

'food for thought'

Issue 16



Your Distraction Pack



Welcome to the 16th 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 24!



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



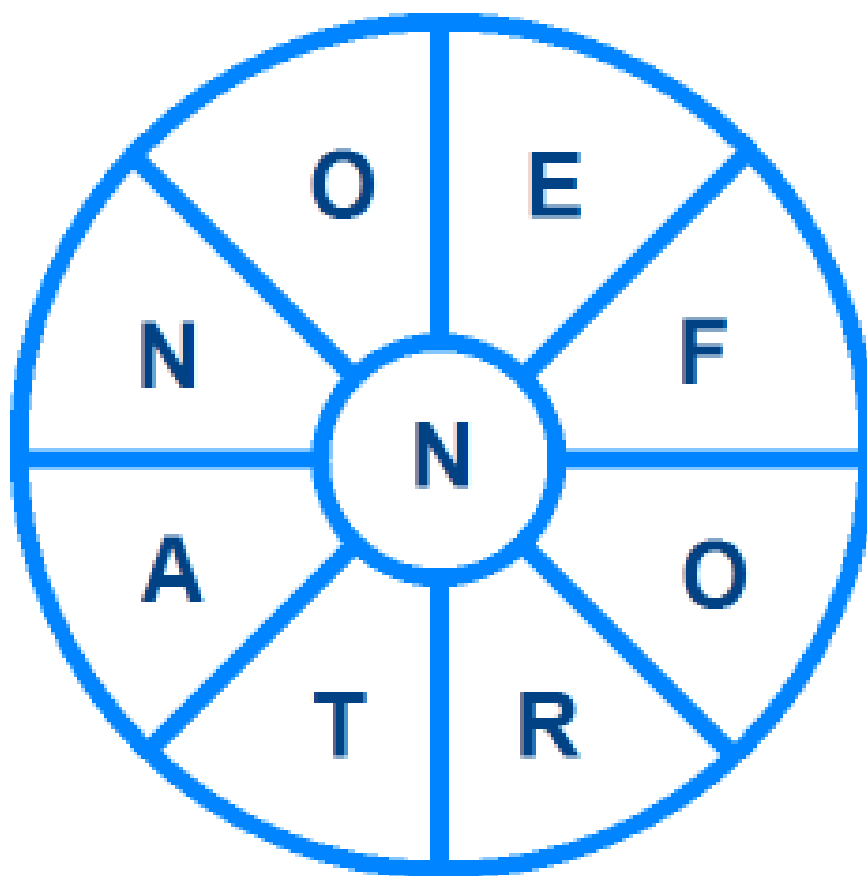
BCHA is a not for profit, registered Housing Association, that has supported those experiencing homelessness for over 50 years. BCHA help the most vulnerable within our society 'find a way forward'. www.bcha.org.uk



