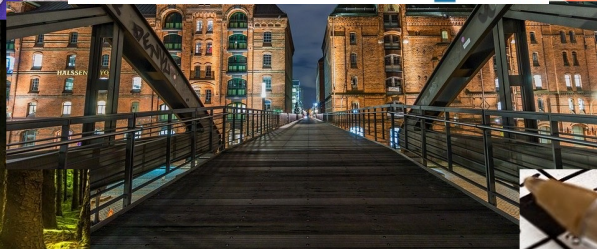
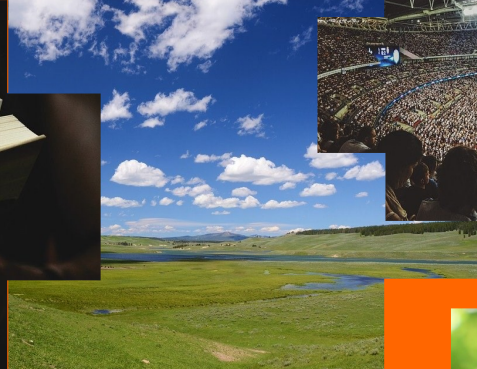
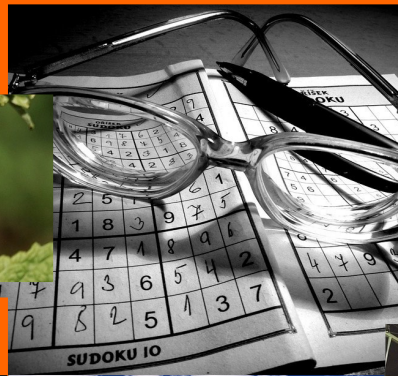


# 'food for thought'

## Issue 15

### Your Distraction Pack



Welcome to the 15th issue of 'food for thought', your distraction pack.

**Dictionary definition of**

**disträ'ction n.**

*"Something that prevents someone from giving their attention to something else"*

*"An activity that you do for pleasure"*

COVID-19 has affected us all in very different ways, but the common adjustment we have all had to make is that of self-isolation and how we each deal with that varies enormously. Some are finding it easy to distance themselves from others, whilst others are finding isolation difficult.

We are all responsible for making sure not only we, but others, are kept safe from infection and the only way to do that is to stay where you live and avoid close contact with others.

These Distraction Packs offer a variety of quizzes, activities and reading material to help distract you during the long periods of time spent alone. We hope you enjoy them.

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



Live in such a way  
that  
if someone spoke badly  
of you  
no one would believe it.



## Quiz 1 - James Bond Theme Tunes

Can you remember who sang the theme tunes to these Bond films? Artists' names are given below.

Release year	Title	Artist
1963	From Russia With Love	
1963	James Bond Theme	
1964	Goldfinger	
1965	Thunderball	
1967	You Only Live Twice	
1969	We Have All The Time in the World	
1971	Diamonds are Forever	
1973	Live and Let Die	
1975	The Man With The Golden Gun	
1977	Nobody Does It Better	
1979	Moonraker	
1981	For Your Eyes Only	
1983	All Time High	
1985	A View To A Kill	
1987	The Living Daylights	
1989	License To Kill	
1995	Golden Eye	
1997	Tomorrow Never Dies	
1999	The World Is Not Enough	
2002	Die Another Day	
2006	You Know My Name	
2008	Another Way To Die	
2012	Skyfall	
2015	Writing's On The Wall	
2020	No Time To Die	

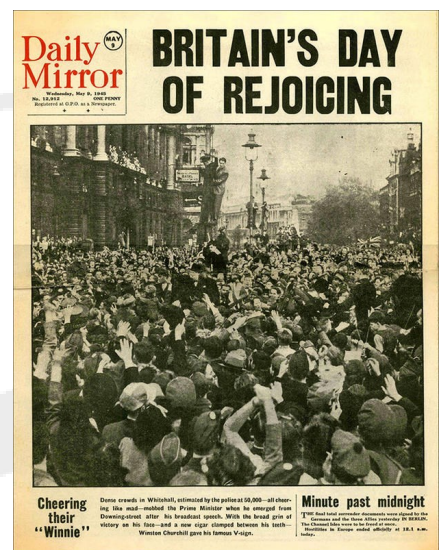
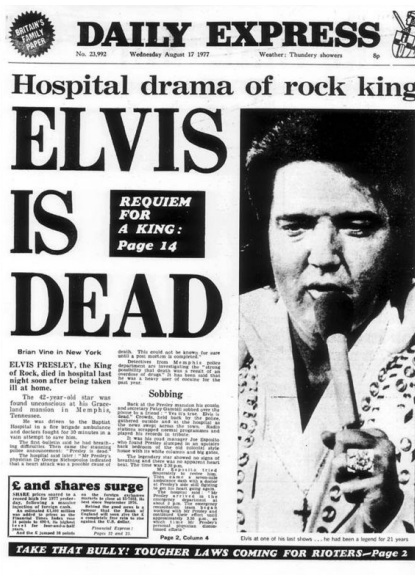
Tom Jones  
Shirley Bassey  
A-Ha  
Gladys Knight  
Madonna  
Adele  
Sam Smith

Duran Duran  
Sheena Easton  
Lulu  
Louis Armstrong  
Matt Monro  
John Barry Orchestra  
Billie Eilish

Garbage  
Alicia Keys & Jack  
White  
Nancy Sinatra  
Paul McCartney &  
Wings  
Carly Simon

Madonna  
Chris Cornell  
Sheryl Crow  
Tina Turner  
Rita Coolidge

# Quiz 2 - Newspaper headlines - what's the year?



## Activity - Word Search - Halloween

Once you've found all the words listed below, the remaining letters will reveal a hidden message.

