

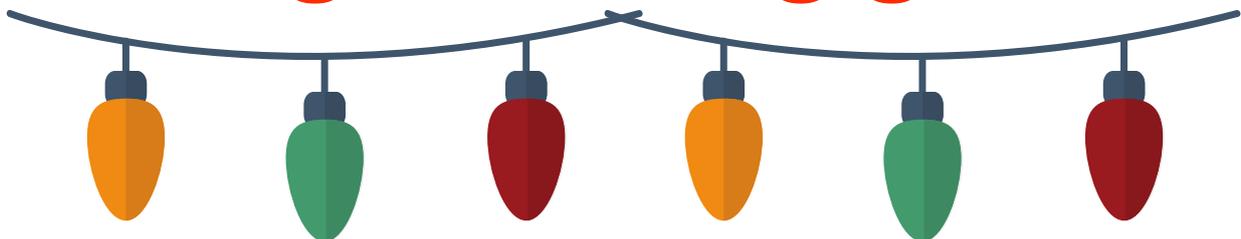


*Merry Christmas from*



*Retford & Gainsborough*  
*To us, it's personal<sup>SM</sup>*

**CHRISTMAS  
PUZZLE BOOK**





# This Puzzle Book



This Puzzle book has been created by Home Instead Senior Care Retford and Gainsborough for the local community to enjoy. Merry Christmas from us to you!

*At Home Instead we provide personalised home care for older people that is dignified, reliable and relationship-led. Our CAREGivers are carefully selected to match the personality of the person they will be visiting. It is usual for our visits to last at least one hour to ensure our CAREGivers are not rushing and can take the time to look after the person they visit. From companionship, to dementia care and home help, our wide range of homecare services can help our clients to keep living happily at home.*

*If you would like more information please use the contact details provided on the back of this book.*

