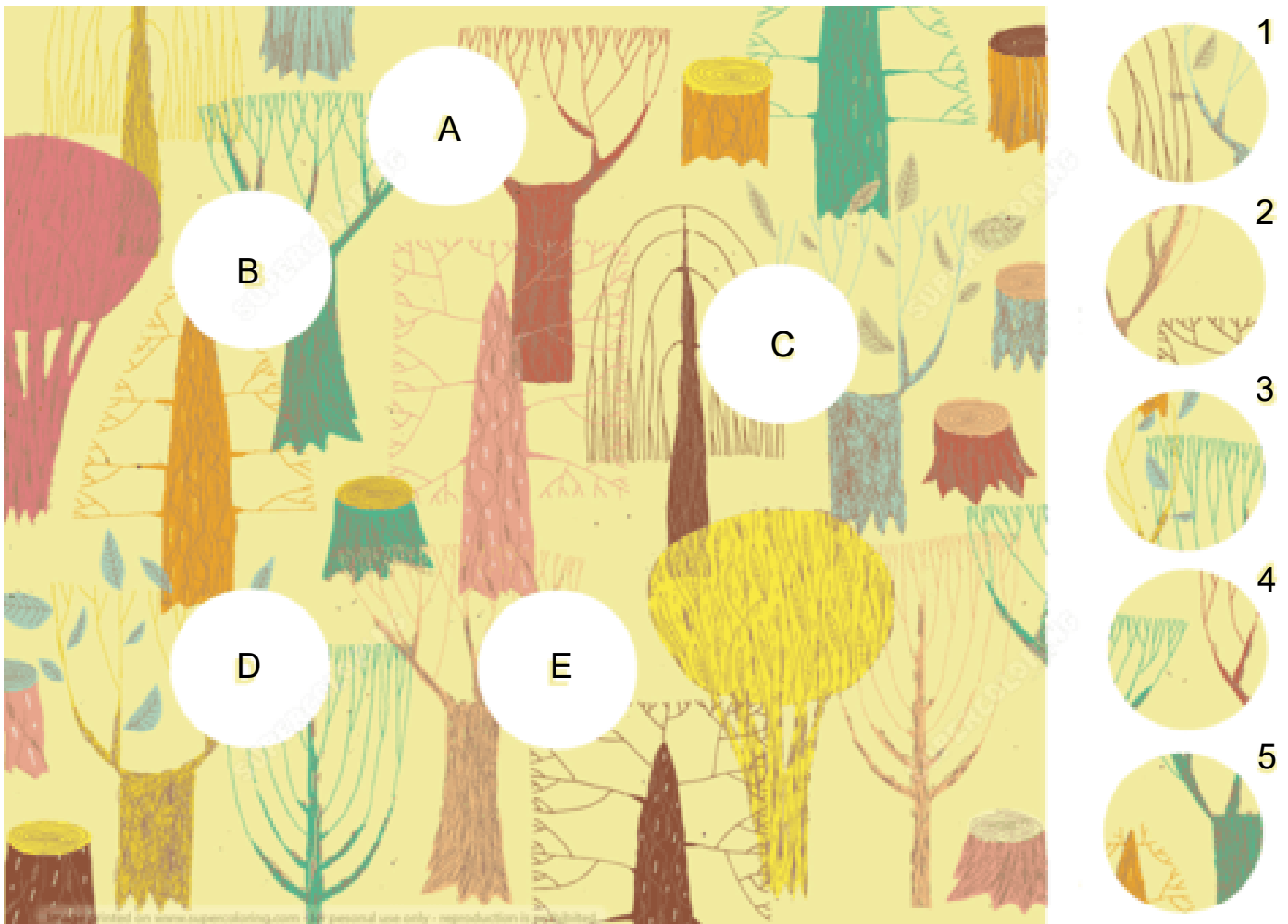
## Activity - Spot the Difference

Can you spot the 12 differences between these two images?



## Activity - Tree match

Can you work out which piece, 1 - 5, goes where, A - E?

