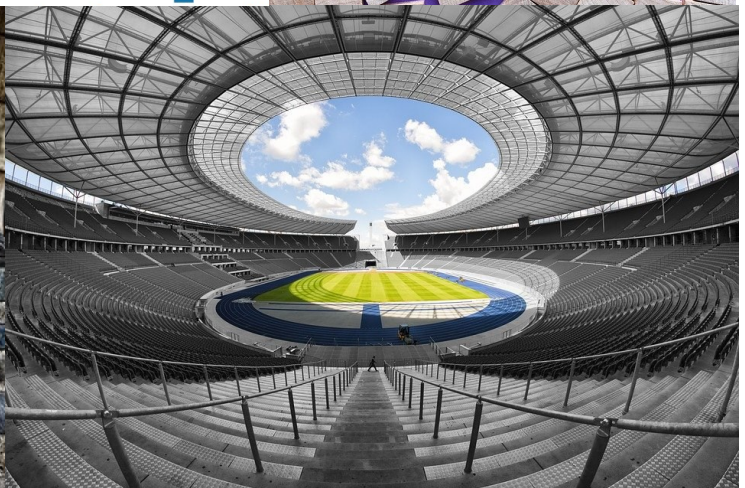


'food for thought'

Issue 25

Your Distraction Pack



Welcome to 25th issue of 'food for thought'.

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 31!



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



Mental health is not a destination, but a process. It's about how you drive, not where you're going



Quiz 1 - Demonyms

It is common to give a name (demonym) to people who originate from different parts of the same country, as well as using them to describe people from different countries, eg., people who live in France are French.

What is the demonym for people who come from these towns?

Aberdeen	
Belfast	
Birmingham	
Bristol	
Cardiff	
Cambridge	
Cornwall	
Devon	
Dundee	
Edinburgh	
Glasgow	
Kent	
Lancaster	
Leeds	
Liverpool	
London	
Manchester	
Newcastle	
Newport	
Nottingham	
Plymouth	
Slough	
Sunderland	
Swansea	
Wrexham	

Activity - Colouring

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



The smallest of

Cat 7 cm

Tinker Toy, a male blue point Himalayan-Persian, measured 7cm (2.75in) tall and 19cm (7.5in) long when fully grown (aged 2.5 years).



Aircraft 2.69 m

Designed and built by Robert H Starr (USA), the biplane Bumble Bee II was 8ft 10in (2.69m) long, with a wing-span of 5ft 6in (1.68m), and weighed 179.6kg (396lb) empty. It could accommodate one person.

Bird 5.7 cm

Male bee hummingbirds (*Mellisuga helenae*) of Cuba and the Isle of Youth measure 5.7cm (2.24in) long, half of which is taken up by the bill and tail. Males weigh 1.6g (0.056oz), but females are slightly larger.

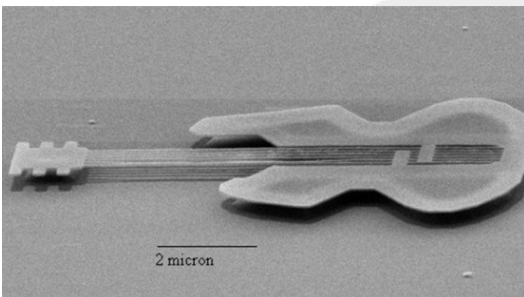
Country 0.44 km²

The smallest independent country is the State of Vatican City or Holy See (Stato della Città del Vaticano), an enclave within the city of Rome in Italy. It has an area of 0.44 km² (0.17 sq miles) and is smaller than the Pentagon – itself the world's largest office building.



Human bones 2.6 – 3.4mm

The stapes or stirrup bone, one of the three auditory ossicles in the middle ear, measures 2.6 - 3.4mm (0.1 - 0.13in) long and weighs 2–4.3mg (0.03 – 0.066 grains).



Replica guitar 10 micrometres

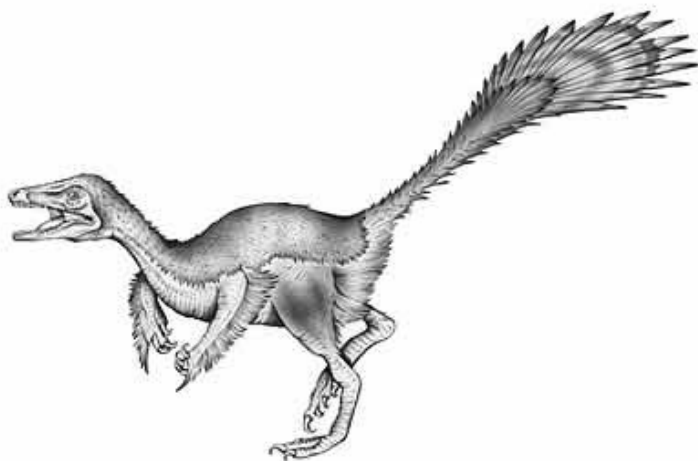
A guitar based on a Fender Stratocaster and carved from a block of silicon measured 10 micrometres long – one-twentieth of the thickness of human hair. It was made in 1997 in just 20min by scientists at Cornell University, New York, USA. Each of its strings was 0.05 micrometres thick, equivalent to a line of 100 atoms.

