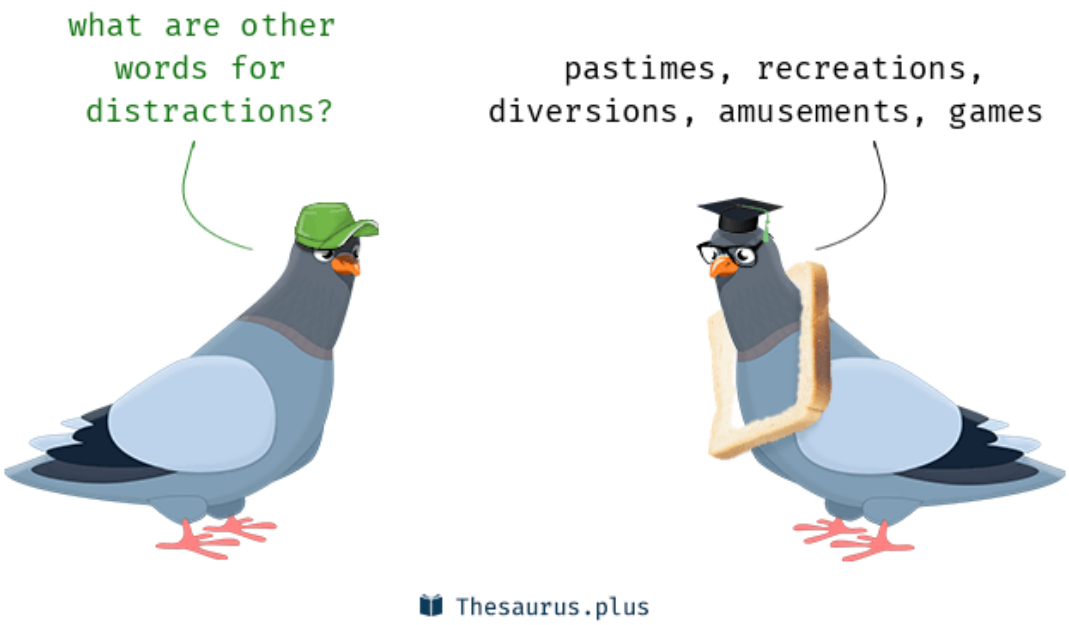


‘food for thought’ Distraction Pack September 2022

Photos sourced from Pixabay.com



EXA

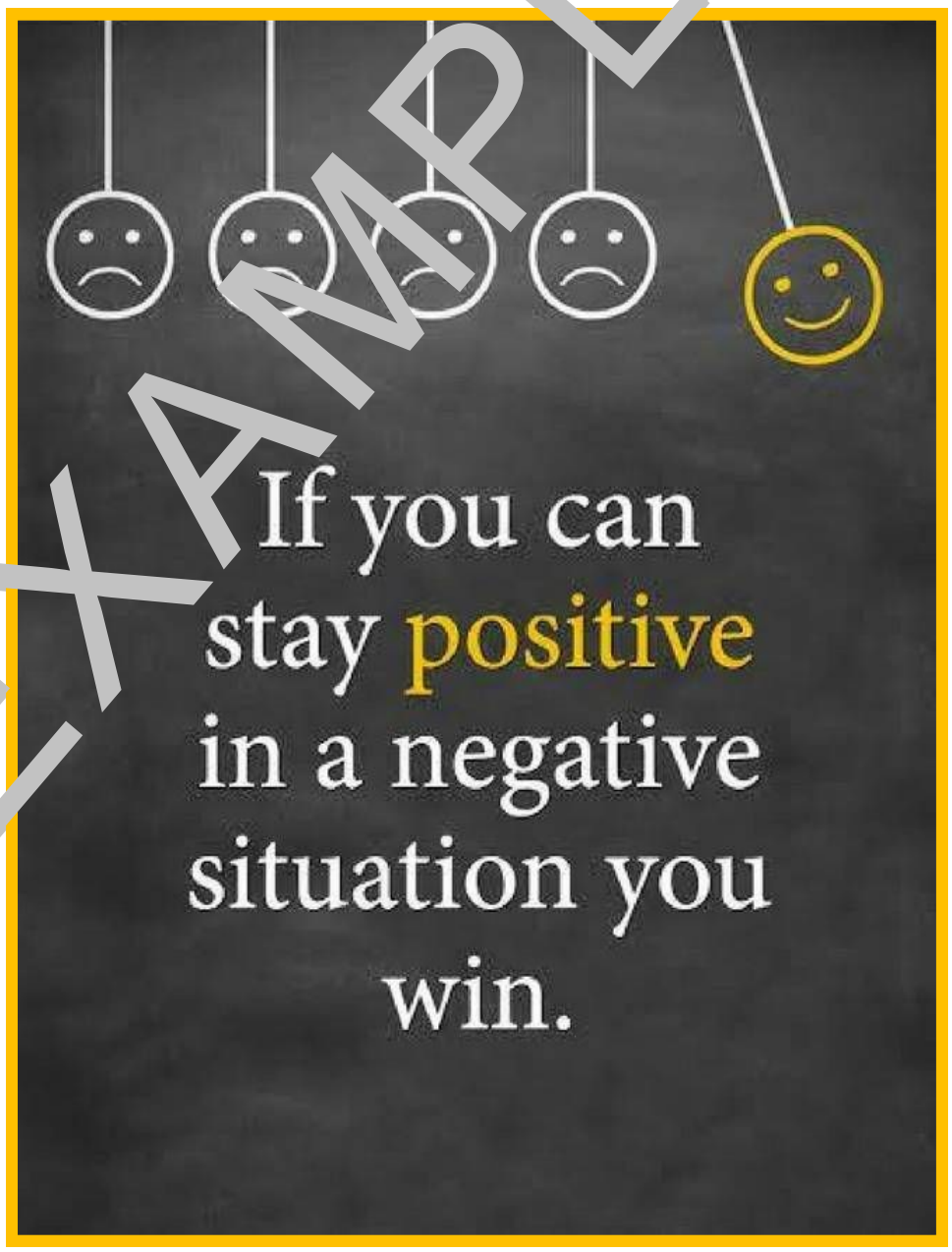
Welcome to the new look September issue of ‘food for thought’.

