

Home  
Instead.<sup>®</sup>

*To us, it's personal*

# PUZZLE BOOK



# This Puzzle Book



This Puzzle book has been created by Home Instead 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.*

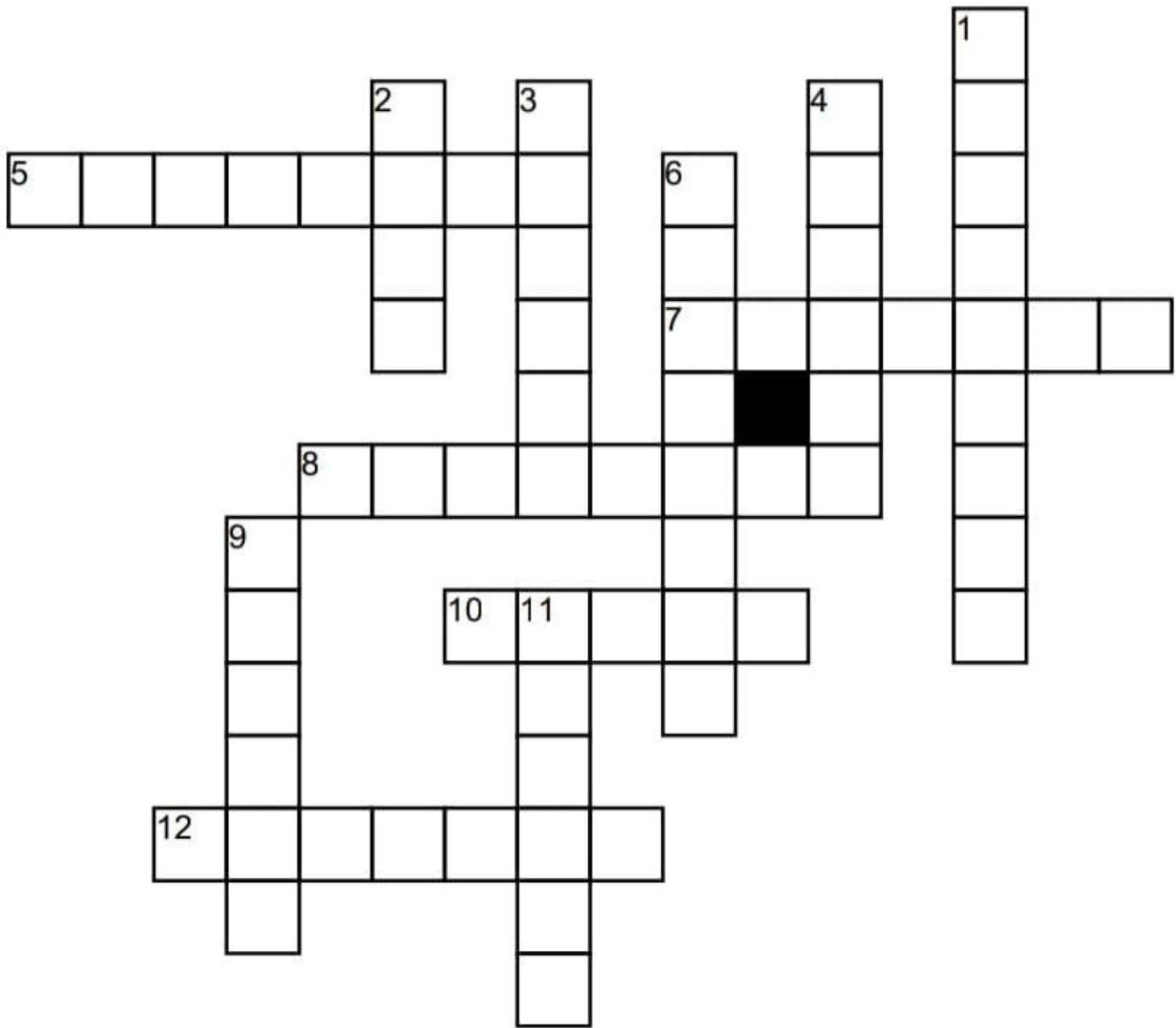
*If you would like more information please use the contact details provided on the back of this book.*