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

APPLES  
 BATS  
 BLACK CAT  
 BROOMSTICK  
 CANDLE  
 CANDY  
 CEMETERY  
 COFFIN

COSTUME  
 DRACULA  
 FRIGHTENING  
 FULL MOON  
 GHOSTS  
 GHOULS  
 GOBLINS  
 GRAVEYARD

JACK O LANTERN  
 MASK  
 MUMMY  
 NIGHT  
 PUMPKIN  
 SCARECROW  
 SCARY  
 SCREAM

SKELETON  
 SKULL  
 SPIDERS  
 TOMBSTONE  
 VAMPIRE  
 WEREWOLF  
 WITCHES  
 ZOMBIE

## Taken from Inside Time

“Stop the Hate”

RH, HMP Garth



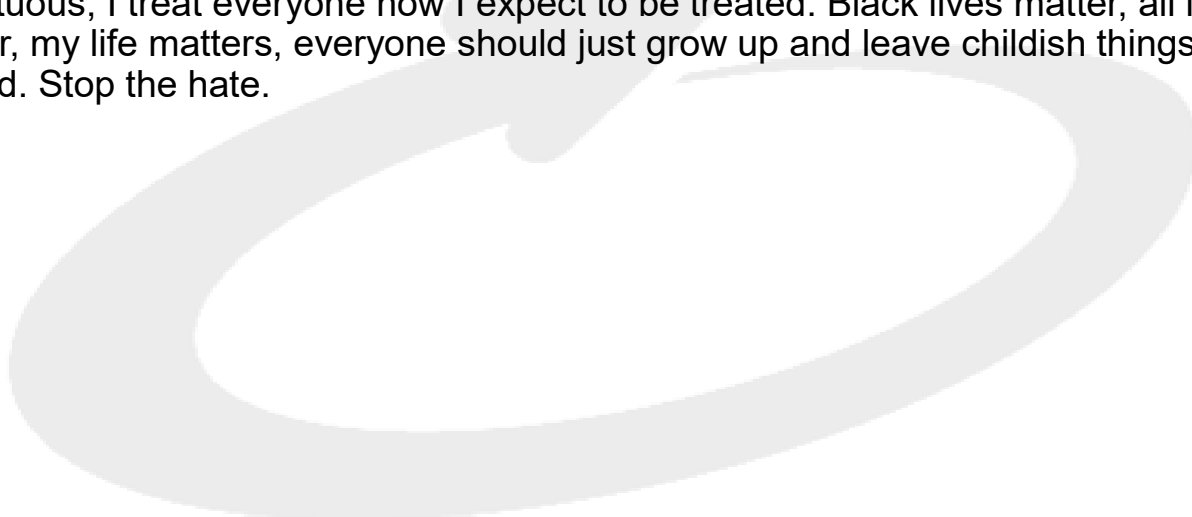
Religion, race, gender and sexuality are all pretty explosive topics for debate. Every month I read Inside Time and see people taking little snipes at one another on these topics and I feel it's time to put my tuppence in.

My views may seem very cynical to some, but they are not meant to offend or aggravate anyone. Humanity, as individuals, can be very hateful. If the whole world were white, or if the whole world were black, there would be the same hatred. If the whole world were Catholic, or the whole world were Muslim, we would have the same intolerance.

*“You see, religion, race, gender or sexuality have never been the cause for murder and mayhem, but the excuse for them.”*

Until we can control these base emotions all we will ever see is differences. Every day we walk around and see people who do not fit into our interpretation of what a person should be and make our judgements. Because all we see are differences, the similarities become redundant. Maybe if we focused on our similarities then our differences would become insignificant.

Black, white, green with purple spots, gay, straight, transgender, tall, short, thin or voluptuous, I treat everyone how I expect to be treated. Black lives matter, all lives matter, my life matters, everyone should just grow up and leave childish things behind. Stop the hate.