**One small
positive
thought can
change your
whole day.**

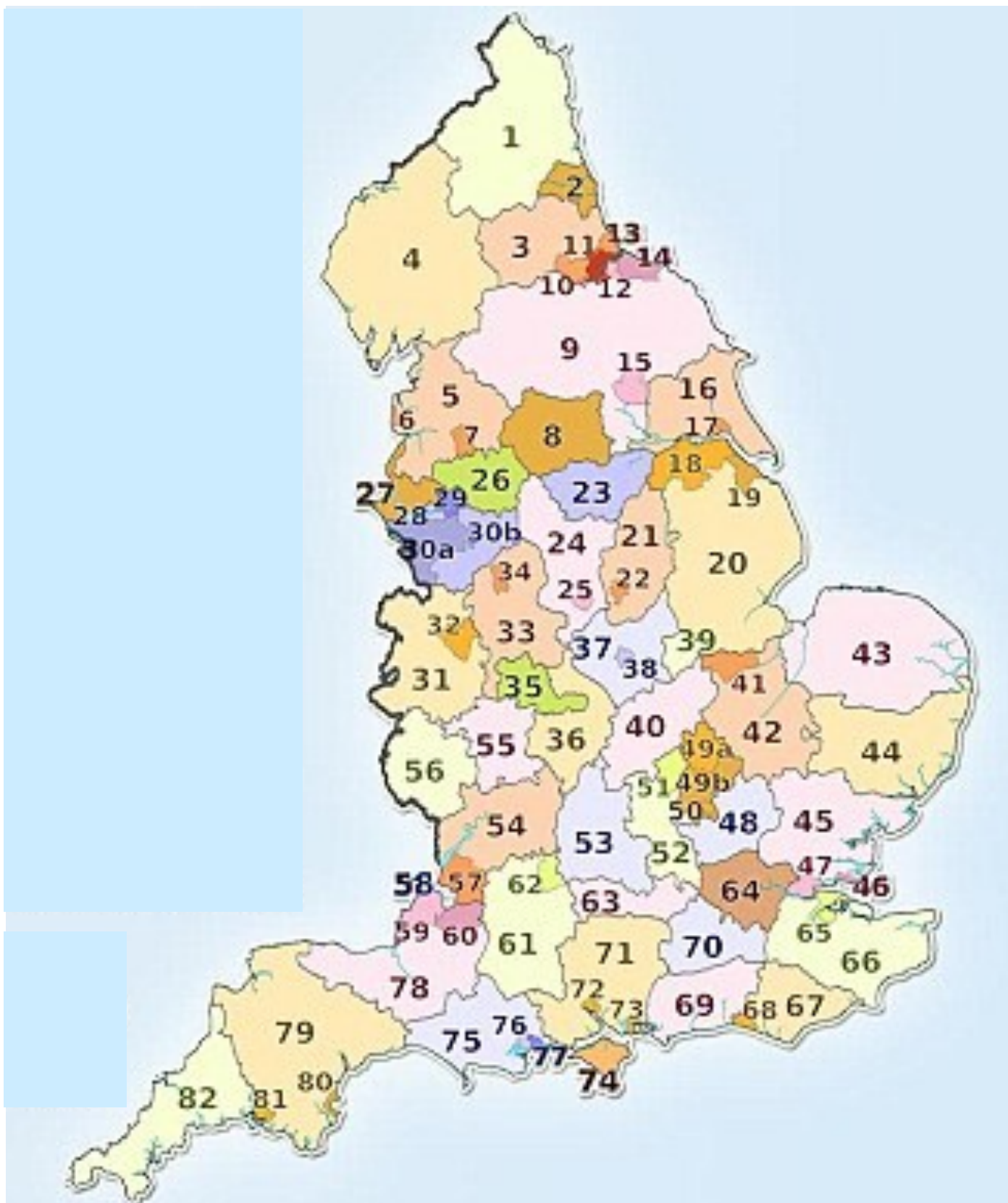
Activity - Word Wheel

How many words can you make from the letters in the wheel? Each word must contain the hub letter **N**. No proper nouns. There is also one 9-letter word.



Quiz 1 - English Counties

How many can you name?



Activity - Codeword

Codewords are like crossword puzzles - but have no clues! Instead, every letter of the alphabet has been replaced by a number, the same number representing the same letter