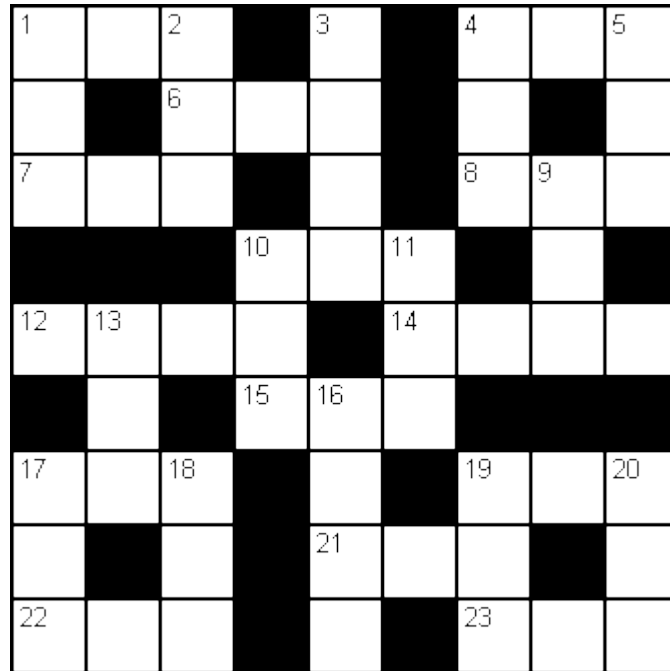


## Your stories from across the country

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](mailto:england.covid-homeless@nhs.net) Thank you.



## Activity - Number Crossword



### ACROSS

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

### DOWN

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

## Quiz 3 - UK Geography



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



Photo: [bridgewatercanal.co.uk](http://bridgewatercanal.co.uk)

## Quiz 4 - True or False

1. Approximately one quarter of human bones are in the feet.
2. In ancient Rome, a special room called a vomitorium was available for diners to purge food in during meals.
3. The average person will shed 10 pounds of skin during their lifetime.
4. Sneezes regularly exceed 100 m.p.h.
5. A slug's blood is green.
6. The Great Wall Of China is visible from the moon.
7. The total surface area of two human lungs have a surface area of approximately 70 square metres.
8. In Colombia, by law all the radio stations and TV stations must play the National Anthem at 6:00 am and 6:00 pm every day.
9. In China, if you wear a ring on the thumb of your right-hand it means that you are looking for a partner
10. The record for the fastest time to solve a Rubik's Cube one-handed is 37 seconds. (26th April 2014)
11. The most expensive car number plate, showing only the number '1', was bought in the United Arab Emirates for 52.2 million dirham, the approximate equivalent of £7.2 million. (16th February 2008)
12. The record for the longest rail tunnel is held by the Channel Tunnel between Britain and France. (15th October 2010)



## Activity - World City Anagrams

Can you unscramble the letters in each word to find ten world cities? Try re-writing the letters in a circle which sometimes makes it easier to reveal other words.



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





# Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



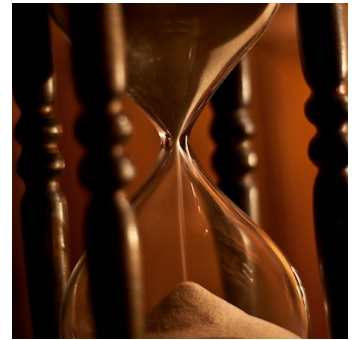
7	2	9					6
				7			8
					2	5	
2	4						
			7		8		
		3	9	4			
		1					3
	9				5	6	
3	4		9				5

## ANSWERS

### Quiz 1 - Best selling Albums

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

# ANSWERS - Up Close



## ANSWERS

### Activity Dingbats

1. Right between the eyes
2. Pat on the back
3. Incoming message
4. Mail on Sunday
5. Ice cube
6. Little by little
7. High school
8. Fiddler on the roof
9. Eternal triangle
10. Blank cheque
11. Rub up the wrong way
12. Big show off

### Quiz 2 - Sport Anagrams

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

### Activity - Spot the Difference

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

## ANSWERS

### Activity - Number Crossword

### Activity - Tree Match

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

C1 E2 D3 A4 B5

### Quiz 3 - UK Geography

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

### Activity - World Cities - Anagrams

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

## ANSWERS

### Quiz 4 - True or False

1. True – 52 bones in the feet and 206 in the whole body.
2. False – It was the name for the entranceway to a stadium, nothing more.
3. False – they will shed approximately 40.
4. True
5. True
6. False – at a low orbit the Great Wall is visible, but no man-made structure is visible from outer space or the moon.
7. True
8. True—Under a law passed in 1995, it is mandatory for Colombia’s national anthem “Oh gloria inmarcesible” (O Unfading Glory), to be broadcast on all radio and television channels at 6am and 6pm every day (not applicable to national TV channels on cable).
9. False—Such a sign does exist in China, but the finger used is the left hand little finger (i.e. pinky/pinkie) of the left hand, not the right hand.
10. False – it is 12.56 seconds
11. True
12. False – it is held by the Gotthard Rail Tunnel, Switzerland, beneath the Alps and measures 35.42 miles. The Channel Tunnel is 31.4 miles

## ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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