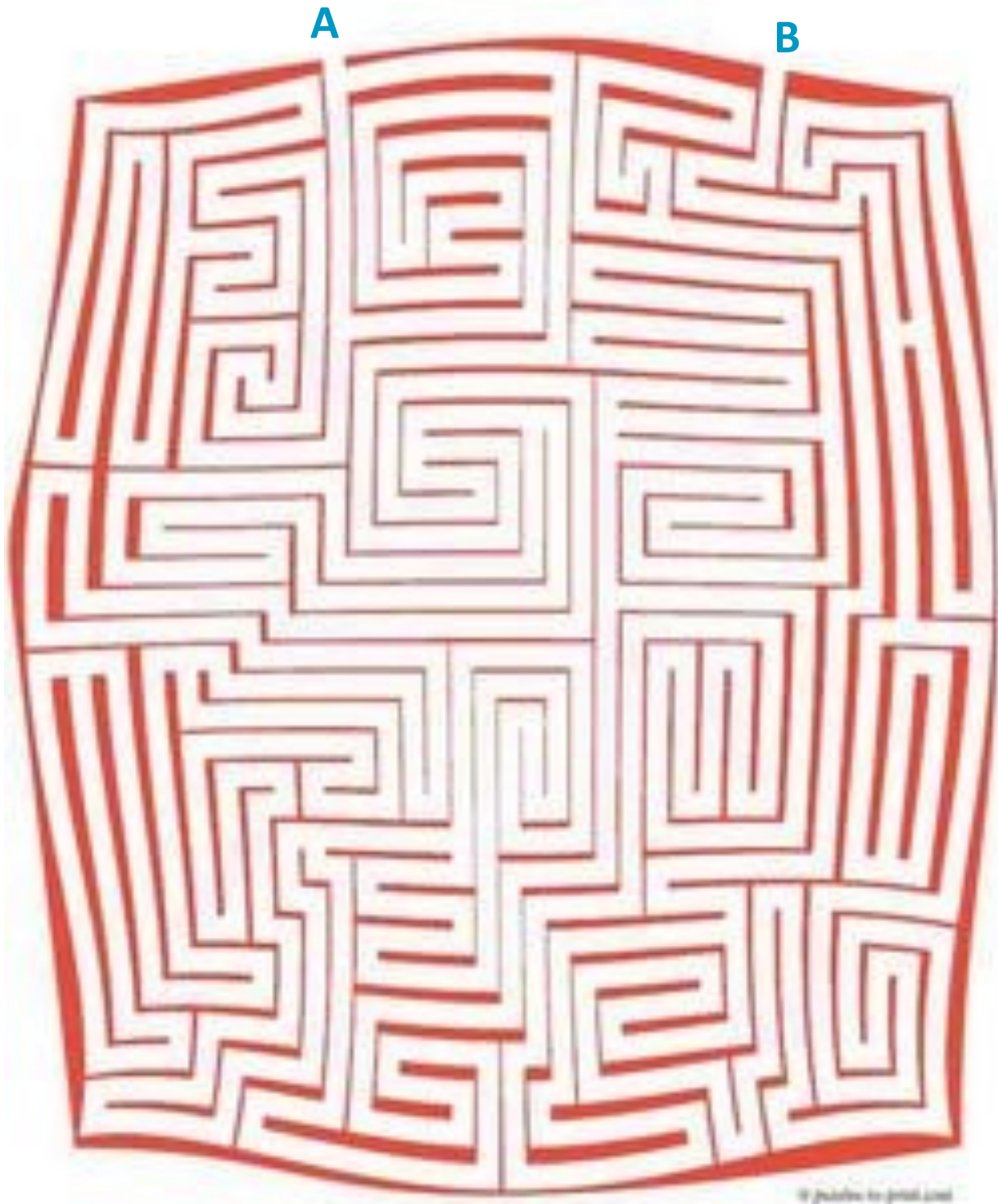
## Activity - Colouring

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





Activity - can you find your way through the maze from A to B?



## 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.



## Quiz 3 - Halloween

1. Who is the 'friendly ghost' that children usually love?
2. Name the mother, in the TV series 'The Adams Family'.
3. What colours are associated with Halloween?
4. Halloween started in North America. True or False
5. Pumpkin is a type of fruit. True or False
6. The Irish did not use pumpkins for Jack-o-lanterns; what did they use?
7. Vampire bats exist. True or False
8. Superstition says: If you cross a black \_\_\_ on Halloween, it is bad luck!
9. What do children expect to get when they go 'Trick or Treating'?
10. What is the mode of travel for witches?
11. What Halloween costume has fangs?
12. A good Halloween game is bobbing for ...
13. Mummies are associated with which country?
14. How do you kill a vampire?
15. When do werewolves come out?
16. Where in Europe does Count Dracula come from?
17. Which monster was created in the laboratory by an evil scientist?
18. How would you describe a house with ghosts?
19. What do you call the 'walking dead'?
20. How many 'witches' were burned at the stake in The Salem Witch Trials?





## Self-isolating Top Tips:



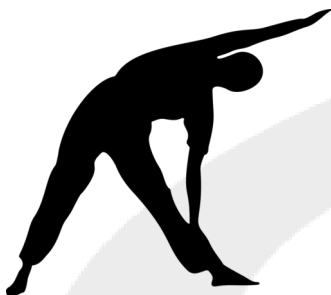
- Try and change your daily routine as much as is possible.



- 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.

## Quiz 4 - Adorable Puppies - do you know the breed?



- 1
- 2
- 3
- 4

- 5
- 6
- 7
- 8

- 9
- 10

## Quiz 5 - Spelling

What is the correct way to spell these tricky words

	<b>A</b>	<b>B</b>	<b>C</b>
1	Encyclopedia	Encyclopedia	Enciclopeda
2	Narrative	Narative	Narritive
3	Specticle	Spectacle	Spectacel
4	Environment	Enviroment	Enveroment
5	Catastrofe	Catastrofee	Catastrophe
6	Garstly	Gharstly	Ghastly
7	Misspelled	Mispelled	Misspeled
8	Absence	Absense	Abcense
9	Acknowlege	Aknowledge	Acknowledge
10	Aquire	Adquire	Acquire
11	Conscious	Concious	Consious
12	Definitily	Definitely	Definitly
13	Guarantee	Garantee	Garentee
14	Mischievious	Mischevious	Mischievous
15	Occassionally	Occasionally	Occasionally
16	Pastime	Passtime	Pasttime
17	Recomend	Recommend	Reccommend
18	Vaccuum	Vacume	Vacuum
19	Tomorrow	Tomorrow	Tomorrow
20	Playright	Playwrite	Playwright
21	Ommision	Omission	Omision
22	Hygiene	Hygene	Hiygeine

## Looking at Art ..... J S Lowry RBA, RA

**Laurence Stephen Lowry** (1 November 1887 – 23 February 1976) was an English artist. Many of his drawings and paintings depict Pendlebury, Lancashire, where he lived and worked for more than 40 years, Salford and its vicinity. He is famous for painting scenes of life in the industrial districts of North West England in the mid-20th century. " works, which were only found after his death.



*Lowry at work*

His use of stylised figures, which cast no shadows and lack of weather effects in many of his landscapes, led critics to label him a naïve "Sunday painter".

Lowry holds the record for rejecting the most number of British honours: he rejected five honours during his life, including a knighthood (1968).