throughout the puzzle. All you have to do is decide which letter is represented by which number.

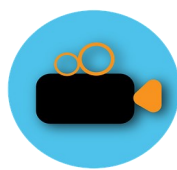
To start you off, we reveal the codes for three letters. With these letters filled in throughout the puzzle, you'll have enough clues to start guessing words and discovering other letters.

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

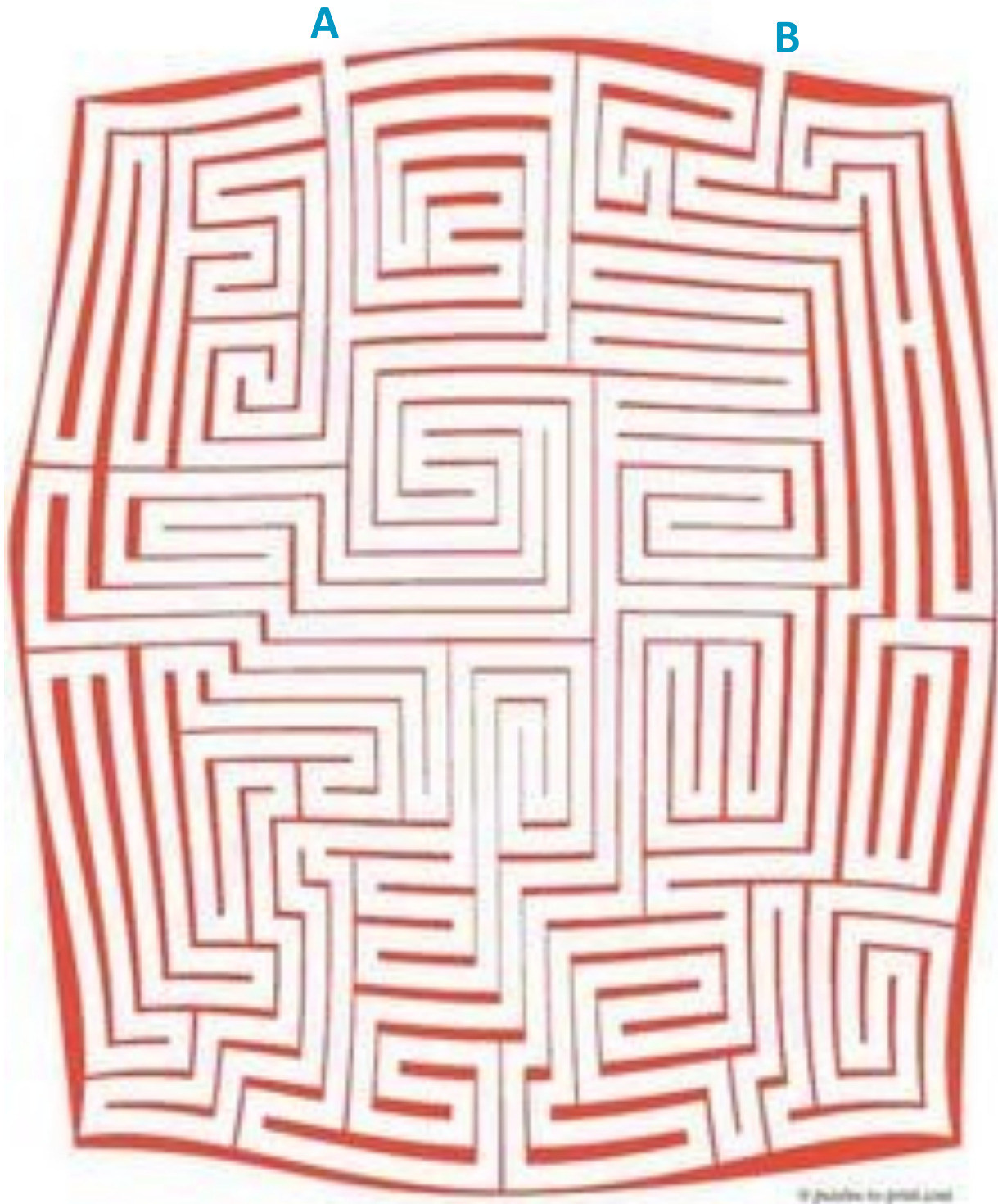
1	2	3	4	5	6	7	8	9	10	11	12	13
												O
14	15	16	17	18	19	20	21	22	23	24	25	26
			L									B