continued

Smallest of continued

Police dog 28 cm

Chihuahua/rat terrier cross Midge is 28 cm (11in) tall and 58 cm (22.8in) long. She worked as an official Law Enforcement Work Dog (or “Police K9”) with her owner, Sheriff Dan McClelland (USA), at Geauga County Sheriff’s Office in Chardon, Ohio, USA. Midge passed her Ohio Certification as a Narcotics Dog on 7 Nov 2006 and retired, along with Sheriff McClelland, on 1 Jan 2017.



Dinosaur 39 cm

The feathered Microraptor zhaoianus measured 39cm (15.3in) long, of which 24cm (9.4in) was its tail. A fossil specimen found in China in 1999 has been dated to 110–120 million years ago.

Male Horse 56.7cm

This miniature Appaloosa from Poland called Bombel (“Bubble” – so-named for his rotund shape) is the shortest male horse, standing just 56.7cm (1ft 10in) from hoof to shoulder blades.



Activity - How's your memory?

Study the picture below for a few minutes and then on the following page write down everything you remember seeing.



Activity - How's your memory?

You could either write, or draw, what you remember seeing:

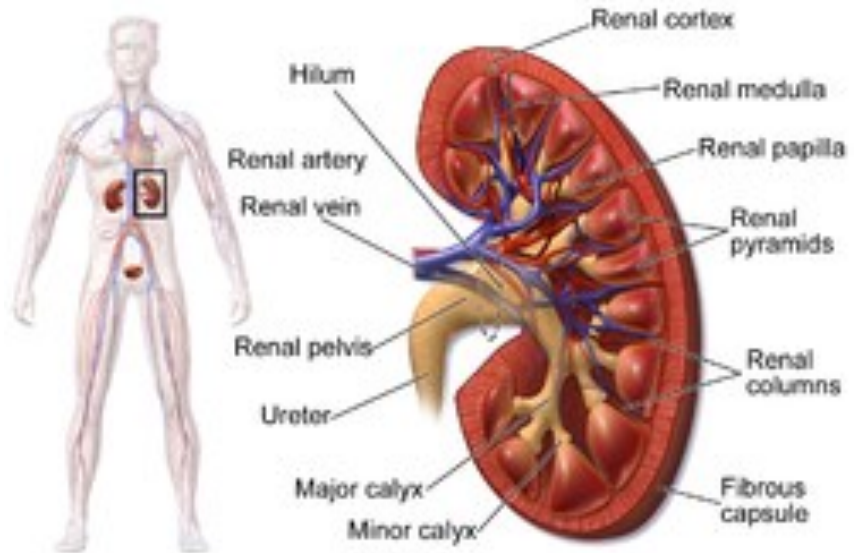




Your Kidney(s)

In this issue we are looking at our kidneys, their purpose and how to look after them.

- Most people have two kidneys, which are organs shaped like kidney beans, each one about 10-15cms long, located either side of the spine, deep in the abdomen. However, it is possible to live a healthy and active life with only one functioning kidney. In rare instances people can be born with three kidneys, and likewise remain healthy.



Kidney Anatomy

- Their main job is to cleanse the blood of toxins and transform the waste into urine.
- Each kidney weighs about 160 grams and gets rid of between one and one-and-a-half litres of urine per day. The two kidneys together filter 200 litres of fluid every 24 hours. When the kidneys are not working properly, harmful toxins and excess fluids build up in the body, which may cause the symptoms of kidney failure.

These symptoms can include high blood pressure, extreme tiredness or lethargy, persistent headaches, swelling in the face and ankles, fluid retention and / or lower back pain.

What do they do?

The kidneys are vital life-sustaining organs, performing many functions to keep the blood clean and chemically balanced. They have a number of important functions:

1. They filter the blood to get rid of waste products of metabolism
2. They keep the electrolytes (sodium and potassium being the most important) and water content of the body constant.
3. They secrete a number of essential hormones

1. Waste products

After the body uses food for energy and self-repair, the waste is sent to the blood. The most common waste products are urea and creatinine, but there are many other substances that need to be eliminated.

continued



Your Kidney(s) continued

The kidneys act as very efficient filters for ridding the body of waste and toxic substances, and returning vitamins, amino acids, glucose, hormones and other vital substances into the bloodstream. The kidneys receive a high blood flow and this is filtered by very specialised blood vessels. The fluid that is filtered is then adjusted by a complex series of urine-disposing tubes called tubules. In this way, the substances necessary for the good functioning of the body are retained, and those that are not needed are excreted. This is vital to make the body function efficiently.