Recoop has been working with older individuals with convictions (in prisons and the community) since 2010 and we recognise the importance of keeping active, both physically and mentally. We have been producing these packs for over six years now with recipients finding them a fun, informative and educational distraction. Please share with your educational department to help support any debates, reminiscing sessions and activities.

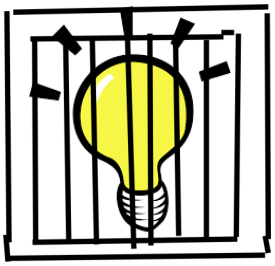
We hope you enjoy the puzzles, activities, reading matter and that you find “Health Matters” interesting and useful.

The answers are given at the back, so if you don’t want to know what they are, don’t look beyond page 25!

Thought for the day



EXAMPLE



Activity - Number Search

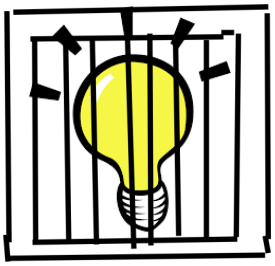
Just like a Word Search, can you find the groups of numbers listed below?

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

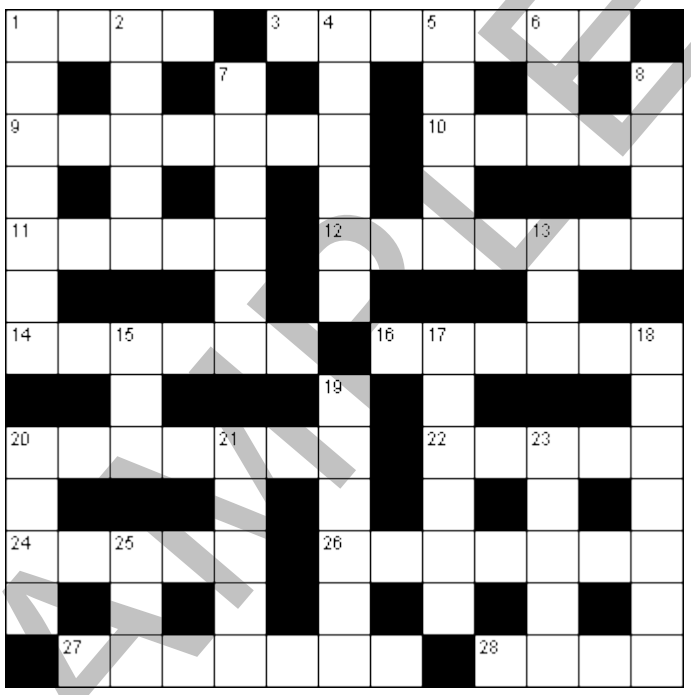
EXAMPLE

04687, 05847, 07438, 09876, 10078, 27648, 28542, 33882, 43294, 43353, 50787, 65345, 78392, 87894, 93857, 98793.

Source: puzzlechoice.com



Activity - Crossword



ACROSS

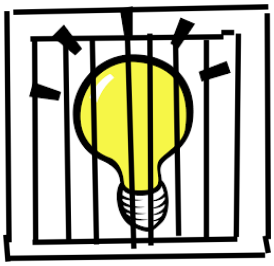
1. A … in sheep's clothing (4)
3. Snakes and …. (7)
9. One good turn deserves … (7)
10. Day and … (5)
11. Less … more speed (5)
12. Aided and … (7)
14. From rags to … (6)
16. No man is an … (6)
20. A …. audience (7)
22. …. and uncles (5)
24. … influence (5)
26. … and lightning (7)
27. Act in haste, repent at … (7)
28 .A … end job (4)

DOWN

1. Under the …. (7)
2. If … could kill (5)
4. At home and …. (6)
5. Song and … man (5)
6. Like a red … to a bull (3)
7. Say …! (6)
8. …. poker (4)
13. … and sympathy (3)
15. … and saucer (3)
17. The … quo (6)
18. To achieve the …. effect (7)
19. A red … day (6)
20. Join the … (40
21. Any more bright … ? (5)
23. A … and a wink (5)
25. Do or … (3)

Source: www.puzzlechoice.com

EXAMPLE



The Reader

This month's poem is **Moving Forward** by Rainer Maria Rike.

The box on the right is the poem and the box on the left are thoughts on the poem from 'The Reader'.

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.

The title, **Moving Forward,** *feels somehow comforting. What do you think about the notion of moving forward? It feels largely positive even if it is not always an easy or straight forward process.*

"The deep parts of my life pour onward" *I feel as if this person is connecting with deeply rooted parts of him/herself and making progress/ moving forward… The use of the word* **"pour"** *feels active and flowing.*

"as if the river shores were opening out."