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 Thank you.

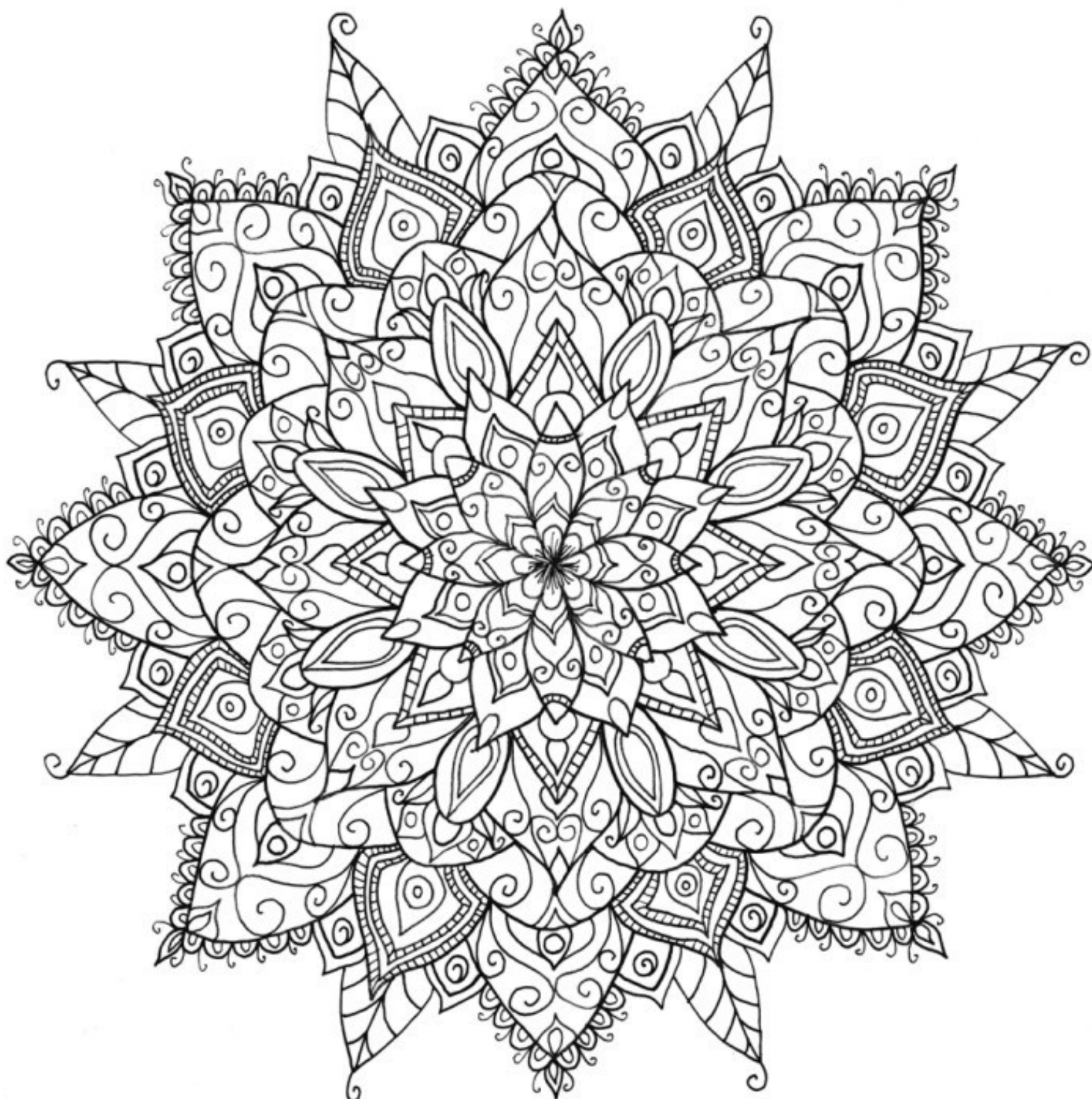


Activity - can you find your way through the maze from A to B?



Activity - Colouring

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



Activity - Dingbats

Can you work out the phrase or saying from the images below?

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



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 - can you find the kitchen tools and foods that Nick has lost?

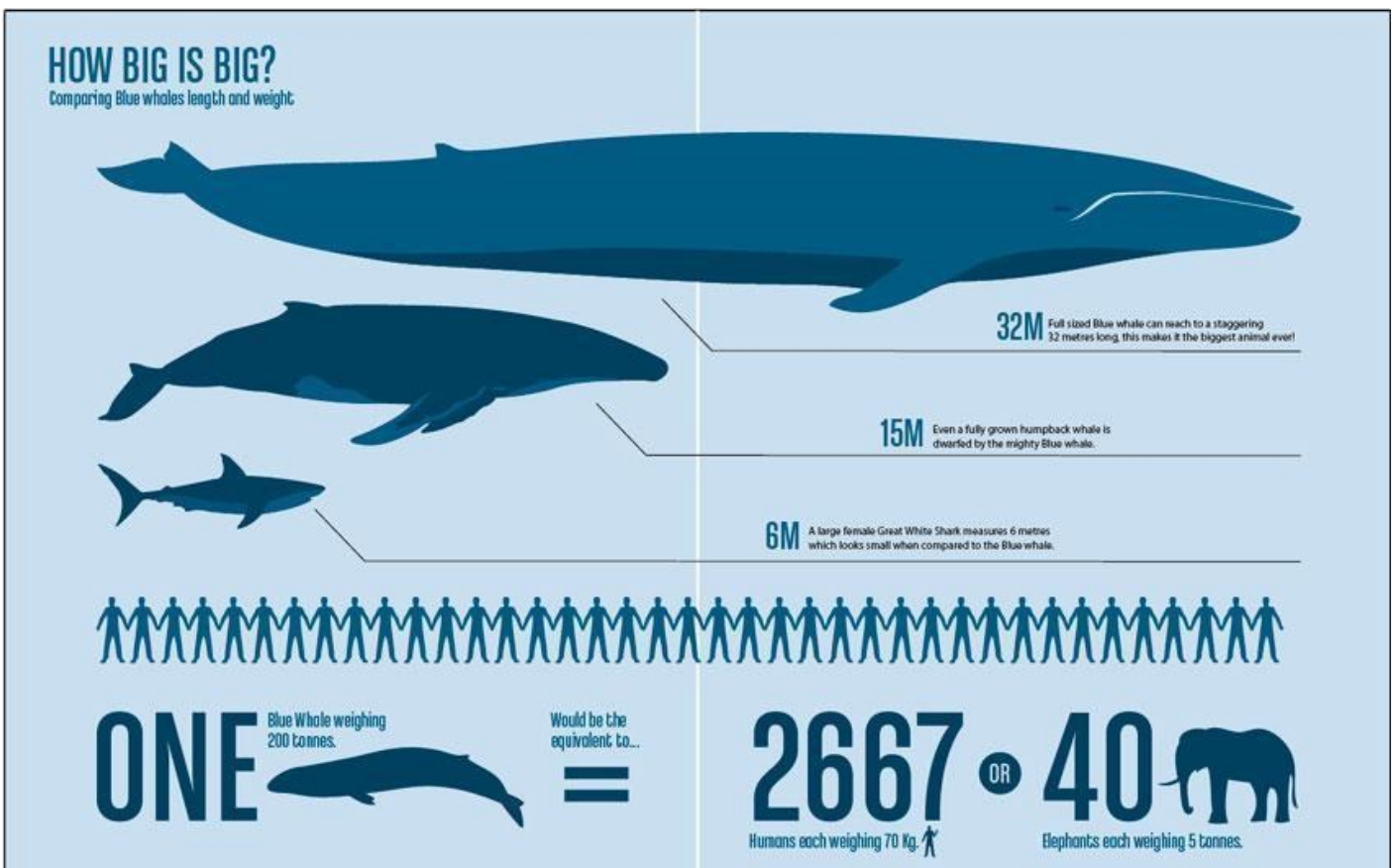


The Blue Whale - the Earth's largest ever animal



The Blue Whale is the largest animal ever to have lived on earth. Their tongues alone can weigh as much as an elephant - their hearts, as much as a car.