Much of Lowry's early years were spent in the leafy Manchester suburb of Victoria Park, Rusholme, but in 1909, when he was 22, due to financial pressures, the family moved to Station Road in the industrial town of Pendlebury. Here the landscape comprised textile mills and factory chimneys rather than trees. Lowry later recalled: "At first I detested it, and then, after years I got pretty interested in it, then obsessed by it ... One day I missed a train from Pendlebury - a place I had ignored for seven years – and as I left the station I saw the Acme Spinning Company's mill ... The huge black framework of rows of yellow-lit windows standing up against the sad, damp charged afternoon sky. The mill was turning out ... I watched this scene — which I'd looked at many times without seeing — with rapture ...

After leaving school, Lowry began a career working for the Pall Mall Company, later collecting rents. He would spend some time in his lunch hour at Buile Hill Park<sup>l</sup> and in the evenings took private art lessons in antique and freehand drawing.

In 1905, he secured a place at the Manchester School of Art, where he studied under the French Impressionist, Pierre Adolphe Valette. Lowry was full of praise for Valette as a teacher, remarking "I cannot over-estimate the effect on me of the coming into this drab city of Adolphe Valette, full of French impressionists, aware of everything that was going on in Paris".

In 1915 he moved on to the Royal Technical Institute, Salford (later to become the Royal Technical College, Salford and now the University of Salford) where his studies continued until 1925. There he developed an interest in industrial landscapes and began to establish his own style.

*Continued ...*

## Looking at Art ..... J S Lowry RBA, RA continued

Lowry's oil paintings were originally impressionistic and dark in tone but D. B. Taylor of the *Manchester Guardian* took an interest in his work and encouraged him to move away from the sombre palette he was using. Taking this advice on board, Lowry began to use a white background to lighten the pictures. He developed a distinctive style of painting and is best known for his urban landscapes peopled with human figures, often referred to as "matchstick men". He also painted mysterious unpopulated landscapes, brooding portraits and the unpublished "marionette" works, which were only found after his death.



*Going to work, 1943*

*Oldfield Road Dwellings, Salford,  
1927*

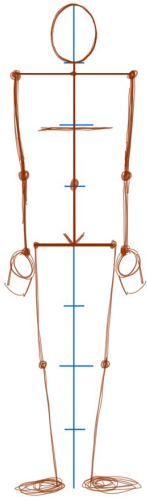


*J S Lowry Memorial in  
Mottram, Longendale*



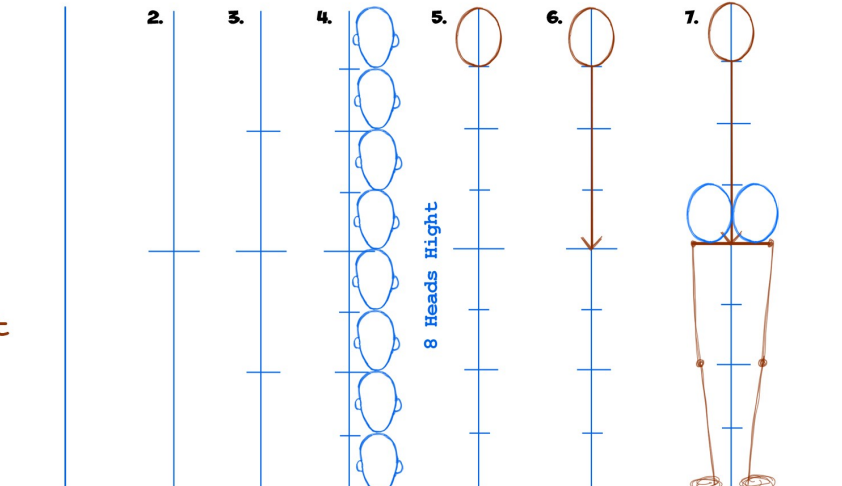


Have a go at creating figures yourself. Here are some useful tips.



### PROPORTIONS OF THE HUMAN FIGURE

To Become a Good Artist is Essential to Memorize the Human Figure's Proportions



1. Draw a line

2. Draw a line thru the Center until You have 8 dashes

3. Draw a line thru the Center until You have 8 dashes

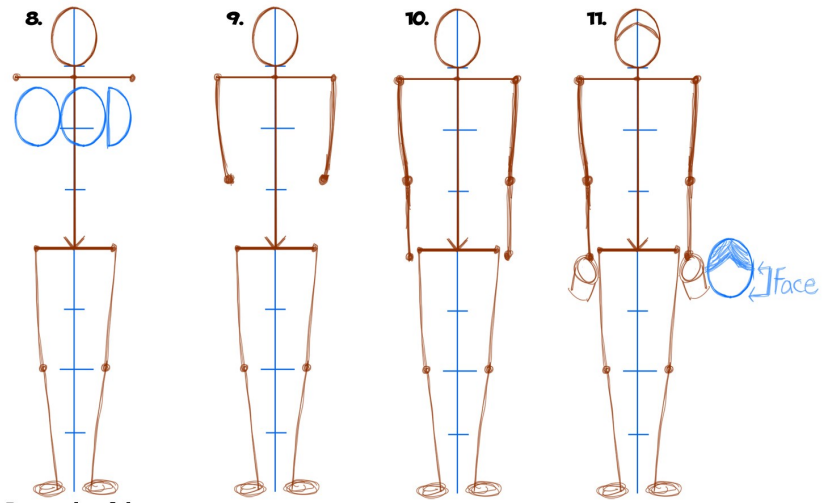
4. 8 Heads High

5. Draw Oval Head and Then Body as Down Arrow (For Pelvis)

6. Draw waist out at Center (2 Heads Wide. Draw knees at center line below.

7. Draw waist out at Center (2 Heads Wide. Draw knees at center line below.

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8. Draw shoulders out 2.5 Heads Wide (Men) and Slightly Less Wide for Women.