To "**pour onward as if river shores were opening out"** *feels expansive to me … I'm thinking of moving water and how effortlessly it flows and how hard it is to fight against its force. It keeps going and going – working its way through and around obstacles in its path. I think this is a beautiful way of describing self-reflection as a flowing process that we can trust even when the journey gets difficult.*

Moving Forward

The deep parts of my life pour onward,

as if the river shores were opening out.

It seems that things are more like me now,

that I can see farther into paintings.

I feel closer to what language can't reach.

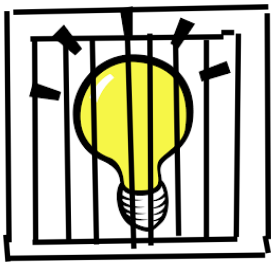
With my sense, as with birds, I climb

into the windy heaven, out of the oak,

and in the ponds broken off from the sky

my feeling sinks as if standing on fishes.

EXAMPLE



The Reader Moving Forward continued

“It seems that things are more like me now, that I can see farther into paintings.”

*There’s a lovely sentiment here that I really like, of feeling settled when the world around us appears to be an uncertain place. I like the idea of being able to see “**farther into paintings”**, to appreciate the precious details and beauty around us, perhaps even in the simple things of life that we can so easily take for granted.*

“I feel closer to what language can’t reach. With my sense, as with birds, I climb”

I’m feeling a real sense of taking off here, as if the human soul is like a bird. It seems to me that climbing is more active and difficult than flying, perhaps self-reflection isn’t always easy but worth it when you reach new heights?

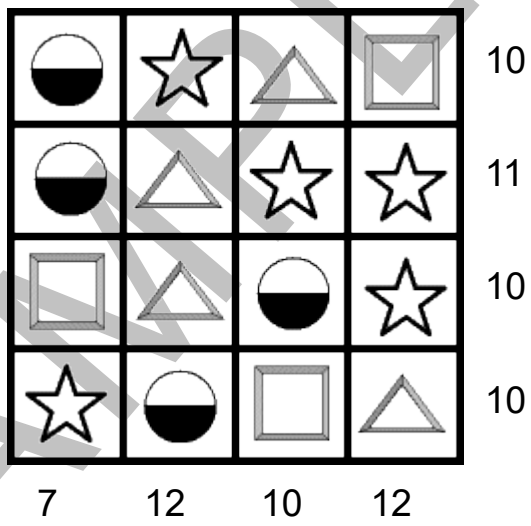
“my feeling sinks as if standing on fishes.”

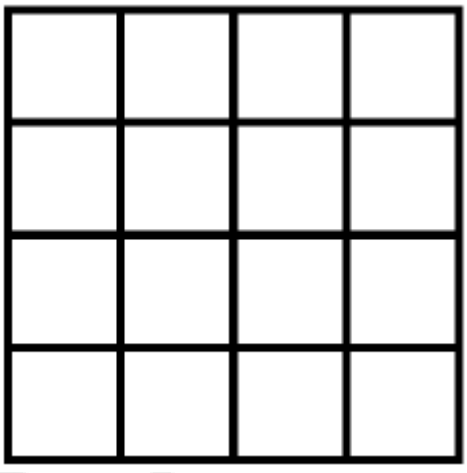
I’m not sure what this line means – what do you think? Standing on fishes sounds prickly and uncomfortable to me - perhaps a final reminder that it can take time to work through difficulties and we have to trust the process in order to move forward?

EXAMPLE

Activity - Shape Up

Each of the different shapes below has a numerical value. The numbers to the right of the grid are the sum of each row and the numbers at the bottom are the sum of each column. Can you work out the value of each shape? No shape has a value less than 1. Enter the solution into the empty grid.





EXAMPLE

Source: puzzlechoice.com

Activity - Colouring

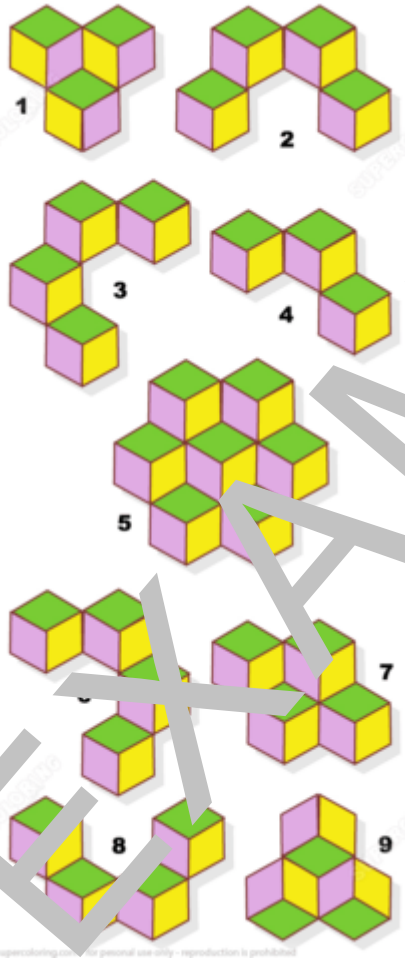
If you don't have coloured pencils, try using