Despite being so massive, this giant of the ocean feeds on some of the smallest marine life – tiny shrimp like animals called krill. A single adult blue whale can consume 36,000 kg of krill a day.



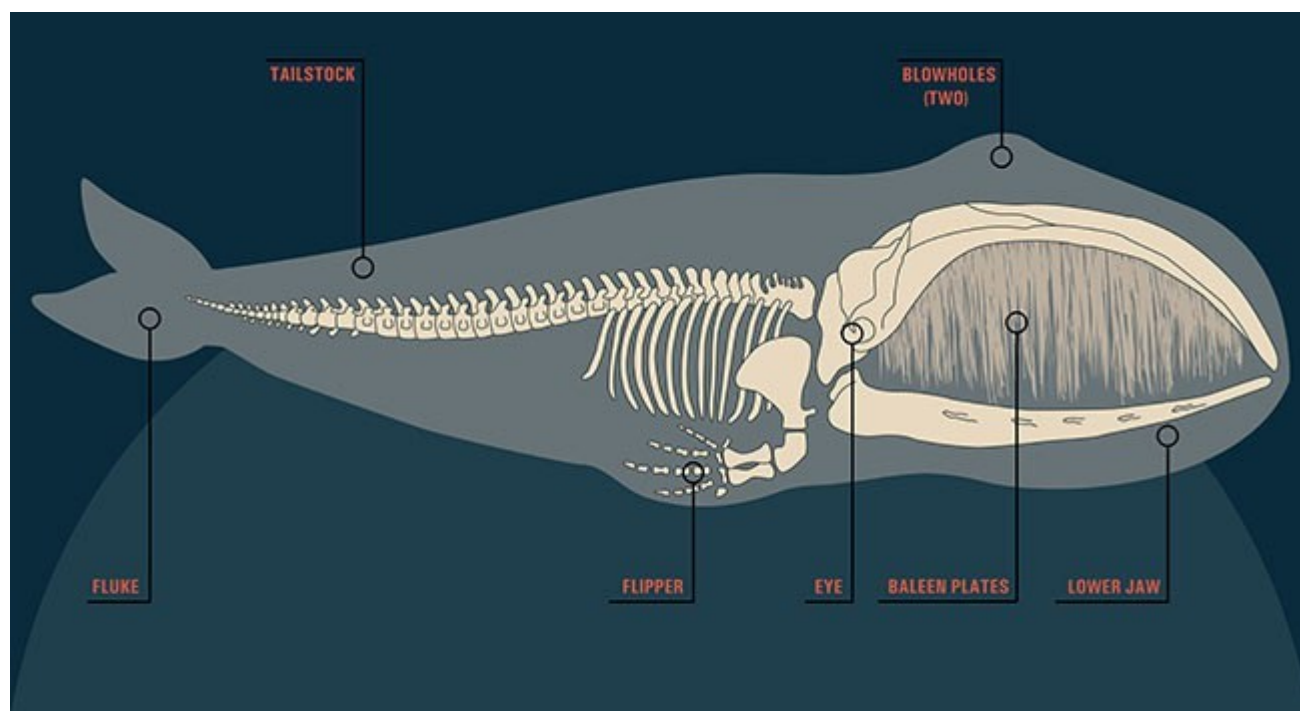
The Blue Whale - the Earth's largest ever animal continued

Incredibly, Blue Whales are graceful swimmers, cruise the ocean at over 8km/h, and can reach speeds of over 30km/h.

They mainly catch their food by diving, and descend to depths of approximately 500 m.

Blue whales have few predators, but are known to fall victim to attacks by sharks and killer whales, and many are injured or die each year from impacts with large ships.

Blue Whale biology



The whale's mouth has a fascinating row of plates fringed with bristles to help it filter its main source of food – plankton from the water. There is what looks like a moustache of long bristles on the end of each plate to help it hold the minute prey. With each mouthful, the whale can hold up to 5,000 kg of water and plankton. Having forced the water out of its mouth, the whale licks these bristles with its fleshy tongue.

Although the blue whale is a deep-water hunter, as a mammal, it must come to the surface of the sea to breathe. When it surfaces, it exhales air out of a blowhole in a cloud of pressurized vapour that rises vertically above the water for up to 9m.

The Blue Whale - the Earth's largest ever animal continued

Females breed only once every three years and gestation is between 11-12 months. Females usually only have one young.

A baby blue whale (calf) emerges weighing up to 2,7000kg and up to 8m long. New born whales are helped to the surface of the water by their mothers and are often encouraged (nudged) by other females so that they can take their first breath of air. The calf is suckled in the water, drinking more than 600 litres of milk each day and gaining about 90kg every day for its first year..

Blue Whale behaviour

Blue whales occasionally swim in small groups but usually swim alone or in pairs. They are thought to form close attachments.

