



Home
Instead.®

To us, it's personal

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.

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.

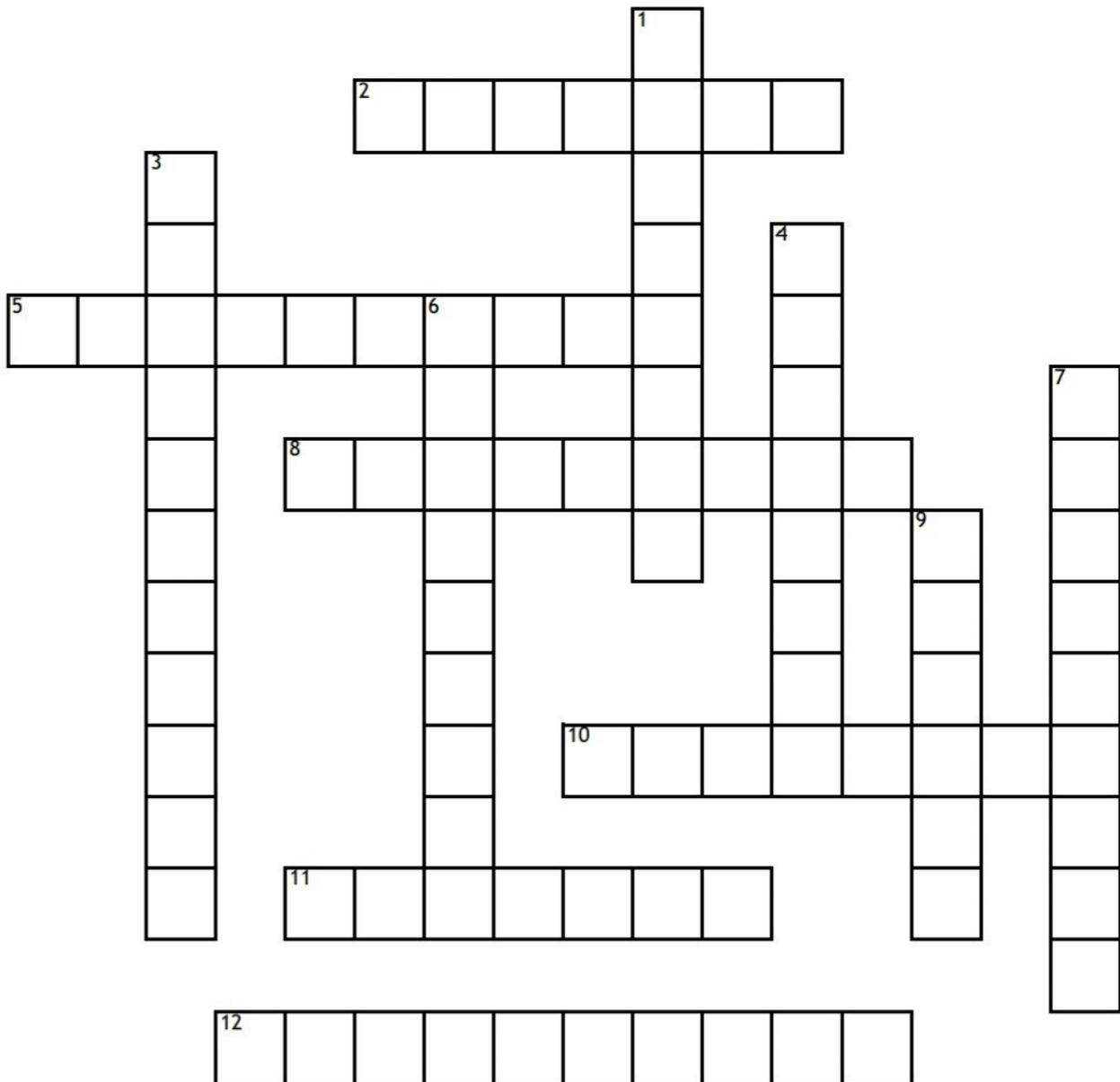
If you would like more information please use the contact details provided on the back of this book.