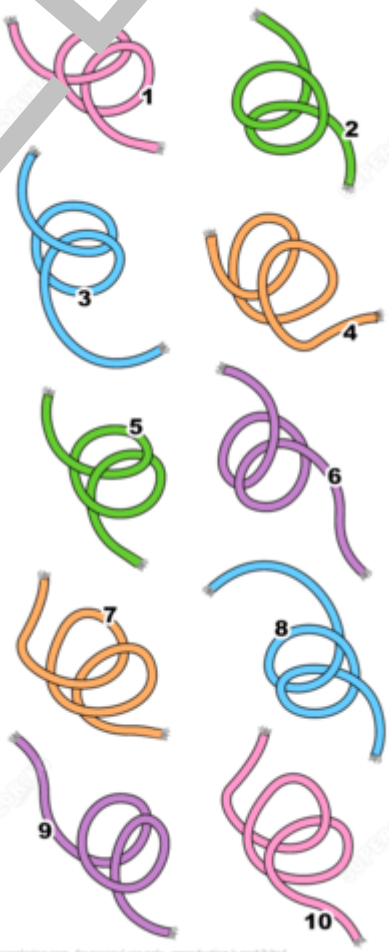
EXAMPLE

Activity - Shapes

1. Which two pieces were used to create the No.5 pattern?



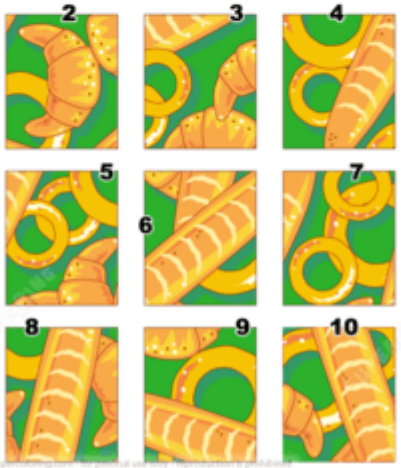
2.



EXAMPLE

3. Which fragments (2 - 10) can be found in picture 1?





Source: supercoloring.com

World Alzheimer's Month - September



Every year World Alzheimer's Day takes place on the 21st September, and is the focus of World Alzheimer's Month in September.

It's an opportunity for organisations and individuals around the world to raise awareness, highlight issues faced by people affected by dementia and demonstrate how we can overcome them to help people live well with dementia.

Globally, dementia is one of the biggest challenges we face, with nearly 50 million people living with dementia worldwide. To tackle this global dementia challenge we need to work together, and to collaborate and share best practice with one another.

Five things to know about dementia

1. Dementia is not a natural part of ageing

We all forget a name or a face sometimes. Especially as we get older. But dementia is something different.

Memory problems are one of a number of symptoms that people with dementia may experience. Others include difficulties with planning, thinking things through, struggling to keep up with a conversation, and sometimes changes in mood or behaviour.

Dementia is not a natural part of ageing and it doesn't just affect older people. Over 40,000 people under 65 in the UK have dementia. This is called early-onset or young-onset dementia.

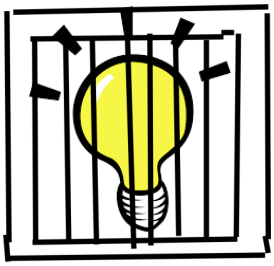
Help and support

If you're worried about your memory, or about someone else, the first thing to do is make an appointment with Healthcare.

There are lots of reasons someone may show symptoms similar to dementia. These include depression, chest and urinary tract infections, vitamin and thyroid deficiencies and brain tumours.

Healthcare can check for most of these and take the next steps to find out what's causing your memory problems.

Continued …..



World Alzheimer's Month - September continued

We know it can feel daunting, but the quicker you talk to someone, the sooner you can get the information, advice and support you need.

2. Dementia is caused by diseases of the brain

Diseases such as Alzheimer's disease cause nerve cells to die, damaging the structure and chemistry of the brain.

There are lots of other causes and no two types of dementia are the same. In different types of dementia there is damage to different parts of the brain.

Other types of dementia include:

- vascular dementia (caused by problems with blood supply to the brain)
- mixed dementia (usually Alzheimer's disease and vascular dementia)
- dementia with Lewy bodies
- frontotemporal dementia (including Pick's disease)

Alzheimer's disease tends to start slowly and progress gradually. Vascular dementia after a stroke often progresses in a 'stepped' way. This means that symptoms are stable for a while and then suddenly get worse.

Everyone experiences dementia in their own way. Lots of things can affect this, including the person's attitude to their diagnosis and their physical health. Other factors include the relationships they have with friends and family, the treatment and support they get, and their surroundings.

3. It's not just about losing your memory

When most people hear the word dementia, they think of memory loss.

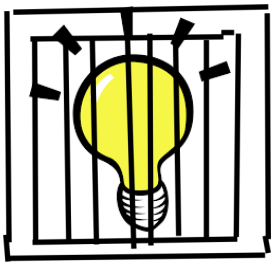
And it does often start by affecting the short-term memory. Someone with dementia might repeat themselves and have problems recalling things that happened recently. But dementia can also affect the way people think, speak, perceive things, feel and behave.

Other common symptoms include:

- difficulties concentrating
- problems planning and thinking things through
- struggling with familiar daily tasks

Continued …..

EXAMPLE



World Alzheimer's Month - September continued

- issues with language and communication, for example trouble remembering the right word or keeping up with a conversation
- problems judging distances (even though eyesight is fine)
- mood changes and difficulties controlling emotions. For example, someone might get unusually sad, frightened, angry, easily upset, or lose their self-confidence and become withdrawn.

Symptoms of dementia gradually get worse over time. How quickly this happens varies from person to person – and some people stay independent for years.

4. People can still live well with dementia

Although there is no cure for dementia, scientists and researchers are working hard to find one.