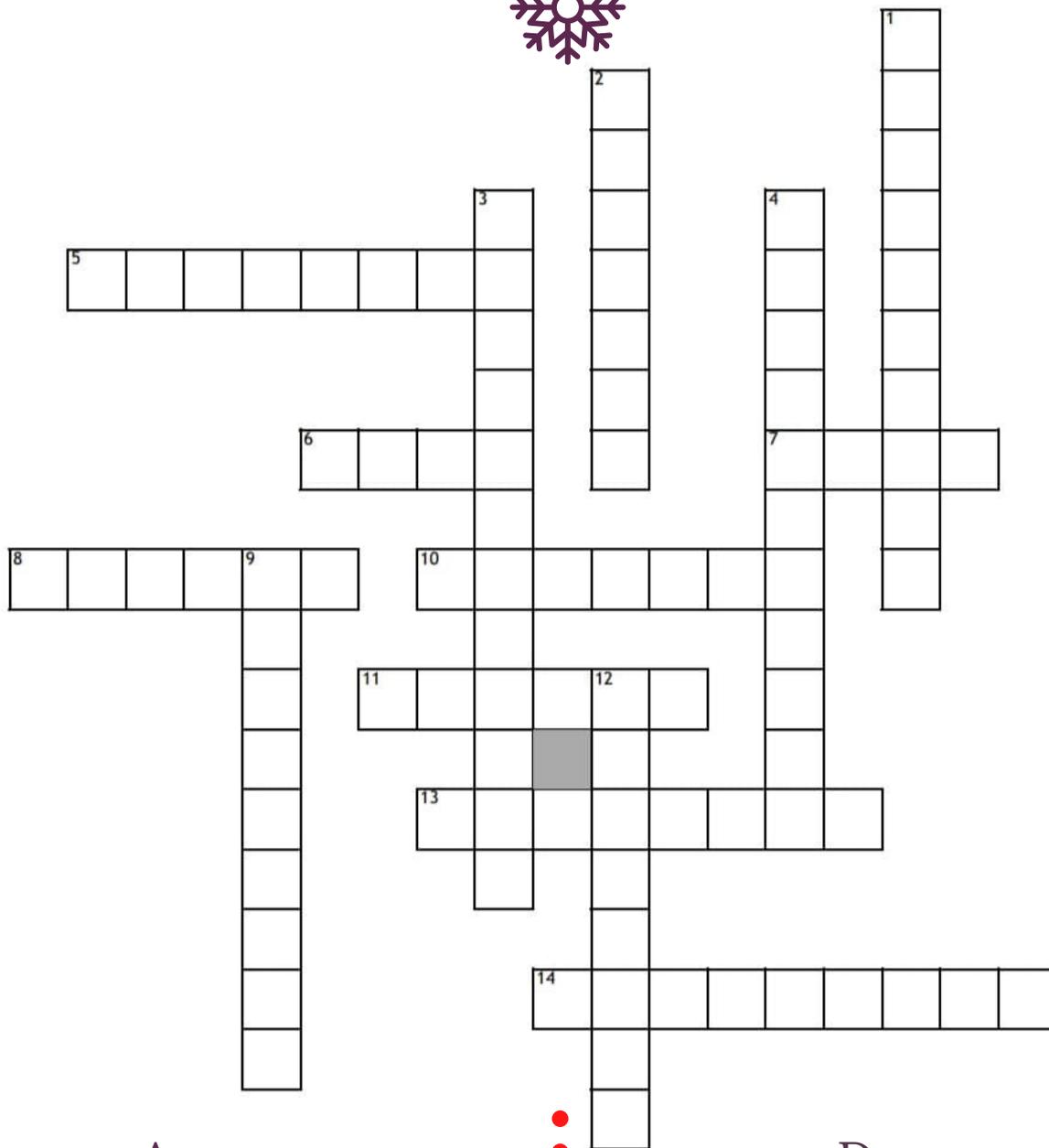
## Colours Word Scramble



1. DEERERNI \_\_\_\_\_
2. GILENJ \_\_\_\_\_
3. ASTAN \_\_\_\_\_
4. ONGIWSN \_\_\_\_\_
5. ETUYRK \_\_\_\_\_
6. OCNTKSIG \_\_\_\_\_
7. IGTFS \_\_\_\_\_
8. RALSOC \_\_\_\_\_
9. ISJNLOIATBU \_\_\_\_\_
10. SEHLIG \_\_\_\_\_



# Christmas Crossword



## Across

- 5. Saint - - - - - (8)
- 6. This old fashioned time of year (4)
- 7. The First ---- (4)
- 8. Pre Christmas season (6)
- 10. Go get him a scarf and hat (7)
- 11. One of Santa's reindeer
- 13. Birth of Crist (8)
- 14. Christian feast day (9)

## Down

- 1. What did my true love send to me (6,4)
- 2. Cratchit's Employer (7)
- 3. First day of lent (3,9)
- 4. Christmas Carol (6,5)
- 9. Once Santa has delivered all his presents what guides him back home (5,4)
- 12. Church festival (8)





# Christmas names word search

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

Matthew  
King David  
Jesus  
Joseph  
Mary

Santa Claus  
Rudolph  
Blitzen  
Donner  
Cupid

Comet  
Vixen  
Prancer  
Dancer  
Dasher





# Guess the punch Line

---



1. Chilly Christmas. Why is it cold on Christmas?

\_\_\_\_\_

2. If a lion had a Christmas music album, what would it be called? \_\_\_\_\_

3. Santa was having problems with his legs and was unable to walk so he went to the hospital to ask the doctor if he could recommend something for him.

What did the doctor give to Santa to help him to walk?

\_\_\_\_\_

4. Why didn't the turkey want to eat on Christmas??

\_\_\_\_\_

5. What would an apple and a Christmas tree get if they had a baby?

\_\_\_\_\_

6. When you go out in a blizzard and you see a vampire, what do you get?

\_\_\_\_\_

7. What did the doctor tell the Christmas bell?

\_\_\_\_\_

8. Why did the little drummer boy allow the chicken to join him in his band?

\_\_\_\_\_





# Staying Warm and Well

*It's important to stay warm and well this winter. Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.*

## It's important to get advice if you feel unwell

If you are 65 or over, or in one of other at-risk groups, it's important to get medical help as soon as you feel unwell. You'll find more information on the NHS website or from your GP : [nhs.uk/live-well/healthy-body/keep-warm-keep-well/](https://nhs.uk/live-well/healthy-body/keep-warm-keep-well/)

## You can get help and advice from:

- A pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor your GP.
- You may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to.
- NHS 111 – go to [111.nhs.uk](https://111.nhs.uk) or call 111 if you have an urgent medical problem and you're not sure what to do

The sooner you get advice, the sooner you are likely to get better.