Colours Word Scramble



1. PERPUL _____
2. KIPN _____
3. ANAMRHATA _____
4. UAVEM _____
5. KAIODM _____
6. LYLOWE _____
7. ASDMTUR _____
8. HUECTRASRE _____
9. RPIEPASH _____
10. NGHAOYAM _____

New year Crossword



Across

- 2. A good luck vegetable that is consumed on New Years Day (7)
- 5. A promise to do something the new year (10)
- 8. Celebratory tipple (9)
- 10. The famous song "Auld Land Syne" commonly sung to bring in the new year originated here (8)
- 11. The month that follows December 31st (7)
- 12. New Beginning (5,5)

Down

- 1. It's good for 12 months (8)
- 3. Joyful celebrations (11)
- 4. Twelve O'clock a night, the highest point of new years celebrations (8)
- 6. Unwritten Law (9)
- 7. Numbered-off approach to zero (9)
- 9. A ceremonial procession including people marching with bands (6)

TV Shows Wordsearch



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

Sharpe
The Brady Bunch
Parenthood
Family Ties
Lassie
The Simpsons

Happy Days
Bewitched
Friends
Golden Girls
Only Fools and Horses
Cheers
Emmerdale

Star Trek
Open all hours
Columbo
EastEnders
Fawlty Towers
Coronation Street
Mash

A touch of Bassetlaw

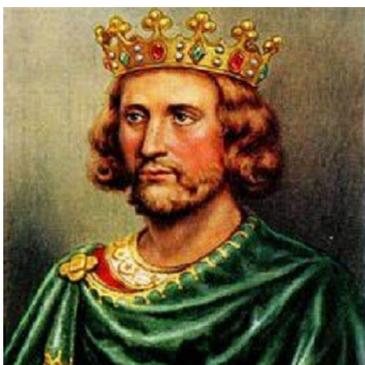


Bassetlaw Museum a 'little gem' in the heart of the historic market town of Retford. The house and grounds are a treasure trove of fascinating objects, telling the stories of North Nottinghamshire from its earliest people to the present day. There is archaeology, history, art, agriculture and industry that have shaped this historic area, including Bassetlaw's links with the Mayflower Pilgrims.



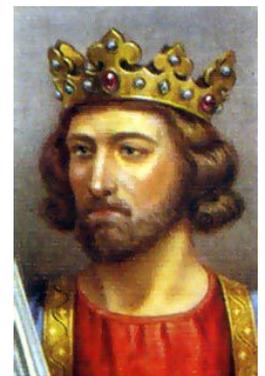
Each puzzle book includes a segment from
The Bassetlaw Museum, this time;
A Brief History of Retford

Retford, is one of the oldest boroughs in England, the first documentary evidence of Retford was found in the Domesday Survey of 1086. King Henry I established the borough of East Retford in 1105.



It was granted a Royal Charter by Henry III in 1246 allowing a market to be held each Thursday. This tradition still continues today, along with a Friday

In 1275 Edward I extended the charter to allow a Saturday market as well.



A touch of Bassetlaw



Retford was a municipal borough until 1974 when it merged with Worksop and became Bassetlaw district. Its population is estimated to be 22,411 (mid 2012). Its civic traditions are maintained by Charter Trustees and Charter Day continues to be celebrated each May Day Bank Holiday.

Retford was largely destroyed by a fire in 1528, but prospered during the 18th and 19th centuries with the coming of the Great North Road (1766), the Chesterfield Canal (1777) and the railways (1849). The fine Georgian and Victorian frontages and a large number of former coaching inns can still be seen in the town to this day.

The origins of the name Retford are still not known, although speculation states that the name probably comes from an ancient ford crossing the River Idle. It was originally named Redforde because of the frequent crossing of people and livestock disturbing the red clay on the river bed, which would tinge the water red.