9. Draw the elbows slightly above the 3rd line down

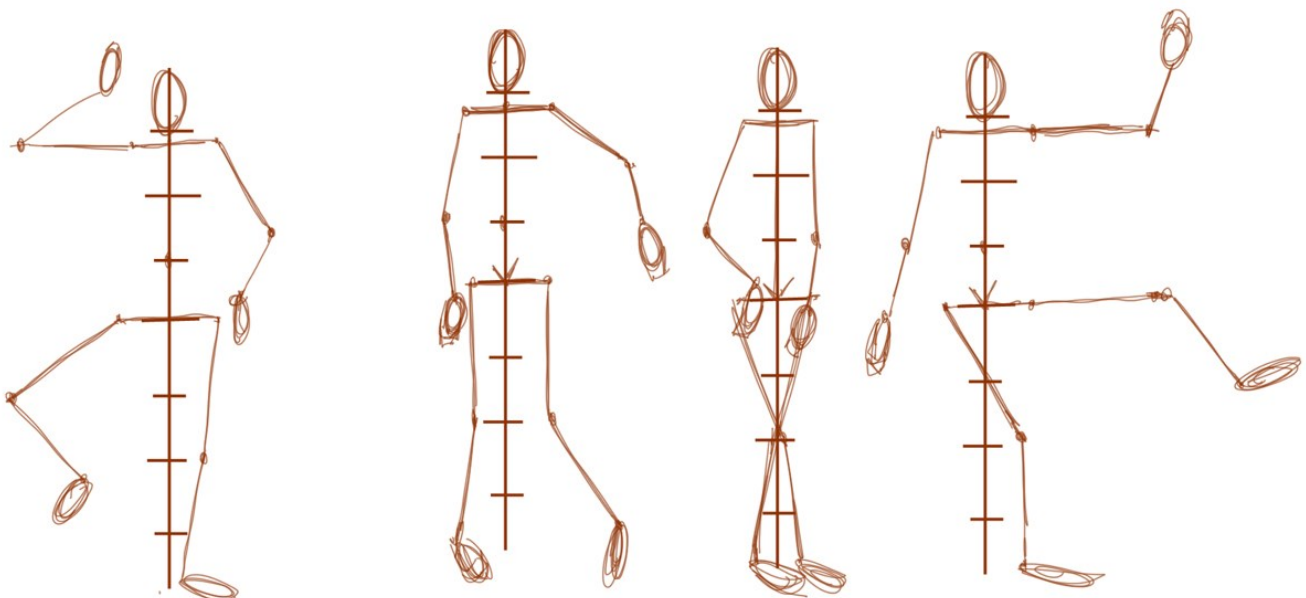
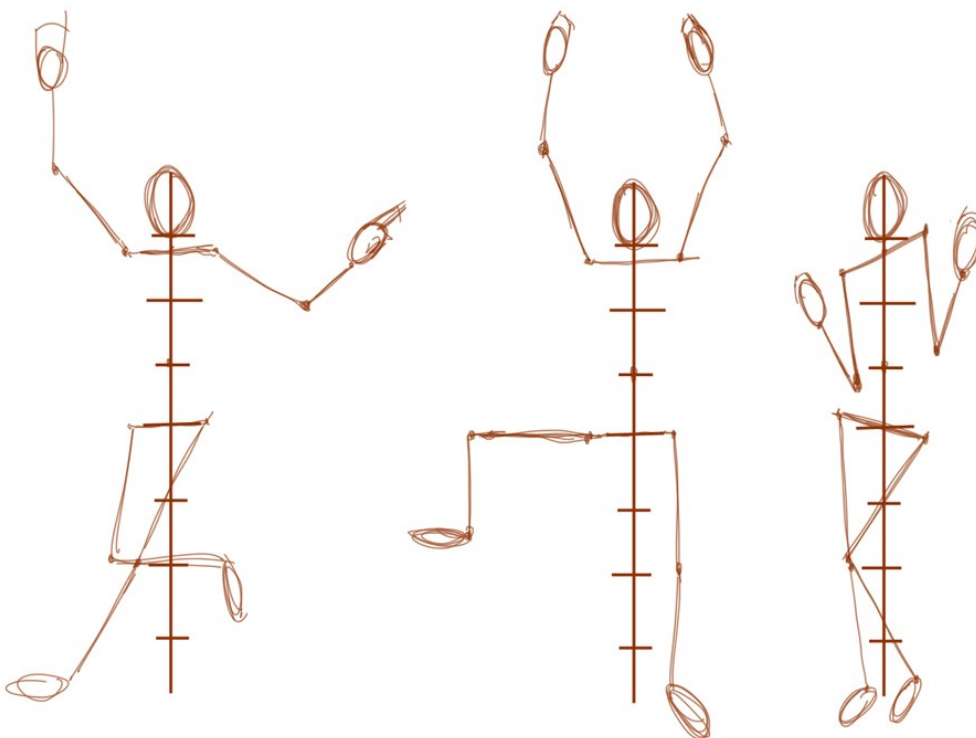
10. Wrists come down slightly lower than the crotch

11. Your Hands Should Be the Size of Your Face (The Part Under Hair Line is Your Face)

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## Have a go at creating figures yourself. Here are some useful tips continued

After you memorise the proportions of the human figure and know the relationships between different body parts, practice sketching it out, over and over again. Then go ahead and draw the human figure in different poses....making sure that you keep the same relationships between the body parts.