2. Water and electrolytes

All the cells in the body, apart from those of the outer skin, are surrounded by a fluid called the extracellular fluid. For the cells of the body to work properly, the extra-cellular fluid needs to have a stable composition of salts - such as potassium and sodium - and acidity (often referred to as pH). The kidneys are central to maintaining these correct balances and the effective functioning of all the cells of the body. The salt and water balance is maintained by a series of hormones acting on the kidney. The kidneys recognise and act upon a series of messages that vary according to how much fluid is drunk.

If a person does not drink enough, the body fluids become more concentrated and, as a result, the kidneys excrete a more concentrated urine. If an excess of fluid is drunk, the body fluids become more diluted and the kidneys excrete a more dilute urine, getting rid of the excess that has been taken in. These mechanisms are very efficient.

If the body is in a satisfactory balance, approximately 80% of ingested fluid is excreted within an hour. Salts are also maintained within very strict limits. If an excess of sodium is taken, the amount in the blood increases and the person will become thirsty and drink fluid. The body senses this increase in salt and water, and again, through a series of messages, the kidney excretes the excess. As with sodium, if an excess of potassium is taken, it is excreted by the kidneys, ensuring that the amount in the body's fluids remains within the correct limits.

3. Hormones

The kidneys secrete a number of hormones, which are important for normal functioning of the body. One such hormone is renin, which keeps blood pressure normal. If blood pressure falls, renin is secreted by the kidneys to constrict the small blood vessels, thereby increasing blood pressure.

continued



Your Kidney(s) continued

If the kidneys aren't functioning correctly, too much renin can be produced, increasing blood pressure and sometimes resulting in hypertension (high blood pressure). This is why a number of people with kidney diseases also have high blood pressure.

Erythropoietin is another hormone that is secreted by the kidney, and acts on the bone marrow to increase the production of red blood cells. If kidney function diminishes, insufficient hormone is produced and the number of red blood cells being produced will fall, resulting in anaemia. This is why many people with reduced kidney function will have anaemia – a low blood count. Vitamin D is essential for a number of bodily functions. In the normal diet, Vitamin D is in an inactive form, and needs to be slightly altered by the kidney before it can act within the body. This 'activated' form of Vitamin D is essential for the absorption of calcium by the intestine, the normal structure of bones and effective muscle function. In people with impaired kidney function, there is often a low blood calcium and an inadequate amount of Vitamin D, resulting in muscle weakness and a softening of the bones (osteomalacia or rickets).

Source: kidneyresearch.co.uk

Five simple lifestyle steps can help you keep them in good shape.

Stay hydrated

Drinking plenty of fluid will help your kidneys function properly. Your urine should be straw-coloured. If it's any darker it may be a sign of dehydration.

During hot weather, when in hot countries or when exercising strenuously, you need to drink more water than usual to make up for the fluid lost by sweating.



Eat healthily

A balanced diet ensures you get all the vitamins and minerals your body needs. Eat plenty of fruit and vegetables, and grains such as whole-wheat pasta, bread and rice. Do not eat too much salty or fatty food.

continued



Your Kidney(s) continued

Watch your blood pressure

Have your blood pressure checked regularly. High blood pressure has no symptoms, but it can increase your risk of kidney and heart problems.

If your blood pressure is higher than it should be, a GP can suggest lifestyle changes or, if necessary, prescribe medicine to reduce your blood pressure.

An ideal blood pressure is considered to be between 90/60mmHg and 120/80mmHg.

Do not smoke or drink too much alcohol

Try to stop smoking completely and limit the amount of alcohol you drink.



Drinking too much alcohol and smoking both raise your blood pressure. High blood pressure is one of the most common causes of kidney disease.



Keep slim to help your kidneys

Being too heavy raises your blood pressure, which is bad for your kidneys. Try to keep yourself at a healthy weight by keeping active and not overeating. Exercise as often as you can.

Source: NHS



Quiz 2 - Famous Duos

Can you complete these famous duos?



1. Abbot &
2. Lennon &
3. Thelma &
4. Mork &
5. Simon &
6. Lady & the
7. Bonnie &
8. Tom &
9. Batman &
10. Laurel &
11. Butch Cassidy & the
12. Starsky &
13. Popeye &
14. Romeo &
15. Fred &
16. Miss Piggy &
17. Wallace &
18. Sonny &
19. Beauty &
20. Antony &



Please come and register with your local GP

The NHS is here to support you and keep you safe



You do not need:

- ✗ proof of address or ID
- ✗ proof of immigration status
- ✗ an NHS number

How do I register with a GP?