Riddle me this



1. I'm tall when I'm young, and I'm short when I'm old.

What am I?

2. What is full of holes but still holds water?

3. There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture.

What color are the stairs?

4. What can you break, even if you never pick it up or touch it?

5. What goes up but never comes down?

6. A man dies of old age on his 25 birthday.

How is this possible?

7. A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet.

Why?

8. You see a boat filled with people, yet there isn't a single person on board.

How is that possible?

Preventing the spread of COVID-19



HANDS

FACE

SPACE

Hand Washing

Handwashing is a vital part of keeping safe during this time. It's important we all do it correctly with soap and water and for at least 20 seconds. When soap and water are not available, the next best option is to use an alcohol-based hand sanitizer.

Face Coverings

A face covering is something which safely covers the nose and mouth. You can buy reusable or single-use face coverings. You may also use a scarf, bandana, religious garment or hand-made cloth covering but these must securely fit round the side of the face.

Social Distancing

Social distancing, means keeping space between yourself and other people outside of your home.
Stay at least 6 feet (about 2 arms' length) from other people;
Do not gather in groups; Stay out of crowded places and avoid mass gatherings

SYMPTOMS

| Symptom | Cold | Flu | Coronavirus |
|-------------------|-----------------|------------------|------------------|
| Fever | Common | Common | Common |
| Fatigue | Uncommon | Common | Common |
| Cough | Common | Common | Common |
| Sneezing | Common | No | Sometimes |
| Aches & pains | Common | Common | Sometimes |
| Runny/stuffy nose | Common | Common | Sometimes |
| Sore throat | Common | Common | Sometimes |
| Diarrhoea | No | Sometimes | Sometimes |
| Headaches | Common | Common | Uncommon |
| Short of breath | No | No | Common |

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

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

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123

(free 24-hour helpline)

Website: www.samaritans.org.uk

Refuge

Advice on dealing with domestic violence.

Phone: 0808 2000 247

(24-hour helpline)

Website: 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

Picture Quiz



Name that flower!

1



2



3



4



5



6



7



8



9



10



11



12



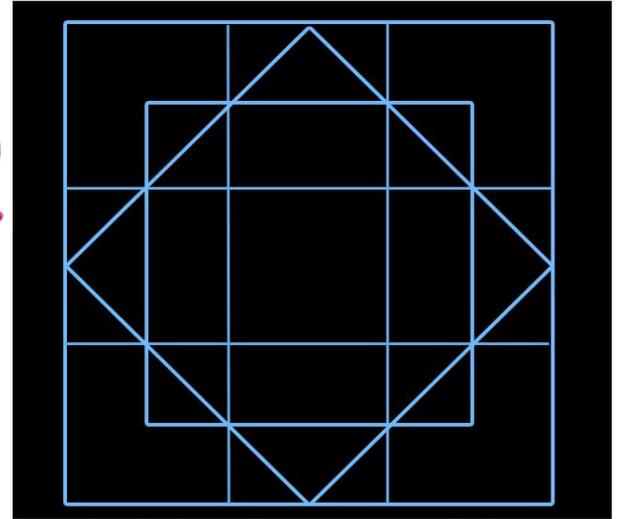
Number Puzzles

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 | | | | |

Find Number of squares

2



3

1F
1=3
2=6
3=9
4=12
Then
5=??

4

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | 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 |

5

+ + = 30

+ + = 20

+ + = 17

+ × = ?