Try to call your pharmacy or contact them online before going in person.

You can get medicines delivered or ask someone to collect them.

## **Could it be COVID-19? If you have the symptoms below it could be COVID**

### **COVID SYMPTOMS**

**A HIGH TEMPERATURE**

**A NEW CONTINUOUS COUGH**

**A LOSS OR CHANGE TO YOUR TASTE AND SMELL**

If you have any of the main symptoms of coronavirus:

Get a test to check if you have coronavirus as soon as possible.

**You and anyone you live with should stay at home and not have visitors until you get your test result – only leave your home to have a test.**

**Anyone in your support bubble should stay at home if you have been in close contact with them since your symptoms started or during the 48 hours beforehand.**

## **Keep your home warm**

*Follow these tips to keep you and your family warm and well at home:*

- If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C
  - Keep your bedroom at 18C all night if you can – and keep bedroom windows closed
  - If you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
  - Use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
  - Have at least 1 hot meal a day – eating regularly helps keep you warm
  - Have hot drinks regularly
  - To reduce the risk of sudden infant death syndrome (SIDS), babies should sleep in rooms heated to between 16C and 20C
  - Draw curtains at dusk and keep doors closed to block out draughts
  - Get your heating system checked regularly by a qualified professional
- 

# Mental Health Information



## Urgent help in a crisis

If you need help during a mental health crisis or emergency please phone **999**

Whether you're concerned about yourself or a loved one, these mental health charities, organisations and support groups can offer expert advice.

## How to boost your mental health during isolation

HERE ARE 6 WAYS TO IMPROVE MENTAL HEALTH



### GET CREATIVE

Finding a creative outlet is incredibly helpful when it comes to relieving stress. Try painting, drawing, embroidery - anything you like

### STAY CONNECTED

Isolation can be lonely. Stay in contact with your friends and family through video chat and phone calls. Remember we are all in this together.



### BE ACTIVE

Staying active is great for the mind and body. Yoga, Pilates and weights are all great activities you can do inside.

### TAKE A BREAK

The constant stream of news can become very overwhelming. Try to take a break from social media and the news to reduce anxiety.



### STRUCTURE YOUR DAY

Keeping a routine and structure to your day can help you avoid slipping into unhealthy habits that can affect your mental health. Plan to achieve a few small goals a day.

### REMAIN CALM

It is okay to be stressed about this situation but it helps to remember that public health experts are working hard to contain the virus and that eventually things will get better.



[www.epicassist.org](http://www.epicassist.org)

### Silver Line

The Silver Line is a free confidential telephone helpline offering information, friendship and advice to older people

Phone: 0800 4 70 80 90

available 24 hours a day

### Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393

(Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

### Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123

(free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247

(24-hour helpline)

Website: [www.refuge.org.uk](http://www.refuge.org.uk)

### Alzheimer's Society

Provides information on dementia, including fact sheets and helplines.

Phone: 0300 222 1122

(Monday to Friday, 9am to 5pm and

10am to 4pm on

weekends)

Website: [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

# Picture Quiz



Name that Christmas treat!

1



2



3



4



5



6



7



8



9



10



11



12



# Number Puzzles

1

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

2

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

3

6	4	8	5	11	3
34		53		47	
9	2				
??					

4

At a restaurant, how could you choose one out of three desserts with equal probability with the help of a single coin?