A large empty rectangular box with a blue border, intended for drawing stick figures.

**Activity - Spot the Difference** - There are 10, can you spot them?



## Quiz 6 - Anagrams

The following are all anagrams of the names of British actors and actresses. Can you identify them? Re-writing the letters in a circle sometimes helps you see other words.

1. Basil Ride
2. Lardy Mango
3. Jaunty Regent
4. Ritual Jewels
5. Screen Annoy
6. Shrapnel Fine
7. Blander by Then
8. Monaco Swill
9. Gammon Retreat
10. Gnome Pigs

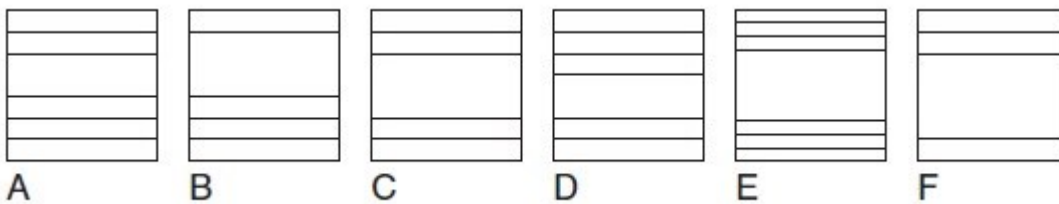
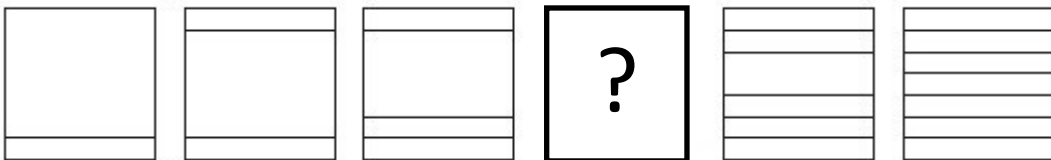


## Activity - Logic Puzzles

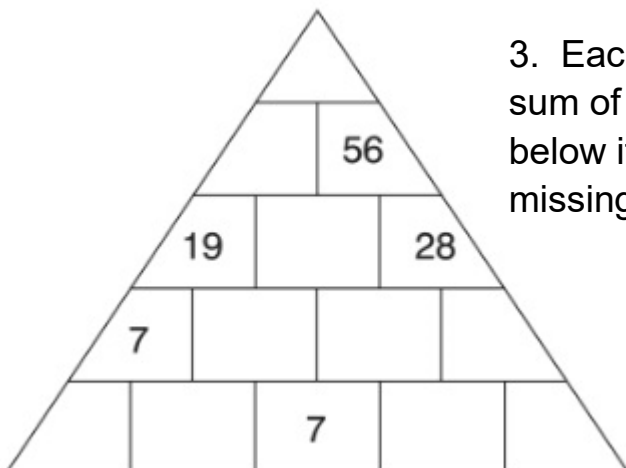
1. The three numbers in each box have a relationships that is the same in all six boxes. What is the missing number ? in the last box?

3	1	5
2	7	6
4	0	3
8	4	5
10	1	6
1	?	2

2. Which is the missing square?



3. Each number in the pyramid is the sum of the two numbers immediately below it. Fill in the pyramid with the missing numbers.



# Groundswell

Out of homelessness



## CORONAVIRUS (COVID-19)

### Registering with a GP during COVID-19

#### What is a GP?

- A General Practitioner (GP) or a 'family doctor' is a **doctor based in the community**

#### What does a GP do?

- GPs can treat minor issues
- Identify any more serious health issues
- Refer you for further treatment to a hospital or other specialist health service

#### Who can register?

- Anyone in England may register and see a GP for free
- You do not need a fixed address
- Your immigration status does not matter
- You do not need identification, documentation or an NHS number

\*Sometimes GP practices ask for identification or documentation. **If you are asked for documentation or identification, and you do not have any, explain that you are currently homeless, and they should still register you.**

\*If the GP cannot support you to manage your condition, they will **refer you to a specialist**

\***If your condition is an emergency go to Accident and Emergency**

#### COVID-19 and registering

- Most GP surgeries are closed due to COVID-19, however some are doing phone and online appointments
- Registration has moved on-line or over the phone
- If you are having difficulties registering, ask a support worker or advocacy worker for help.

**If you are unable to access a GP and have an urgent medical problem, please ring 111 or go to an Accident and Emergency department.**

#### What services are provided at my GP?

Your GP will be able to help you with:

- Physical health problems, including minor illnesses, minor injuries and the management of all ongoing more serious health problems
- Mental health issues
- Substance misuse issues
- Preventative care e.g. health screening and vaccinations (see other leaflet)
- Wound dressings
- Support with your pregnancy
- Contraception and sexual health
- Referral to termination of pregnancy services (If you prefer not to attend your GP for this you can alternatively call 0333 999 9951)

#### How to get help

If you have any problems registering with a GP, have questions about health care charges or concerns about data sharing please contact



**Doctors of the World (0808 164 7686). Monday - Friday 10am – 12pm**

#### COVID-19 symptoms

Call 111 and self-isolate until further advice if you have any of the following symptoms.

- **Fevers or sweats**
- **A persistent cough**
- **Shortness of breath**
- **A loss of sense of smell or taste**



If you cannot manage your symptoms you should go to A&E.