Until that day comes, support and treatments are available that can help with symptoms and managing daily life. These can allow people with dementia to lead active, purposeful lives and carry on doing the things that matter to them most.

Treatments

There are drugs available that may help with some types of dementia and stop symptoms progressing for a while. This is one reason why it's important to go to Healthcare as soon as you suspect there's a problem.

Other things that can help with symptoms of dementia include:

- cognitive stimulation, which might involve doing word puzzles or discussing current affairs
- life story work, sharing memories and experiences to create a 'life story book'
- keeping as active as possible – physically, mentally and socially – which can boost memory and self esteem, and help avoid depression.

5. Alzheimer's Society is there for anyone affected by dementia

It provides expert information and support to anyone affected by dementia.

Call the National Dementia Helpline on 0300 222 11 22 if you'd like to talk to someone for information, support or advice.

EXAMPLE

Continued …..

World Alzheimer's Month - September continued

Dementia Friends is an Alzheimer's Society initiative.

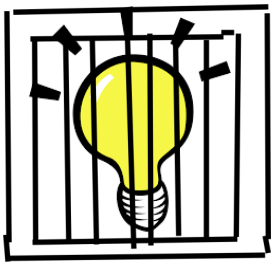
Becoming a Dementia Friend simply means finding out more about how dementia affects a person – and then, armed with this understanding, doing small everyday things that help. For example, being patient in a canteen queue, or spending time with someone you know who's living with dementia.

What you can do

Ask about Dementia Friends sessions being held in your prison – and request them if there are none planned.

Source: www.alzheimers.org.uk

EXAMPLE



Quiz 1 - Anagrams



Unscramble the letters below to reveal food dishes. It sometimes helps to re-arrange the letters in a circle to reveal other words.

1. to ritual ale
2. drab glacier
3. hot toe inhaled
4. abstracting hop area
5. ape snack
6. toot her chaplains
7. needlessly each wee
8. ma soak us
9. a tint treat
10. see ace heck
11. a mack dearie
12. open at ten
13. he tackle cocoa
14. is it a rum

EXAMPLE

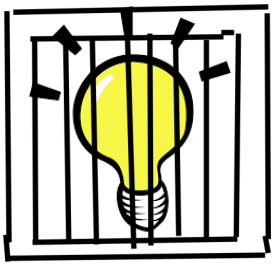
Source: pubquizquestionshq.com

Activity - **Can you help Pete find his training equipment (and his gold winners' cup)?**



EXAMPLE

Source: supercoloring.com



Activity - Words in Words

Read the clue and then find the answer within the word provided.

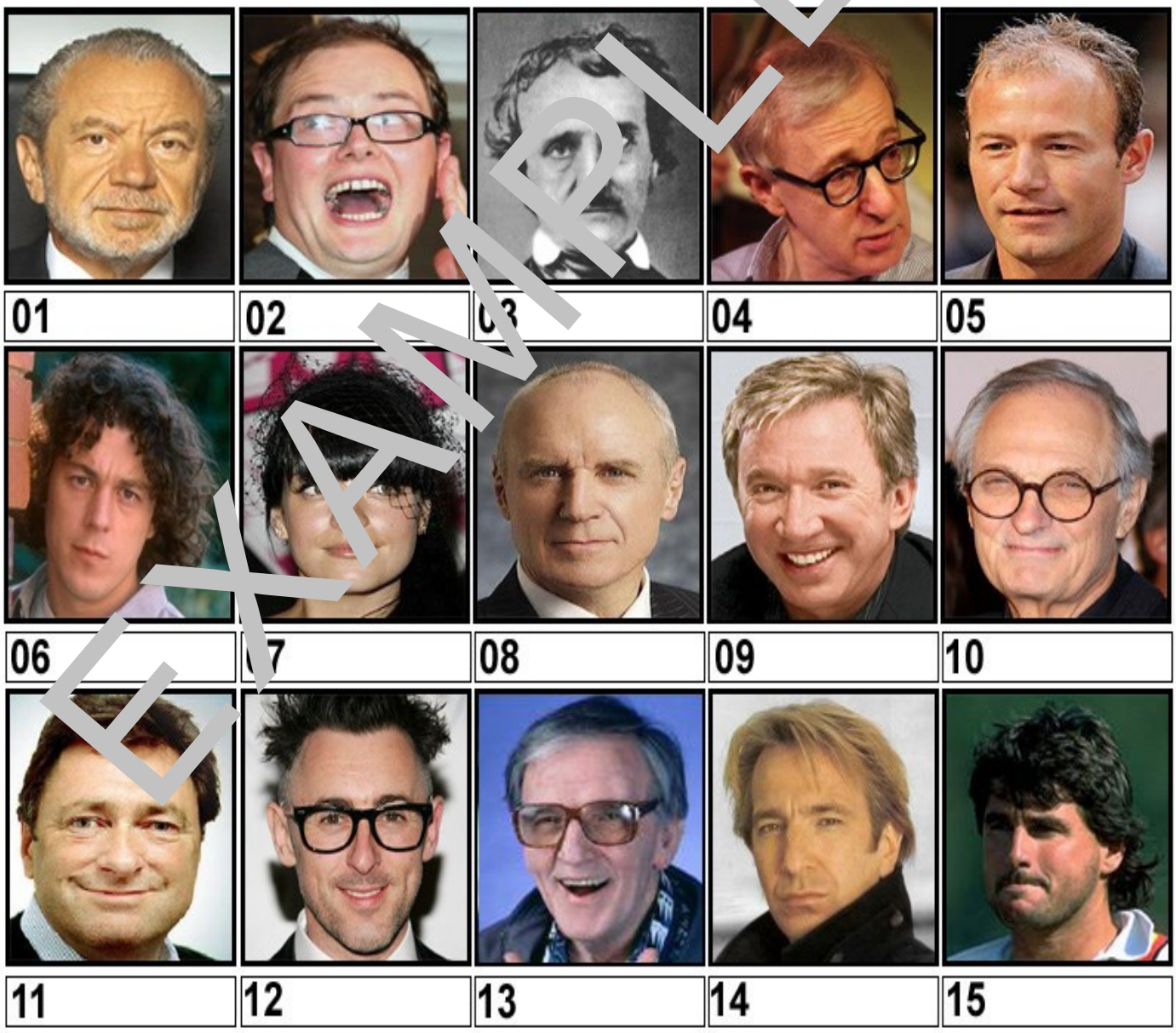
1.	Interesting	Lie down and relax _____
2.	Sublime	Green citrus fruit _____
3.	Fortunate	A type of fish _____
4.	Credit	A Primary colour _____
5.	Betrayal	A shallow container to carry food _____
6.	Kilogram	A metric unit of mass _____
7.	Shampoo	Smoked pork meat _____
8.	Engineer	Alcoholic spirit distilled from grain _____
9.	Protestant	Another word for examination _____
10.	Frame	Uncastrated male sheep _____
11.	Scribble	A child's bed with latticed sides _____
12.	Instead	A drink made by infusing leaves in hot water _____
13.	Sewage	A regular payment for services rendered _____
14.	Homeowner	The sound of a cat _____
15.	Management	A precious or semi precious stone _____
16.	Dromedary	The capital of a European country _____
17.	Morose	A type of flower _____
18.	Chancellor	An orchestral instrument _____
19.	Dandelion	An African animal _____
20.	Dialogue	Part of a tree trunk that has fallen _____