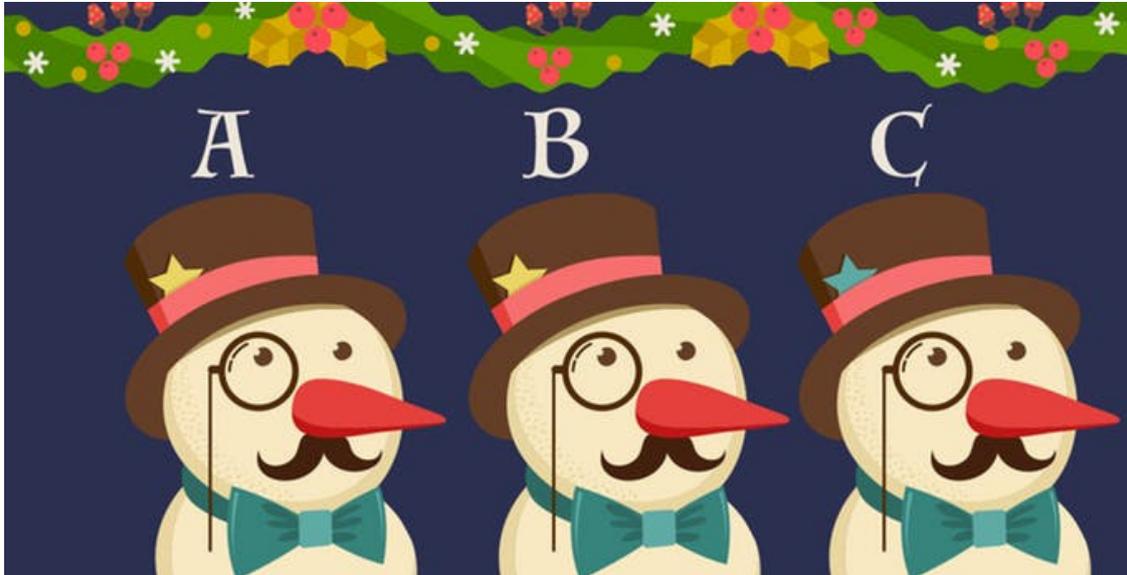
Bonus: What if the coin is biased and the bias is unknown?



# Spot the Difference



Find which one is different in these pictures  
A, B or C





# Christmas Quiz



1. What was the first company that used Santa Claus in advertising? .....

2. Which country did egnog come from?

.....

3. Which real life person is Santa Claus based on?

.....

4. What is Ralphie's little brother's name in the movie A Christmas Story?

.....

5. Which country started the tradition of putting up a Christmas tree?

.....

6. How many ghosts show up in A Christmas Carol?

7. What is the name of the last ghost that visits Scrooge in A Christmas Carol?

.....

8. Visions of which food danced in children's heads as they slept in the poem "Twas The Night Before Christmas?"

.....

9. What was the highest grossing Christmas movie of all time?

.....





# The Answers

---



## Word Scramble

---



- |             |                |
|-------------|----------------|
| 1. REINDEER | 6. STOCKING    |
| 2. JINGLE   | 7. GIFTS       |
| 3. SANTA    | 8. CAROLS      |
| 4. SNOWING  | 9. JUBILATIONS |
| 5. TURKEY   | 10. SLEIGH     |

## Punch Lines

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1. Because its Decembuuuuurrrr
2. Jungle Bells
3. A candy Cane
4. It was already stuffed
5. A Pineapple
6. Frost bite
7. "If you don't get better give me a ring
8. Because he had drumsticks