Though we can't hear them, blue whales are one of the loudest animals on the planet, communicating with each other using a series of low frequency pulses, groans, and moans. It is thought that in good conditions blue whales can hear each other across distances of up to 1,600km.

Conservation status of the Blue Whale

Intensive hunting in the 1900s by whalers seeking whale oil drove them to the brink of extinction. Hundreds of thousands of whales were killed.

The 1966 International Whaling Commission finally gave Blue Whales protection, although they have only recovered slightly since then.



Blue whales are currently classified as endangered on the World Conservation Union (IUCN) Red List.

It is estimated that only 10,000-25,000 blue whales now swim the world's oceans.

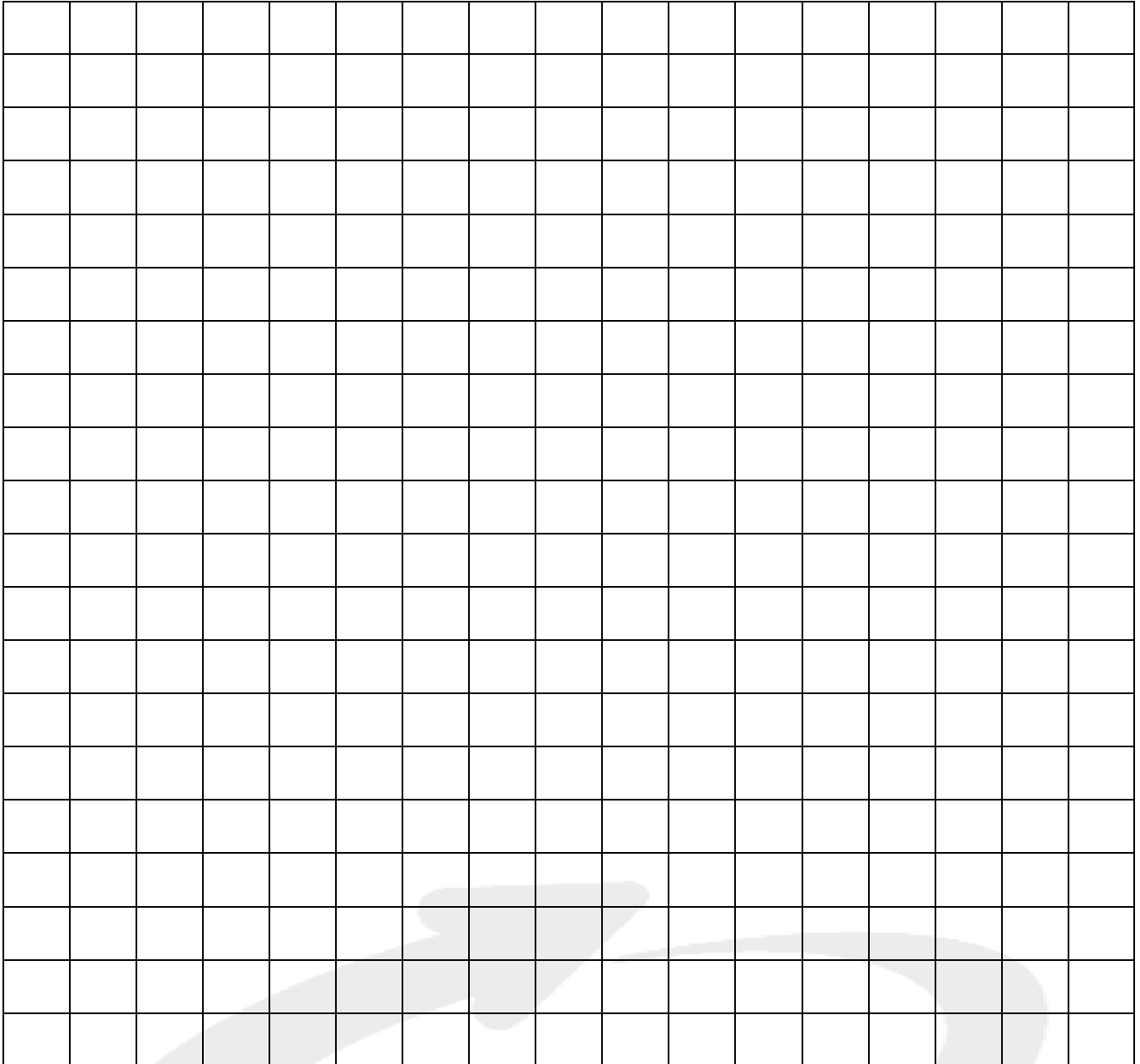
Quiz 2 - General Knowledge

1. Which American actress was born Margaret Mary Emily Anne Hyra?
2. Only one British Prime Minister has been assassinated. Who was it?
3. Andrea, Caroline, Sharon and Jim make up which band?
4. How many bones are there in a shark's body?
5. What was the stage name of David Robert Jones?
6. Which countryside animal would the French refer to as 'un hérisson'?
7. In which country would you find Zavratica Bay?
8. Which author created the character Paddington Bear?
9. In which sport could you win the Davis Cup?
10. Which artist painted "Lobster Telephone" in 1936?