Spot the Difference



There are 10 differences



Circle your answers or write them here:

True or False



Circle your answer

1. The five rings on the Olympic flag are interlocking

True **False**

2. Mount Kilimanjaro is the highest mountain in the world

True **False**

3. Strictly Come Dancing was first aired in the UK in 2005

True **False**

4. A group of swans is called a bevy

True **False**

5. Sydney is the Capital of Australia

True **False**

6. The Penny Black is an old-fashioned coin

True **False**

7. Glastonbury had been due to celebrate its 50th anniversary in June before it was cancelled

True **False**

8. A heptagon has eight sides

True **False**

9. Nepal is the only country in the world which does not have a rectangular flag

True **False**

The Answers



Word Scramble



1. PURPLE
2. PINK
3. AMARANTH
4. MAUVE
5. MIKADO
6. YELLOW
7. MUSTARD
8. CHARTREUSE
9. SAPPHIRE
10. MAHOGANY

Riddles



1. A candle
2. A sponge
3. There aren't any—it's a one-story house.
4. A promise
5. Your Age
6. He was born on February
7. 29th
8. He was Bald
9. They're all married

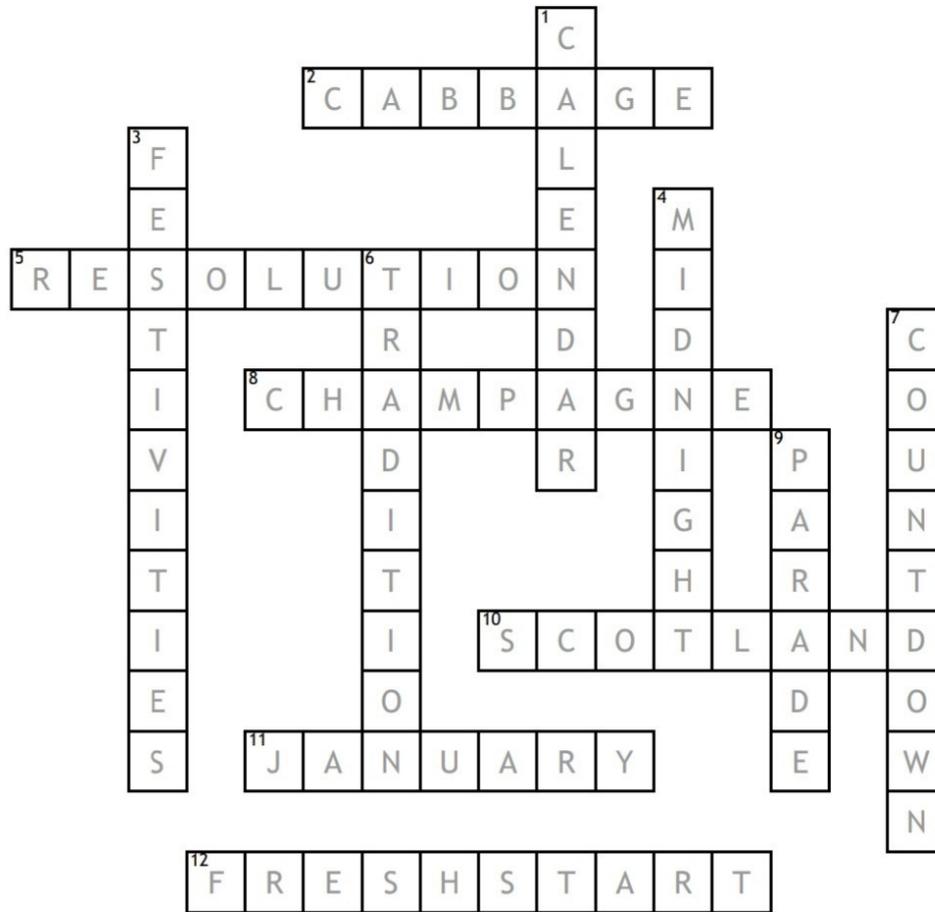
Picture Quiz



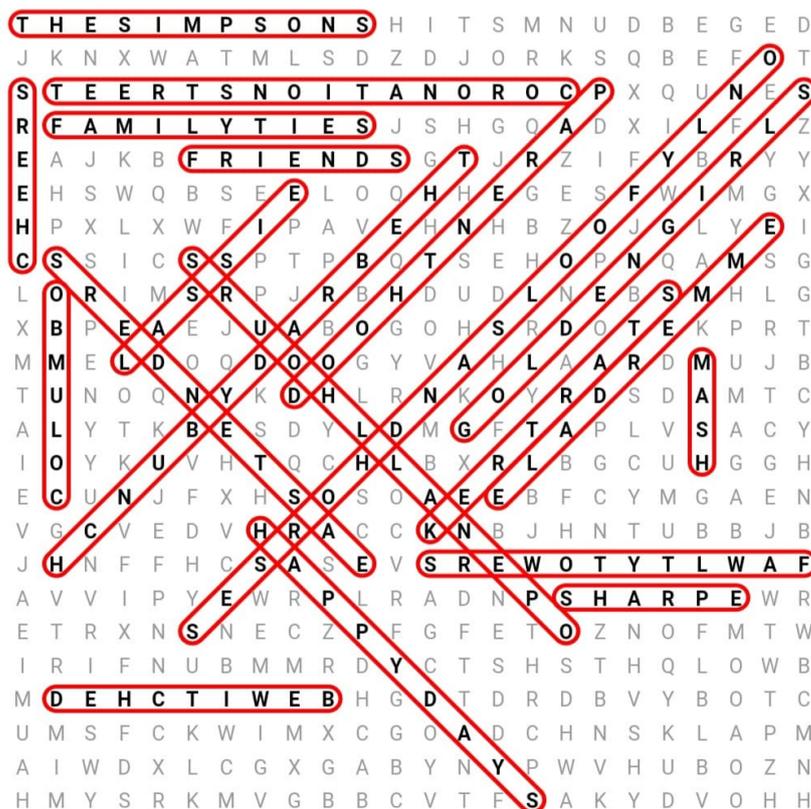
1. Tulip
2. Daffodil
3. Poppy
4. Sunflower
5. Bluebell
6. Rose
7. Snowdrop
8. Cherry blossom
9. Orchid
10. Iris
11. Daisy
12. Gerbra

The Answers

Remembrance Crossword



Covid-19 Wordsearch



The Answers

Number Puzzles

1

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 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 |

2

There are
24 Squares

4

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 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 |