- ✓ Find a GP and more information at www.nhs.uk/register
- ✓ Telephone your local GP surgery and ask to be registered as a patient

The NHS is here to help and to keep you safe and well

Quiz 3 - General Knowledge



1. Which word can be placed before the following words to create well known names: Carlo, Cristo, Python?
2. What year was the National Lottery introduced in the UK?
3. Which of the following dog breeds is able to blush:
a) Dalmatian b) Pharaoh Hound c) Beagle d) Chihuahua?
4. What is the time difference between Las Vegas and Florida?
5. Which word can be placed before the following words to create well known phrases: mamba, hole, snake?
6. If you compete in a race and overtake the 4th person, which position would you find yourself in?
7. Which official music video features Katy Perry's adaptation to life in the jungle?
8. Which of the following is not a type of flower: hibiscus, lotus or stratus?
9. In a clockwise direction, what are the first five numbers on a standard dartboard beginning with the number 20?
10. How many zeros are in a trillion?
11. Can you name 3 English counties beginning with S?
12. Which supercar did Magnum PI drive?
13. Which word can be placed before wars, gazing and sign?
14. Complete the saying 'a friend in need...'?
15. Who play Mrs Brown in the comedy sitcom 'Mrs Brown's Boys'?
16. Which word can be placed before fisher, cobra and tut?
17. Who is the author of the novel 'Fifty Shades of Grey'?
18. What is the largest animal in the world?
19. Complete the following mathematical sequence: 120, 360, 1080, ...?
20. In International Morse Code, which letter is represented by the shortest code?

Where shall we go today? Let's visit Coventry

Historically part of Warwickshire, Coventry had a population of 316,915 at the 2011 census, making it the 9th largest city in England and the 11th largest in the United Kingdom. It is the second largest city in the West Midlands region, after Birmingham, and is separated from the West Midlands conurbation (Greater Birmingham & The Black Country) by the Meriden Gap.

Coventry is 19 miles (31 km) east-southeast of Birmingham, 24 miles (39 km) southwest of Leicester, 11 miles (18 km) north of Warwick and 94 miles (151 km) northwest of London. Coventry is also the most central city in England, being only 12 miles (18 km) south-southwest of the country's geographical centre in Leicestershire; it is located in the West Midlands.



The current Coventry Cathedral was built after most of the 14th century cathedral church of Saint Michael was destroyed by the Luftwaffe in the Coventry Blitz of 14 November 1940. Coventry motor companies have contributed significantly to the British motor industry.

On 7 December 2017, the city won the title of UK City of Culture 2021, after beating Paisley, Stoke-on-Trent, Swansea and Sunderland to the title.

In 1329 Edward III gave permission to the 'goodmen' of Coventry and the Prior of St Mary's to build a town wall around Coventry. Until that point Coventry had been defended by ditches, with moveable barred gates controlling access along major transport routes. The walls stretched over two miles and were composed of two outer skins of red sandstone infilled with rubble. When complete the walls stood 12 feet high and were 8 feet thick, creating an impressive defensive barrier. Forming part of the old Coventry wall, Cook Street Gate can be found at the very top of Lady Herbert's Garden and looks out across Chantry Place. The gate was built around 1385 and presented to the city by W.F Wyley in 1913. If you look at the top of the gates you may notice that the battlements look like they have been restored or added recently - in fact these were built around 1931-32.



Cook Street Gate, photo courtesy of visitcoventry.co.uk

continued

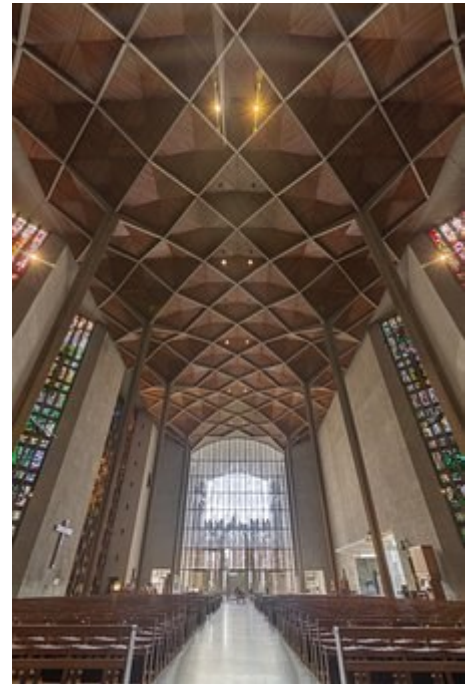
Where shall we go today?

Let's visit Coventry continued



Coventry Cathedral is a place where splendid medieval history meets modern architecture to stunning and poignant effect. The Ruined Cathedral, destroyed in the Coventry Blitz during WW2, stands proudly

alongside the magnificent 'casket of jewels', the iconic 'New' Cathedral. The New Cathedral features works by some of the greatest artists of the 1950s and 60s. Internationally recognised as a beacon of hope, Coventry Cathedral embodies a spirit of peace and reconciliation in a truly breath-taking setting.