Activity - Blank Word Search

Try and create your own Word Search using the grid and words below.



MERCEDES
ALPHA ROMEO
FORD
VAUXHALL
CITROEN
FERRARI
OPAL

HYUNDAI
BENTLEY
MORGAN
CHRYSLER
BMW
AUDI
ROLLS ROYCE

FIAT
HONDA
DACIA
CATERHAM
JAGUAR
LAND ROVER
NISSAN

PORSCHE
LEXUS
SKODA
VOLKSWAGEN
TOYOTA
SMART
VOLVO

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 3 - World Currencies



1. The Koruna became the currency of which Eastern European country in 1993?
2. Prior to the Euro, what was the name of the currency of Germany?
3. True or false: Slovakia uses the Euro as currency?
4. In which South-eastern European country do Qindarka make a Lek?
5. True or false: In the Falkland Islands they use the Pound as currency?
6. The zloty, meaning Golden, is the currency of which Eastern European country?
7. Which country used the Markka prior to their move to the Euro in 2002?
8. Which US president has appeared on 25 cent quarters since 1932?
9. True or False: Kenya uses Shillings as currency?
10. What is the currency of India?
11. If spending dirham, where would you be?
12. When in the UK did the ½p go out of circulation?



Poem

You Will Never See Me Fall by Joyce Alcantara

You may see me struggle,
but you won't see me fall.
Regardless if I'm weak or not,
I'm going to stand tall.

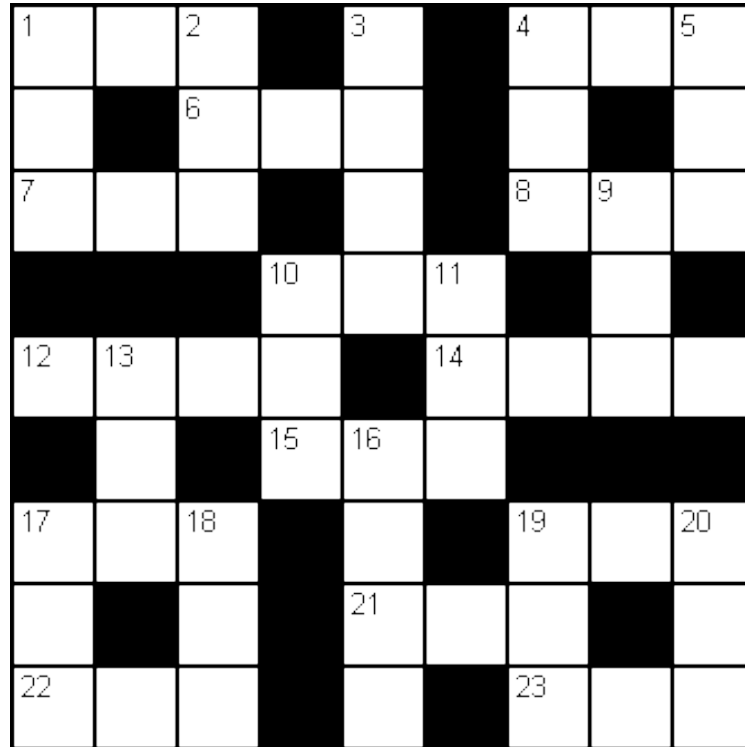
Everyone says life is easy,
but truly living it is not.
Times get hard,
people struggle
and constantly get put on the spot.

I'm going to wear the biggest smile,
even though I want to cry.
I'm going to fight to live,
even though I'm destined to die.

And even though it's hard
and I may struggle through it all,
you may see me struggle...
but you will NEVER see me fall.