**This information is correct as of 17/06/20**

## Using the GP services

### I need to book an appointment

- During COVID-19 phone or on-line booking systems are the only way to access GP appointments
- Speak to support staff or an advocacy agency if you have any issues registering
- GP appointments are usually 10 minutes long, but you can always request longer appointments if you need

### I need an interpreter

- If English is not your first language NHS services must provide telephone interpreting services
- You can ask a receptionist or health care provider for an interpreter to help you register and you can also ask for an interpreter for your appointment with the GP or nurse

### Specialist GP practices

- There may be GP practices in your area that are especially for people who are currently homeless or migrants, asylum seekers or refugees
- Advocacy and support services should be able to tell you if there is a specialist GP practice in your area

### Will I be charged?

- Health care provided within a GP surgery is free. **However**, you may have to pay for prescribed medicines depending on what benefits you receive and what health conditions you have. **See section below about help with health costs.**
- If you have no current immigration status or your application is in process you can be charged for hospital care and some community services. See section below about help with health costs.
- If you cannot pay in advance you might not be able to get treated. **However**, if a clinician thinks the treatment is urgent you will be given the treatment. You may receive a bill after treatment. There are some exceptions to this e.g. **treatment related to COVID-19 is free.**

### I need help with the costs of medicines, dental treatment and sight care

- Depending on which benefits you receive and your medical conditions you might also be required to pay for prescriptions, dental care, eye tests and glasses
- **However**, if you have a low income, you may be eligible for an **NHS HC2 certificate** which entitles you to free prescriptions, dental treatment, sight tests and vouchers for glasses. **If you are not entitled to benefits you can still apply for this.**
- An HC1 form is used to apply for this certificate.
- Your health provider should be able to give you an HC1 form. If not, this form can be downloaded from the internet. And you can also apply online <https://services.nhsbsa.nhs.uk/apply-for-help-with-nhs-costs/apply-online>
- **Ask for help to fill in the form if you need it**

### Will my GP share information about me?

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

Translated versions of this document are available here:

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



## Quiz 7 - Songs of Summer 2020

Can you name the singer/band?

1. 'What a way to drop a bombshell, baby / Guess you really didn't think I'd find out'
2. 'Feeling feelings I feel about us / Try to fight it but it's never enough'
3. 'Just talked to my mama, she hit me on FaceTime / Just to check up on me and my brother'
4. 'I never asked for the rainfall / At least I showed up, you showed me nothing at all'
5. 'I said, ooh, I'm drowning in the night / Oh, when I'm like this, you're the one I trust'
6. 'And a watch that's on this wrist, I put that on a card / We put bricks up on the strip and now there's bricks in the yard'
7. 'If I woke up without ya / I don't know what I would do / Thought I could be single forever / 'Til I met you'
8. 'Call me what you wanna, I'll be what you wanna / I've been here a thousand times, eh-eh'
9. 'I just wanna make the mu-la-la, yeah / The mu-la-la'
10. 'Tastes like strawberries on a summer evenin' / And it sounds just like a song'

## Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

## Answers

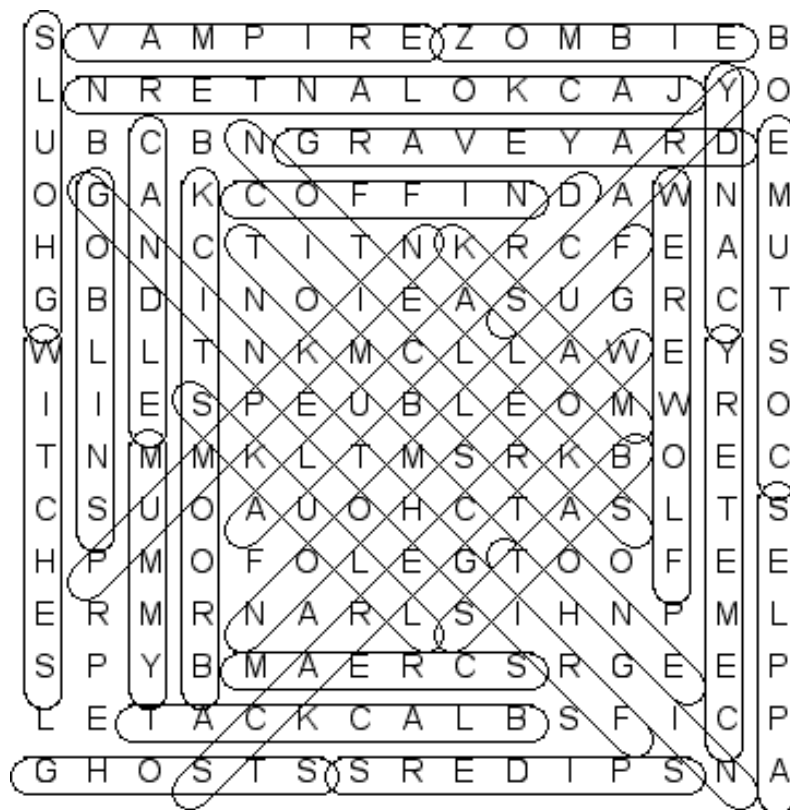
### Quiz 1 - James Bond Theme Tunes

From Russia with Love	Mat Monroe
James Bond Theme	John Barry Orchestra
Goldfinger	Shirley Bassey
Thunderball	Tom Jones
You Only Live Twice	Nancy Sinatra
We Have All The Time in the World	Louis Armstrong
Diamonds are Forever	Shirley Bassey
Live and Let Die	Paul McCartney & Wings
The Man With The Golden Gun	Lulu
Nobody Does It Better	Carly Simon
Moonraker	Shirley Bassey
For Your Eyes Only	Sheena Easton
All Time High	Rita Coolidge
A View To A Kill	Duran Duran
The Living Daylights	A-ha
License To Kill	Gladys Knight
Golden Eye	Tina Turner
Tomorrow Never Dies	Sheryl Crow
The World Is Not Enough	Garbage
Die Another Day	Madonna
You Know My Name	Chris Cornell
Another Way To Die	Alicia Keys & Jack White
Skyfall	Adele
Writing's On The Wall	Sam Smith
No Time To Die	Billie Eilish