Death, intrigue, scandal and spilt custard...are not compulsory when you visit St. Mary's Guildhall, but can be discovered in more than 600 years worth of stories from the finest medieval guildhall in the country. Located in the city's historic Cathedral Quarter, St. Mary's Guildhall miraculously survived the Second World War bombing raids, and stands as a monument to the power and wealth of medieval Coventry. With magnificent interiors, collections of armour, historic furniture, artworks and internationally important tapestries, the Guildhall offers a window into Coventry's glorious past. A prison to Mary, Queen of Scots, a theatre for Shakespeare and an inspiration to George Eliot, St. Mary's Guildhall is a fascinating free experience for all ages, at the historic heart of the city of Coventry.



Continued

Where shall we go today?

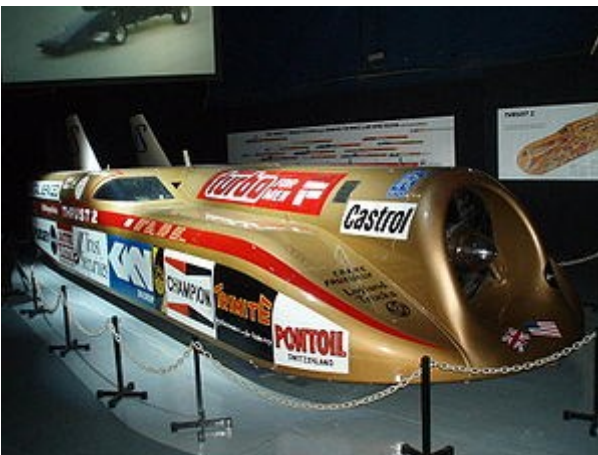
Let's visit Coventry continued

The Herbert Art Gallery and Museum is one of the largest cultural institutions in Coventry.

Another visitor attraction in the city centre is Coventry Transport Museum, which has the largest public collection of British-made road vehicles in the world. The most notable exhibits are the world speed record-breaking cars, Thrust2 and ThrustSSC.



Covered Courtyard of the Museum and Gallery



Thrust 2



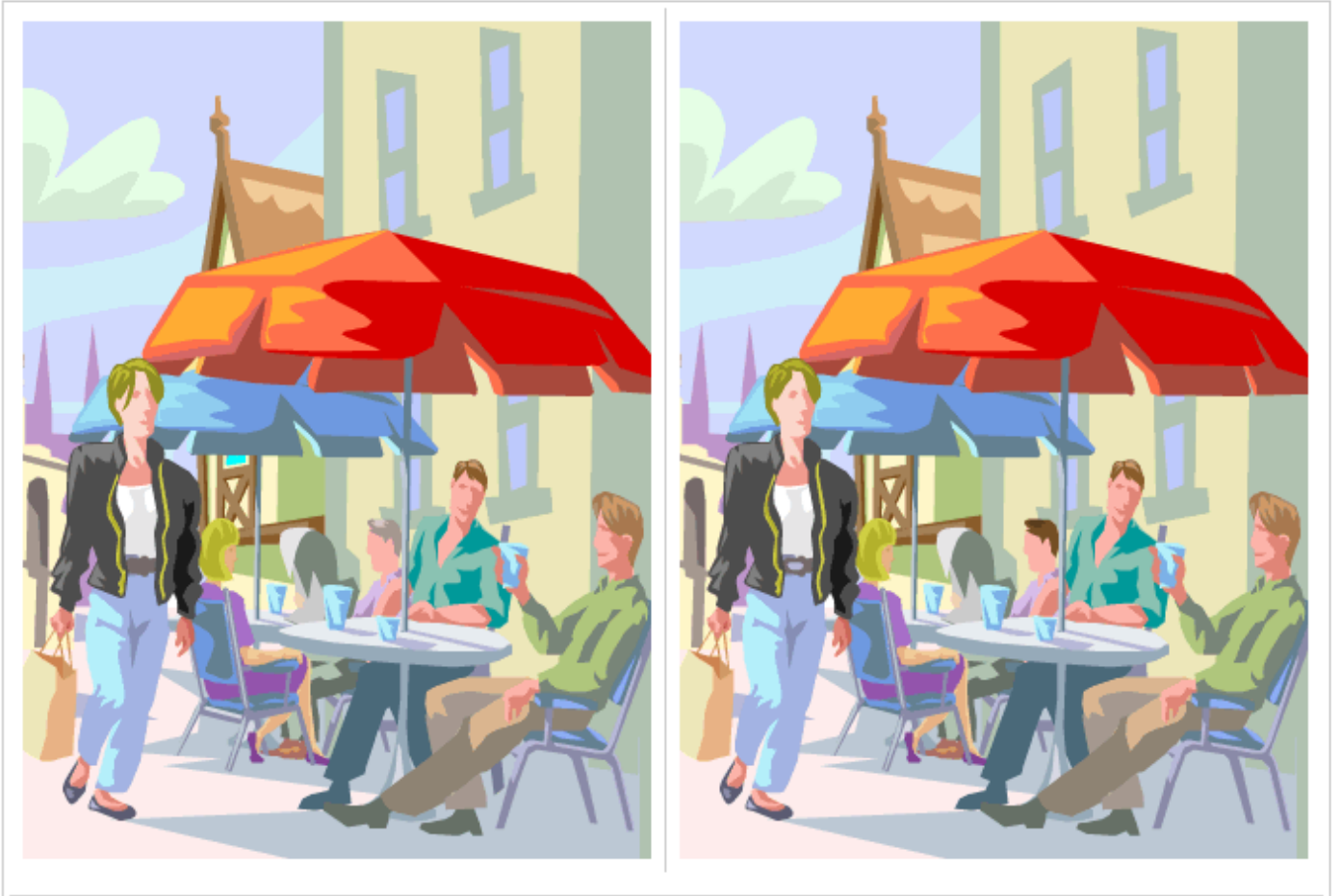
Thrust2 chassis without the cladding at the Bournemouth Air Show in 1980