## Picture Quiz

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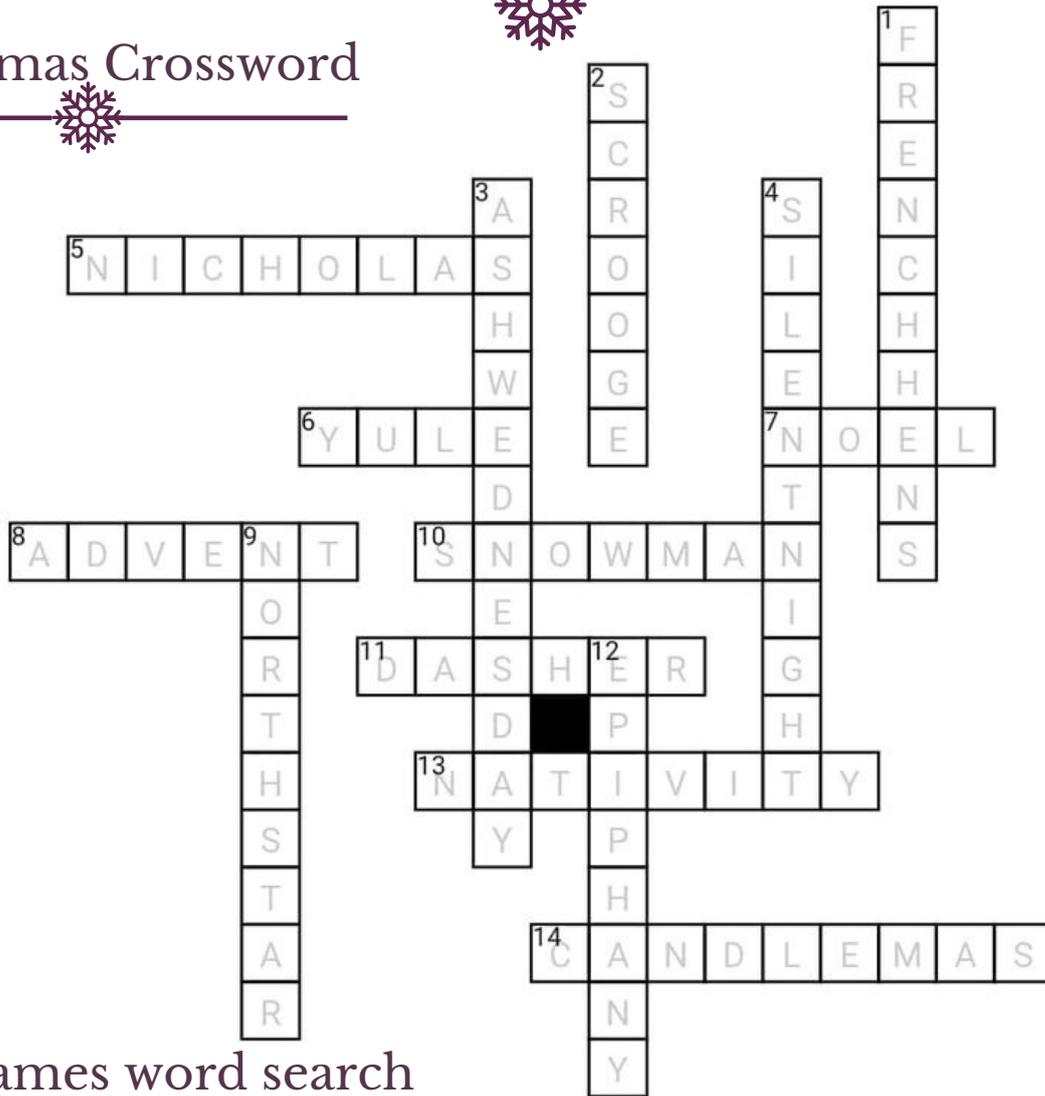


- |                      |                      |
|----------------------|----------------------|
| 1. Christmas Pudding | 7. Roasted Chestnuts |
| 2. Candy Canes       | 8. Chocolate Coin    |
| 3. Gingerbread House | 9. Stollen           |
| 4. Mince Pie         | 10. Mulled Wine      |
| 5. Eggnog            | 11. Yule Log         |
| 6. Christmas Cake    | 12. Trifle           |