Source: GoldenCarers.com

EXAMPLE

Quiz 2 - Famous Alans

Who are they?



EXAMPLE

Source: quizmasters.biz

Where shall we go today? - Let's visit Blackpool

Since the 1800s, Blackpool has been Britain's most popular resort. With entertainment at the heart of Blackpool, the seaside town has been synonymous with fun-filled and action-packed adventures.

Scratch beneath the surface and you'll find the seaside town has its very own sub-culture that's waiting to inspire you, with the world famous spectacular Blackpool Illuminations light show, of star-studded performances at the Grand Theatre and the Winter Gardens, events, festivals and galleries like the Grundy, awash with contemporary visual art exhibitions that will appeal to art lovers and curious first-timers alike.

Let's start at the Winter Gardens.

Located in the town centre, about 250m from the sea front, Blackpool's Winter Gardens first opened to the public on 11 July 1878, with a lavish ceremony attended by the Lord Mayor of London and Mayors and Mayoresses from 68 towns throughout the country.



Spanning 4.9 acres, the historic venue welcomes in excess of 1.3 million visitors each year to its collection of theatres, ballrooms, exhibition halls and public spaces which host a diverse range of events.

Developed between 1878 – 1939 the venue boasts 11 unique spaces showcasing the finest in Victorian architecture through to contemporary art deco design and spaces which boast extravagance beyond imagination.

Amongst its many venues is one of the UK's largest theatres. The Opera House, built in 1939 has a capacity near 3,000 and is one of the world's biggest stages. The Opera House continues to attract the biggest touring shows and events from across the globe. The venue is also home to a famous mighty Wurlitzer which rises from the stage.

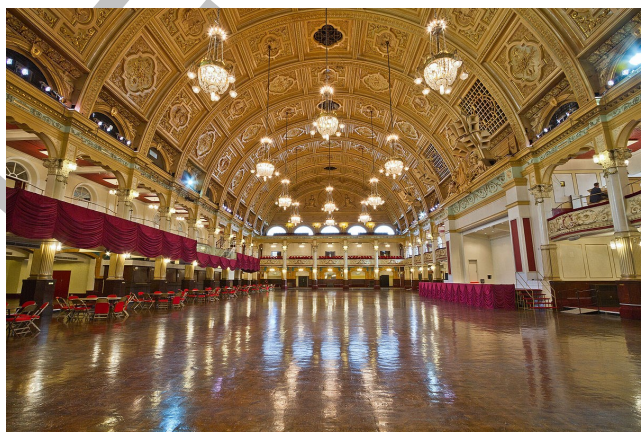


Adjoining the Opera House is the internationally revered Empress Ballroom opened in 1894 and designed by Magnall and Littlewood. The Empress Ballroom is home to the world's most prestigious festival of dancing, first taking place in 1920, the Blackpool Dance Festival continues to attract a

…/

EXAMPLE

Let's visit Blackpool continued



global audience vying to compete and win at the home of ballroom dancing.

This is accompanied by a diverse range of events including the PDC World Matchplay darts, an array of iconic gigs and many more illustrious events which take place in the ballroom.

These are accompanied by the stunning Spanish Suites, Arena and Olympia Exhibition hall, all connected via a central walk way which retains its Victorian grandeur, The Floral Hall.