Thrust2 technical data:

- Thrust2 is powered by a Rolls-Royce RB.146 (Avon302C) jet turbine that delivers 72 kN of thrust. At 1,100 km/h (680 mph) this corresponds to an output of 22,000 kW (30,000 hp).
- Thrust2 is 8,331 mm (328.0 in) long and 2,540 mm (100 in) wide and 2,134 mm (84.0 in) high including the tail fins. The vehicle alone has a height of 1.30 m (4 ft 3 in).
- The wheelbase is 6.35 m (20.8 ft), the front axle track is 2,007 mm (79.0 in) and that of the rear axle is 2,464 mm (97.0 in). The turning circle of Thrust2 is 45.7 m (150 ft).
- The vehicle has a ground clearance of 127 mm (5.0 in).
- The car's two tanks can hold a maximum of 563.7 l (124.0 imp gal; 148.9 US gal) of "Jet A 1" kerosene fuel.
- The total weight is 3,900 kg (8,600 lb).

Activity - Spot the Difference

Can you find the 10 differences?



Activity - Anagrams

Can you unscramble these to reveal well-known scientists & inventors and world leaders in history? The clue is in the Anagram itself.

It may help you if you re-write the letters in a circle.



Scientists and Inventors

1. Notes said, "Ohm."
2. Radium came
3. Legacy: Road's hero
4. beans, celery, dicer
5. I sew a hole

World Leaders in History

6. Hated for ill
7. That great charmer
8. Had Indian rig
9. Tidal forces
10. I lead, sir. (Last name only)

Source: word-game-world.com

Activity - Dingbats

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

 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.

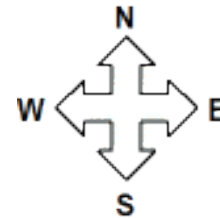
Activity - Alpha Griddle

Look at the puzzle grid below and use your compass directions to find the correct locations for the missing letters of the alphabet. When you have completed the grid, see if you can discover the hidden city, country, river or mountain.

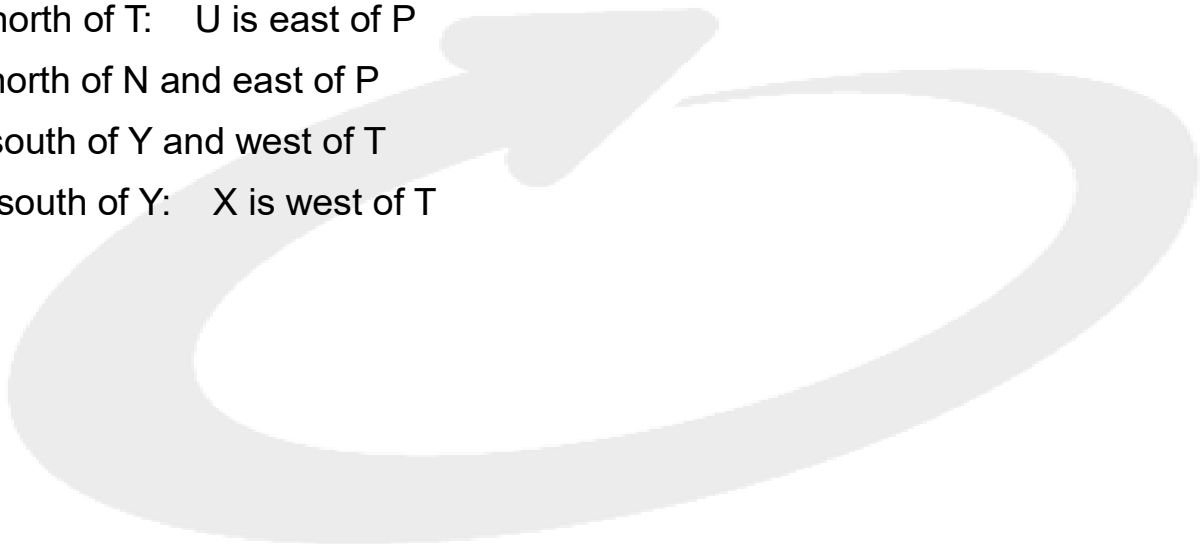
Note: North or south means any location along the same column.
East or west means any location along the same row.