3

$$5 = 15$$

5

From first equation 1 pair of shoe = 10, 1 shoe = 5

from second equation 1 box = $(20 - 10)/2 = 5$

from third equation $2B + 2B + 2B + 1\text{Box} = 17$

$$6B = 17 - 5 \quad B = 2$$

now put everything in 4th equation

1 shoe + $(3B + 1 \text{ pair of shoes} + 1 \text{ box}) \times 1 \text{ Bottle} \Rightarrow$

$$5 + (6 + 10 + 5) \times 2 \Rightarrow 5 + 21 \times 2 \Rightarrow 5 + 42 \Rightarrow 47$$

The Answers

Spot the difference

- 1) The direction of the paper plane is changed.
- 2) The amount of white flowers is different.
- 3) There is one extra bird.
- 4) The shoes of the girl are plain white.
- 5) One snail is missing from the picture.
- 6) There is one extra butterfly.
- 7) One apple is missing from the picture.
- 8) Different number of dots of the bow of the girl.
- 9) There is one extra plant.
- 10) If you notice, an airplane is missing from the ground.

True or False

1. TRUE - They are
2. FALSE - It's Everest
3. FALSE - It was 2004
4. TRUE
5. FALSE - It's Canberra
6. FALSE - It's a stamp
7. TRUE
8. FALSE - It's 7
9. TRUE

A Positive poem to finish

ALL THAT IS GOLD DOES NOT GLITTER'

All that is gold does not glitter,
Not all those who wander are lost;
The old that is strong does not wither,
Deep roots are not reached by the frost.
From the ashes a fire shall be woken,
A light from the shadows shall spring;
Renewed shall be blade that was broken,
The crownless again shall be king.

J.R.R. Tolkien



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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 _____