The venue boasts a long and illustrious history which has included speeches by every prime minster since Sir Winston Churchill, two Royal Variety Performances attended by HRH Queen Elizabeth most recently in 2009 and a huge array of stars from stage and screen such as Frank Sinatra, Judy Garland and Bob Hope who have all graced the Opera House stage, and the likes of Little Mix, Bob Dylan, Peter Kay and One Direction have also performed to sell-out audiences.

Blackpool's Illuminations



The world-famous Illuminations need little introduction. There are six miles of traditional festoons and tableaux along the Promenade - no wonder it's commonly known as the great-est free light show on Earth! Here are a few facts:

Blackpool was the first town to have electric street lighting and visitors first came to marvel at Blackpool's Lights in 1879 when just eight arc lamps bathed the Promenade. This sparked Blackpool's long association with light and electricity.

The closest thing to modern-day displays were first staged in May 1912 to mark the first royal visit to Blackpool made by Princess Louise. The results were so impressive the Council bowed to pressure to stage the Lights again in September of the same year, and the rest, as they say, is history!

…/

EXAMPLE

Let's visit Blackpool continued



The length of Blackpool Illuminations was eventually extended to its present length - just under six miles - starting at Squires Gate and finishing at Red Bank Road.

The Lights were ready to be switched on in 1939 but were prevented by the outbreak of the Second World War. The austere post-war climate meant the Blackpool Illuminations did not shine from 1939 until 1949.

The Illuminations equipment weighs more than 711,000 kilograms – that's the equivalent to 350 Blackpool trams!

There are an amazing one million lamps of various types and styles, and more than 100 miles of festoon strung between the promenade poles and across the carriageway. Over one million LED lamps are used across the display. In fact, the electricity that is now used has been slashed by two thirds in ten years thanks to the use of LED technology.

In total, Blackpool Illuminations cost over £2 million a year to stage and attract in excess of 3.5 million visitors a year.

Blackpool Illuminations is a free show. However, donation boxes are placed at the southern and northern gateways to the Illuminations and donations are used to create new features and help with the maintenance of the Lights throughout the year.

Blackpool Tower



The Blackpool Tower is one of Britain's best-loved landmarks and one of Blackpool's most popular attractions.

The iconic venue opened in 1894, where the first visitors stood in awe of the remarkable design, immense scale and ornate decorations. Even today, as attractions have evolved and developed within the Blackpool Tower, visitors are astounded by the remarkable World Famous Attraction's unarguable wow factor.

When it opened, it was the tallest man-made structure in the British Empire and 3,000 customers took the first rides to the top, paying 6d for admission and 6d for a ride.

Source: visitblackpool.com/Wikipedia.com

EXAMPLE

Quiz 3 - The Price is Right



We list below the cost of a number of items in 2022 and ask you to guess (or maybe you remember) how much they cost in 1970.

1970 was the last year of Pounds, Shillings and Pence.

There were 12 pence in a shilling and 20 shillings in a pound. It was written Pounds, Shillings and Pence (£SD) or LSD which in Latin, stood for Libra, Solidus and Denarius.

(All very complicated!)

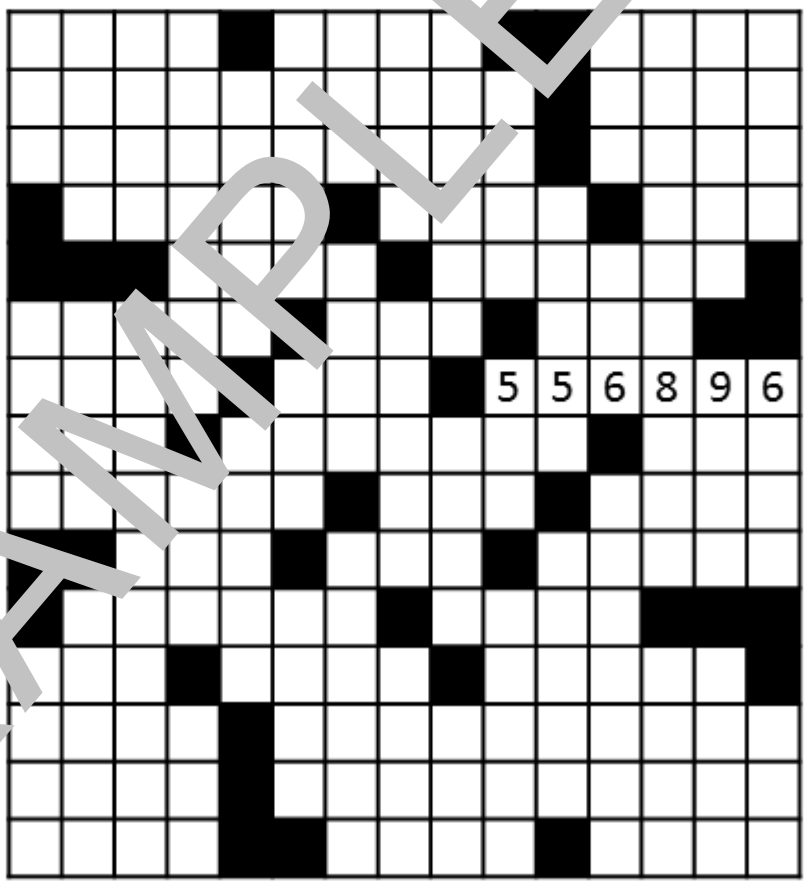
	1970	2022
Large loaf of bread		£1.15
6 eggs		£1.20
Pint of milk		£1.40
Portion of fish and chips		£5
A mini car		£17,000
Average price of a 3-bedroomed house		£176,755
Cinema ticket		£9
Litre of petrol		£1.90
Washing machine		£300
Daily Mirror		75p
Can of coke		55p
Packet of Walker crisps		65p
Packet of 20 cigarettes		£10.40