### Quiz 2 - Newspaper Headlines from top left to right

1970	1953	2019
1982	1982	1977
2008, inauguration 2009	1969	1945

## Answers - Word Search



Hidden Message:

BOBBING FOR APPLES

## Quiz 3 - Halloween

1. Casper, the friendly ghost
2. Morticia
3. Orange and black
4. False, Halloween started in Ireland and was taken to the USA by Irish immigrants
5. True
6. Turnips
7. True
8. Cat
9. Sweets or money
10. Broomsticks
11. Vampires
12. Apples
13. Egypt
14. With a stake through the heart
15. During full moon
16. Transylvania, Romania
17. Frankenstein
18. Haunted Houses
19. Zombies
20. None, 19 were hung and others put in jail.

1.

## Answers

### Quiz 4 - Adorable Puppies

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

### Quiz 5 - Spelling (answers in red)

- |    |                    |                     |                     |
|----|--------------------|---------------------|---------------------|
| 1  | Encyclopedia       | <b>Encyclopedia</b> | Enciclopedia        |
| 2  | <b>Narrative</b>   | Narative            | Narritive           |
| 3  | Specticle          | <b>Spectacle</b>    | Spectacel           |
| 4  | <b>Environment</b> | Enviroment          | Enveroment          |
| 5  | Catastrofe         | Catastrofee         | <b>Catastrophe</b>  |
| 6  | Garstly            | Gharstly            | <b>Ghastly</b>      |
| 7  | <b>Misspelled</b>  | Mispelled           | Misspeled           |
| 8  | <b>Absence</b>     | Absense             | Abcense             |
| 9  | Acknowlege         | Aknowledge          | <b>Acknowledge</b>  |
| 10 | Aquire             | Adquire             | <b>Acquire</b>      |
| 11 | <b>Conscious</b>   | Concious            | Consious            |
| 12 | Definitily         | <b>Definitely</b>   | Definitly           |
| 13 | <b>Guarantee</b>   | Garantee            | Garentee            |
| 14 | Mischievous        | Mischevous          | <b>Mischievous</b>  |
| 15 | Occassionally      | Occasionally        | <b>Occasionally</b> |
| 16 | <b>Pastime</b>     | Passtime            | Pasttime            |
| 17 | Recomend           | <b>Recommend</b>    | Reccommend          |
| 18 | Vaccuum            | Vacume              | <b>Vacuum</b>       |
| 19 | Tommorow           | <b>Tomorrow</b>     | Tommmorrow          |
| 20 | Playright          | Playwrite           | <b>Playwright</b>   |
| 21 | Ommision           | <b>Omission</b>     | Omision             |
| 22 | <b>Hygiene</b>     | Hygene              | Hiygeine            |

## Activity - Spot the Difference

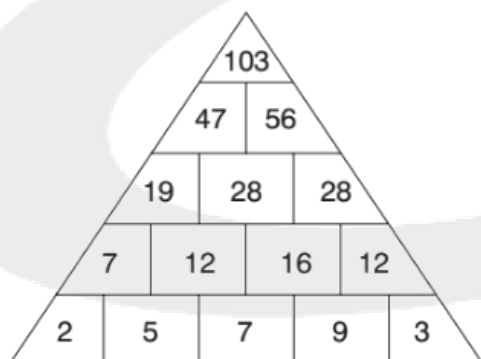


## Quiz 6 - Anagrams

- |                  |                   |                       |
|------------------|-------------------|-----------------------|
| 1. Idris Elba    | 5. Sean Connery   | 9. Gemma Arterton     |
| 2. Gary Oldman   | 6. Ralph Fiennes  | 10. <i>Simon Pegg</i> |
| 3. Jenny Agutter | 7. Brenda Blethyn |                       |
| 4. Julie Walters | 8. Simon Callow   |                       |

## Activity - Logic Puzzles

12. The missing number is 4. The sum of three numbers in each box is 12.
- C. A line is added at the top and bottom alternate
- 



## Quiz 7 - Songs of the Summer 2020

1) 'What a way to drop a bombshell, baby / Guess you really didn't think I'd find out'  
**Regard & Raye - Secrets**

2) 'Feeling feelings I feel about us / Try to fight it but it's never enough'  
**Joel Corry x MNEK - Head & Heart**

3) 'Just talked to my mama, she hit me on FaceTime / Just to check up on me and my brother'  
**DaBaby ft Roddy Ricch - Rockstar**

4) 'I never asked for the rainfall / At least I showed up, you showed me nothing at all'  
**Ariana Grande, Lady Gaga - Rain on Me**

5) 'I said, ooh, I'm drowning in the night / Oh, when I'm like this, you're the one I trust'  
**The Weeknd - Blinding Lights**

6) 'And a watch that's on this wrist, I put that on a card / We put bricks up on the strip and now there's bricks in the yard'  
**AJ Tracey - Dinner Guest**

7) 'If I woke up without ya / I don't know what I would do / Thought I could be single forever / 'Til I met you'  
**Jason Derulo, Jawsh 685 - Savage Love**

8) 'Call me what you wanna, I'll be what you wanna / I've been here a thousand times, eh-eh'  
**Topic - Breaking Me**

9) 'I just wanna make the mu-la-la, yeah / The mu-la-la'  
**S1mba - Rover**

10) 'Tastes like strawberries on a summer evenin' / And it sounds just like a song'  
**Harry Styles - Watermelon Sugar**

## Answers - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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