Directions:

A is east of K: C is north of P
 B is west of N: Y is west of E
 D is east of L: G is west of W
 F is north of T and west of Q
 H is north of S and east of I
 I is north of J: K is north of X
 J is south of E and east of T
 L is south of E: Q is east of I
 M is west of D and south of Z
 P is west of J and north of M
 R is north of T: U is east of P
 S is north of N and east of P
 V is south of Y and west of T
 W is south of Y: X is west of T



			E	
Z				
		T		
				N



R The Reader - **Tao te Ching by Lao Tzu**

Here's our feature from 'The Reader'. The box on the right is the poem and the box on the left are thoughts on the passage from 'The Reader'.

Reader Reflections

Hello, I'm Val from The Reader. The Reader runs reading groups with people everywhere, including prisons and approved premises. In our groups we read a bit of a story/poem and then take some time to think and discuss what we've just read, building on each other's ideas.

Our poem here is taken from the 'Tao te Ching' by Lao Tzu. Remember to take your time. Try reading the poem out loud a few times, if you can. We are just checking in with what we're thinking, and as we read the poem we may find more thoughts come along.

I find this poem really intriguing, it seems filled with opposites '... softness is harder than hardness/and weakness is stronger than strength' This seems difficult to grasp until it is described by the image of 'soft weak water' wearing away 'hard strong rocks' and then it makes sense!

In what ways can we say softness and weakness can be stronger than strength? Can you think of any examples from your own life?

Sometimes it takes a lot of courage to show emotion or to express feelings if you're in an environment that perceives this as weakness.

continued

Tao te Ching (78) by Lao Tzu

(translated by Timothy Freke)

Nothing wears away hard strong rocks,
as well as soft weak water.

From this anyone can see

that softness is harder than hardness
and weakness is stronger than strength.

But no one lives accordingly.

That is why the Ancients said:

'Embrace being a nobody,

and you are fit to be somebody.'

Embrace the problems of ordinary life

and you will master the whole cosmos.

The Truth is paradoxical.

'The Reader' - Tao te Ching by Lao Tzu

*What do you make of the lines
'Embrace being a nobody,/and you
are fit to be somebody'?*

*Is this about knowing yourself,
knowing who you are, knowing your
own strengths and limitations?*

*Perhaps it's about self-knowledge and
self-acceptance.*

*'Embrace the problems of ordinary
life/and you will master the whole
cosmos.' I find these lines tricky!*

*What could they mean? Perhaps we
need to start by learning how to live
day to day and manage and accept
our own challenges and then every-
thing else will follow!*

We've left this page blank for you to make notes, draw a picture or have a go at writing yourself.



Activity - Word Search - 'What's cooking?'



BAKE, BARBECUE, BASIN, BOIL, BRAISE, BROIL, CAN OPENER, CHEF, CODDLE, CONDIMENT, COOK, CUPS, FORK, FRIED, FRYING PAN, GRILL, HEAT, KNIFE, MARINATE, MICROWAVE, MIXER, OVEN, PEPPER, PLATE, POACH, RECIPE, RELISH, ROAST, ROLLING PIN, SALAD, SALT, SAUCE, SAUCEPAN, SIEVE, SKILLET, SPATULA, SPOON, STEAMED, STEEPED, STIR FRY, TIMER, TOASTED.

Metamorphosis

Metamorphosis is a process by which animals undergo extreme, rapid physical changes some time after birth. The result of metamorphosis may be change to the organism's entire body plan, such as a change in the animal's number of legs, its means of eating, or its means of breathing.

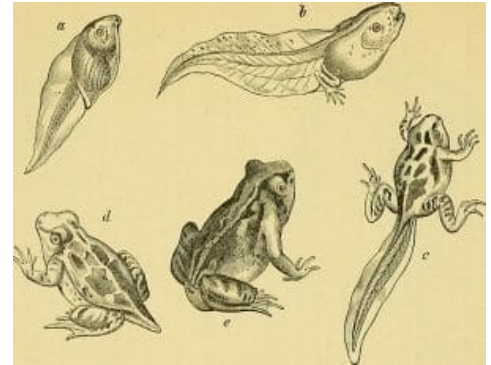
Many people are aware of the dramatic change from tadpole to frog, but did you know fish also undergo metamorphosis?

Though those changes are not so dramatic, they can result in changes in the fish's food source, its body plan, and where it's able to live. Just like the more drastic forms of evolution, this may function to prevent adults from competing with juveniles for food.

The salmon, for example, is a freshwater fish in its juvenile form. After undergoing a partial metamorphosis, it becomes a saltwater fish.

When thinking about this process it is important to keep in mind that all organisms must regulate their salt/water balance. This is why humans can't drink seawater without dying: the salt would overwhelm our cellular chemistry, and our cells would not function properly. In just the same way, freshwater fish typically cannot live in saltwater. To become saltwater fish, then, salmon must develop new organs and cellular mechanisms to cope with the salt water.