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

Activity - Word Search - Marine Life

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

ANCHOVY
 BARRACUDA
 CLAM
 CLOWNFISH
 COD
 CRAB
 DOLPHIN
 HALIBUT
 JELLYFISH
 LAMPREY
 LOBSTER

MANATEE
 MARLIN
 OCTOPUS
 OYSTER
 PENGUIN
 PORPOISE
 PRAWN
 SARDINE
 SCALLOP
 SEA LION
 SEA OTTER

SEA TURTLE
 SEALS
 SHELLFISH
 SHRIMP
 SPONGE
 SQUID
 STARFISH
 STINGRAY
 TUNA
 WALRUS
 WHALE

Activity - Sudoku

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

EASY



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

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

MEDIUM



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

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

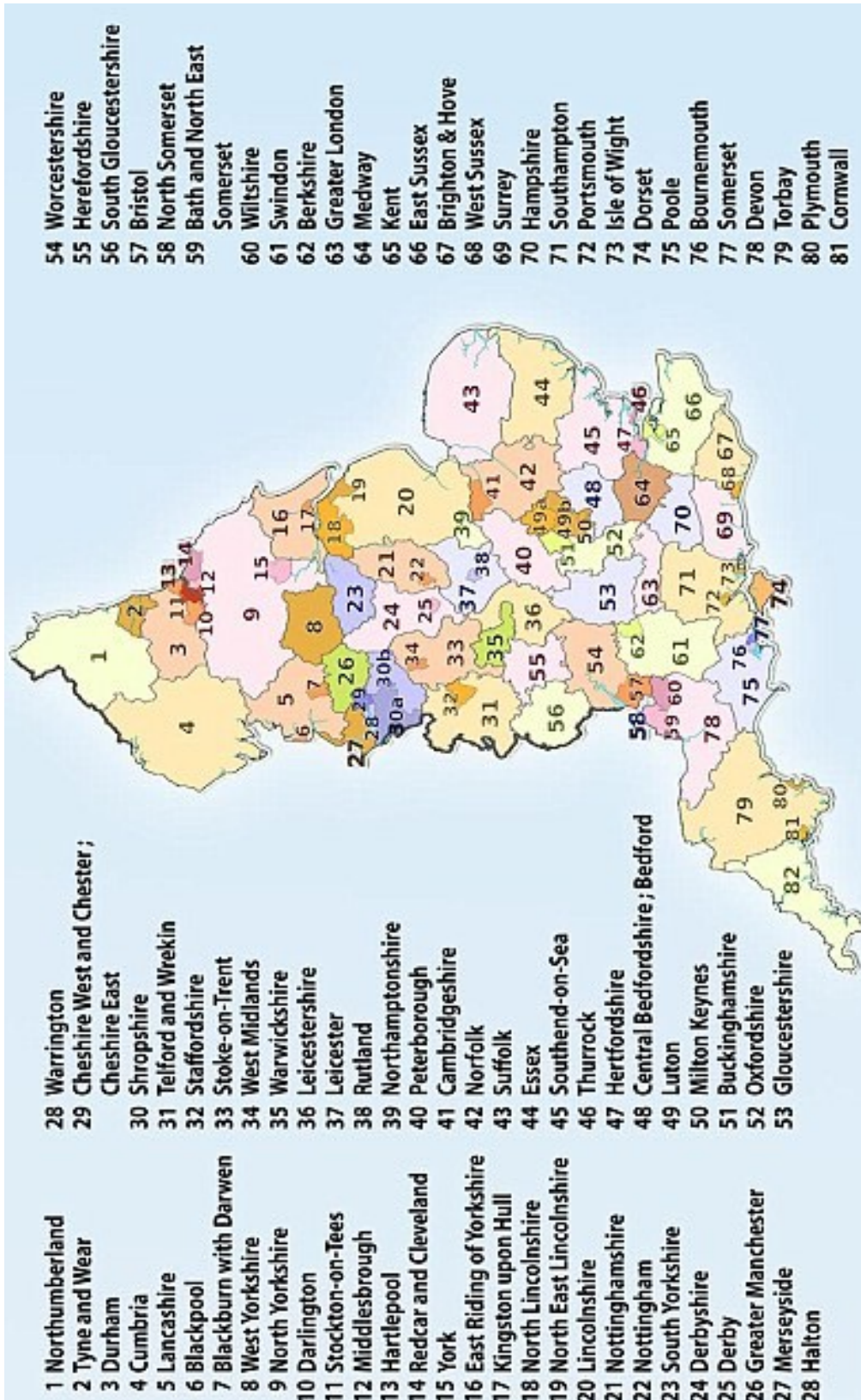
HARD



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

Answers

Quiz 1 - English Counties



Answers

Activity - Word Wheel

9 letter word - AFTERNOON

Some words of four letters or more containing the hub letter **N** that you may have found:

aeon, anon, ante, earn, fern, font, near, neat, neon, none, noon, note, onto, rant, rent, roan, tarn, tern, tone, torn, atone, front, oaten

Activity - Codeword

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

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

Answers

Activity - Dingbats

1. Grandstand
2. Big Dipper
3. First Aid
4. One in a million
5. Life begins at 40 or Life after 40
6. West Indies
7. Apple Pie
8. The Three Degrees
9. Making up for lost time
10. Missing you
11. Up before 8
12. Play to win

Quiz 2 - General Knowledge

1. Meg Ryan
2. Spencer Perceval
3. The Corrs
4. None—a shark's skeleton is made up entirely of cartilage
5. David Bowie
6. A hedgehog
7. Croatia
8. Michael Bond
9. Tennis
10. Salvador Dali

Quiz 3 - World Currencies

1. Czech Republic
2. Deutsche Mark
3. True
4. Albania
5. True
6. Poland
7. Finland
8. George Washington
9. True
10. Rupee
11. Morocco
12. December 1984

Activity - Number Crossword

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

Answers - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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