Source: goldencarers.com/retrowow.co.uk

EXAMPLE

Activity - Number Fill Puzzle

Can you fill in the grid with all the numbers listed? One 6-digit number has already



3 DIGITS
078
105
133
158
178
186
299
367
370
377
446
516
544
558
588
616
629
64
656
784

4 DIGITS
0231
0254
12
1346
1440
1532
2163
2375
3152
3432
3435
3568
4617
4876
5089
5195
6134
6351
6562
6592
6655
6762
6925
7075
7151
7169
7346
7561
7690
8297
8383
9294

5 DIGITS
05652
07314
15616
34206
39863
43341
49404
52765
54323
57345
57929
59055
67456

6 DIGITS
155581
518390
~~556896~~
557675
656061
948615

7 DIGITS
2327354
3733182
6754147

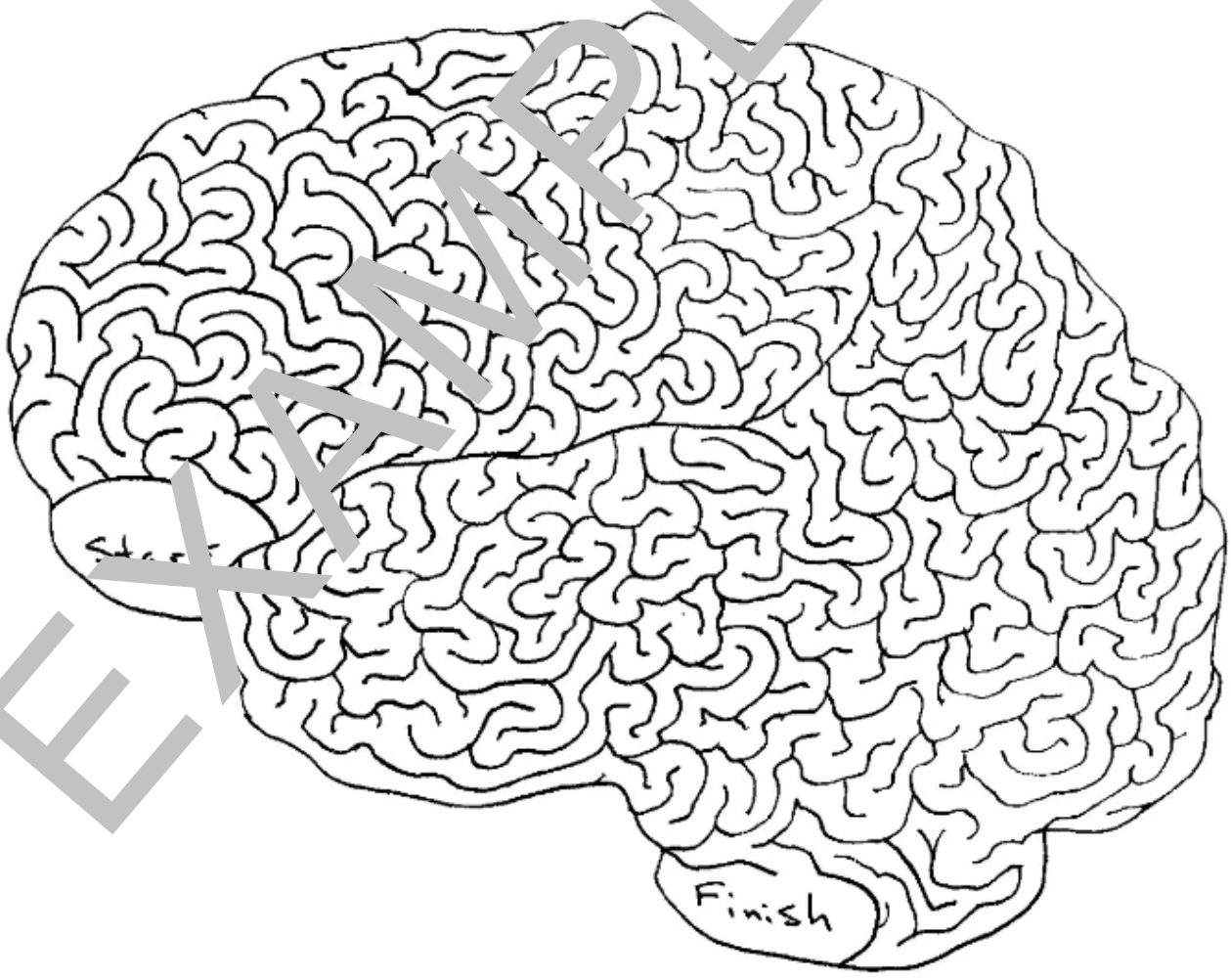
10 DIGITS
1688094379
4388156554
4445868653
5053197245
6037221282
6762508981

EXAMPLE

Source: puzzles-to-print.com

Activity - Maze

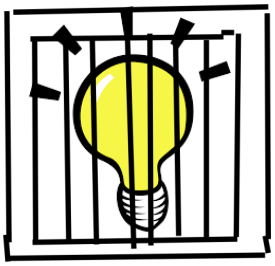
Can you find your way from Start to Finish?



EXAMPLE

Source: kidslearningactivity.com

recoop



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!

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

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

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

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

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

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

EXAMPLE

Source: puzzles.ca