That's why salmon must perform their annual migration upstream; adult salmon live in the ocean, but their eggs must hatch in fresh water in order for the juveniles to survive. That means that adult salmon must leave their homes in the ocean for freshwater rivers, and swim as far upstream as possible before laying their eggs.



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.

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

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

Activity - Sudoku Fill in the 9×9 grid with numbers so that each row, column and 3×3 section contains all of the digits between 1 and 9. If you're still not sure have a very quick peek at the answers!

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

EASY



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

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

MEDIUM



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

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

HARD



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

Activity - Sudoku Fill in the 9×9 grid with numbers so that each row, column and 3×3 section contains all of the digits between 1 and 9. If you're still not sure have a very quick peek at the answers!

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

EASY



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

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

MEDIUM



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

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

HARD



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

Quiz 1 - Demonyms

1. Aberdonian
2. Belfast, Belfastian
3. Brummie
4. Bristolian
5. Cardiffer,, Cardiffian
6. Cantabrian, Cantab
7. Cornish
8. Devonian
9. Dundonian
10. Edinbourgeois
11. Glaswegian
12. Man of Kent
13. Lancastrian
14. Loiner
15. Liverpoolian/Scouser
16. Londoner
17. Mancunian
18. Novocastrian, Geordie
19. Newportonian
20. Nottinghamian
21. Plymouthian
22. Paludian
23. Maccam
24. Swansea
25. Wrexhamite

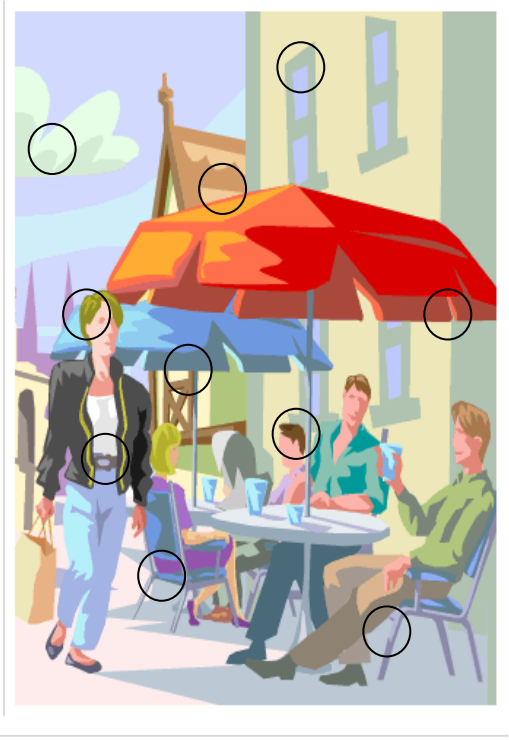
Quiz 2 - Famous Duos

- | | | |
|--------------|------------------|---------------|
| 1. Costello | 8. Jerry | 15. Ginger |
| 2. McCartney | 9. Robin | 16. Kermit |
| 3. Louise | 10. Hardy | 17. Gromit |
| 4. Mindy | 11. Sundance Kid | 18. Cher |
| 5. Garfunkel | 12. Hutch | 19. The Beast |
| 6. Tramp | 13. Olive | 20. Cleopatra |
| 7. Clyde | 14. Juliet | |

Quiz 3 - General Knowledge

- | | |
|---------------------|---|
| 1. Monte/Monty | 11. Possible answers: Shropshire, Somerset, South Humberside, South Yorkshire, Staffordshire, Suffolk, Surrey, Sussex |
| 2. 1994 | 12. Ferrari |
| 3. Pharaoh Hound | 13. Star |
| 4. -3 hours | 14. Is a friend indeed |
| 5. Black | 15. Brendan O'Carroll |
| 6. 4th position | 16. King |
| 7. Roar | 17. E.L. James |
| 8. Stratus | 18. The blue whale |
| 9. 20, 1, 18, 4, 13 | 19. 3240 |
| 10. Twelve | 20. Letter E - it's represented by one single dot |

ANSWERS - Spot the Difference



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

Activity - Anagrams

1. Thomas Edison (inventor of phonograph, practical light bulb and much more)
2. Madam Curie (discovered radium and created a theory of radioactivity)
3. Charles Goodyear (discoverer of modern process to vulcanize rubber)
4. Clarence Birdseye (founder of the modern frozen food industry)
5. Elias Howe (inventor of a functional sewing machine)
6. Adolf Hitler (former totalitarian leader of Germany)
7. Margaret Thatcher (former British Prime Minister)
8. Indira Gandhi (former Prime Minister of India)
9. Fidel Castro (former Prime Minister and President of Cuba)
10. Disraeli (former British Prime Minister)

ANSWERS

Activity - Alpha Griddle

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

Activity - Codeword

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

ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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

ANSWERS - Sudoku

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

EASY



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

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

MEDIUM



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

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

HARD



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