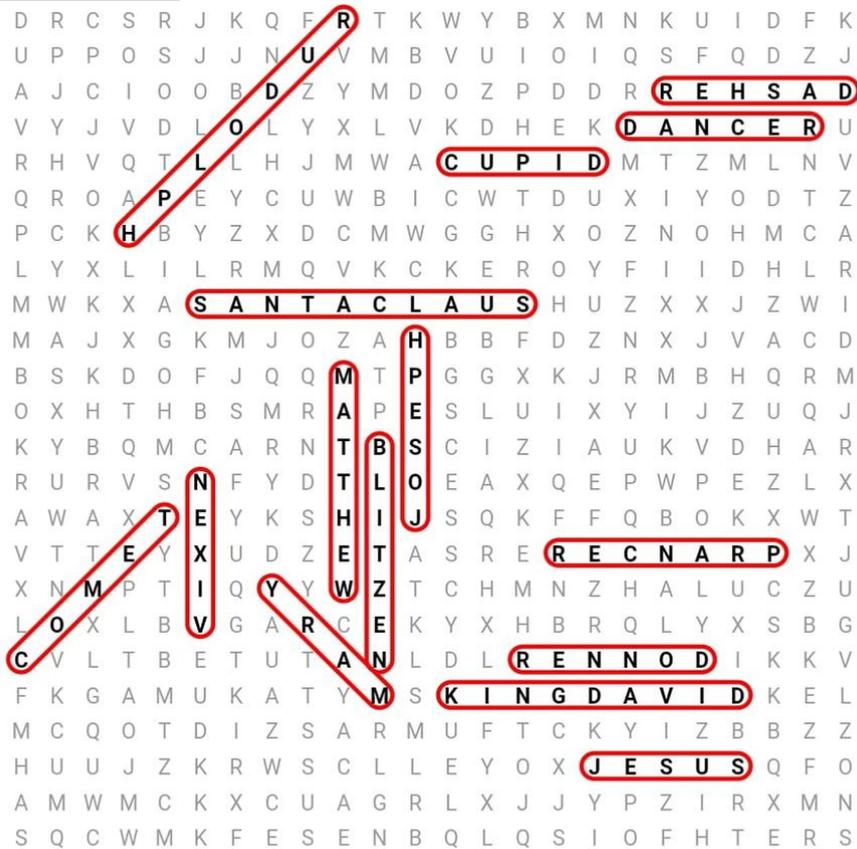


# The Answers

## Christmas Crossword



## Xmas names word search



# The Answers



## Number Puzzles



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



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

Answer : 29



In each diagram multiply top two values and add their sum to give the bottom value.

In first rectangle,  $(6 * 4) + (6 + 4) = 34$

In second rectangle,  $(8 * 5) + (8 + 5) = 53$

Similarly, in last rectangle,  $(9 * 2) + (9 + 2) = 29$

So, answer is 29



Toss the coin twice. Let TH, HT and TT correspond to the three choices. And if you get HH, just repeat (so it takes  $8/3$  tosses on average).

**BIASED COIN** If the coin was biased, TH and HT would occur with equal probability. So you could assign THHT, HTTH and THTH to the three choices, with other 4-toss outcomes rejected. Or you could assign HHT, THT and TTH to the three choices, with other 3-toss outcomes rejected.

# The Answers

Spot the difference



- 1) C
- 2) A
- 3) A

Christmas Quiz



1. Coca - Cola
2. England
3. The Christian Bishop - St Nicholas
4. Randy
5. Germany
6. Four
7. Ghost of Christmas yet to come
8. Sugar Plums
9. Home Alone

**A Charity CD from our Friend Jess**



*Jessica Mary Brett*



*The Christmas  
Collection*

Christmas CD

Available for £10 with  
**All profits to**



*Bassetlaw Hospice*

CD Full of Christmas Classics including 'White Christmas',  
'Silent Night', 'Let it Snow' and many more

**For more information please contact Jessica**

[jessicamarybrett@outlook.com](mailto:jessicamarybrett@outlook.com) - 07867430104

JMBSINGER   



## CONTACT DETAILS

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### OFFICE ADDRESS:

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*If you'd like to be entered into a prize draw please send the slip below to the address above with your details. If you win we'll be in touch!*



### PUZZLE BOOK PRIZE DRAW

NAME \_\_\_\_\_

CONTACT NUMBER \_\_\_\_\_