## British Trees Word Scramble



1. EDLAR \_\_\_\_\_
2. AHS \_\_\_\_\_
3. HBEEC \_\_\_\_\_
4. WATHORNH \_\_\_\_\_
5. LEIM \_\_\_\_\_
6. NEPI \_\_\_\_\_
7. CEUPSR \_\_\_\_\_
8. EMOASYCR \_\_\_\_\_
9. LNWTAU \_\_\_\_\_
10. LWWOIL \_\_\_\_\_

# Spring Crossword



## Across

5. Glooms opposite (8)
7. They're usually found in beds (7)
8. Shower Apparel? (8)
10. Time for Showers (5)
12. Day for diamonds, dreams and something borrowed (7)

## Down

1. knobbed antennae and broad colorful wings (9)
2. Flying toy with a tail (4)
3. One of four in a year (6)
4. Fledgling plant (6)
6. Yellow Spring Flower (8)
9. Vegetable Plot (6)
11. Outdoor outing with a basket (6)

# Vegetables Wordsearch



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

Spinach  
French beans  
cucumber  
Courgette  
Turnip  
Cabbage  
Beetroot

Celery  
Asparagus  
Radish  
Onion  
Eggplant  
Brussels Sprout  
Swede

Pumpkin  
Peas  
Potato  
Parsnip  
Broccoli  
Cauliflower  
Carrots

# Community Support



'Lets Sing' was founded in 2017 by Jessica Mary Brett and sponsored by Vicky Waring from Home Instead Retford and Gainsborough. This is a weekly intergenerational community group accessible to all, where members of the community come together to build friendships, reduce isolation and loneliness; and have an afternoon of fun and singing whilst enjoying the odd cup of tea and biscuit. Unfortunately, when the pandemic struck, we were unable to continue the group in this manner. Jessica continued to offer the sessions though, every Thursday on the Lets Sing Facebook page, but we recognised that this may not be reaching all of those people that would benefit from such an activity. (Once we have the go ahead to restart the group it is our intention to go back to the face to face offer).



So we founded 'Lets Sing in a Bag', our alternative to 'Lets Sing'. In this bag there is a set of singing / exercise sessions (either DVD or private links). There is something for everyone! From a Nursery rhyme set to a old time sing along and a char based dancing session!

These can be used alone, with family ,or as a means to your daily exercise. In each bag there is also a flag and an instrument, along with a singalong book.



We would like to thank Retford Lions Club and Retford Rotary for their kind donation of funding to allow us to deliver this project.



Let's for the Community is a new Community Interest Company created by both Jessica and Vicky and has an aim to create many future projects & activities to breakdown inequalities within the community. This will be a start of many projects!



If you know anyone who may benefit from one of these Let's Sing bags please get in touch and we can arrange a delivery of a bag!

[letscommunity@outlook.com](mailto:letscommunity@outlook.com)  
07867430104

# Riddle me this



1. I fall, but I don't get hurt. I pour, but I'm not a jug. I help plants grow, but I'm not the sun.

**What am I?**

2. I am a bow that can't be tied.

**What bow am I?**

3. There are five holes in the ground and four seeds. A little boy plants one seed in the second hole. Then, a seed exactly to the right of that seed. Next, he plants a seed in the 5th hole, and finally, he plants a seed four holes to the left of that.

**Which hole did not get a seed?**

4. What has to be broken before you can use it?

5. What can run but can't walk?

6. I am round and have a carrot and 3 balls. I melt away when spring calls.

**What am I?**

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

8. What three numbers, none of which is zero, give the same result whether they're added or multiplied?

# Colouring for Adults



# 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

# Picture Quiz



## Name that Bird!

1



2



3



4



5



6



7



8



9



10



11



12



# Dot to Dot



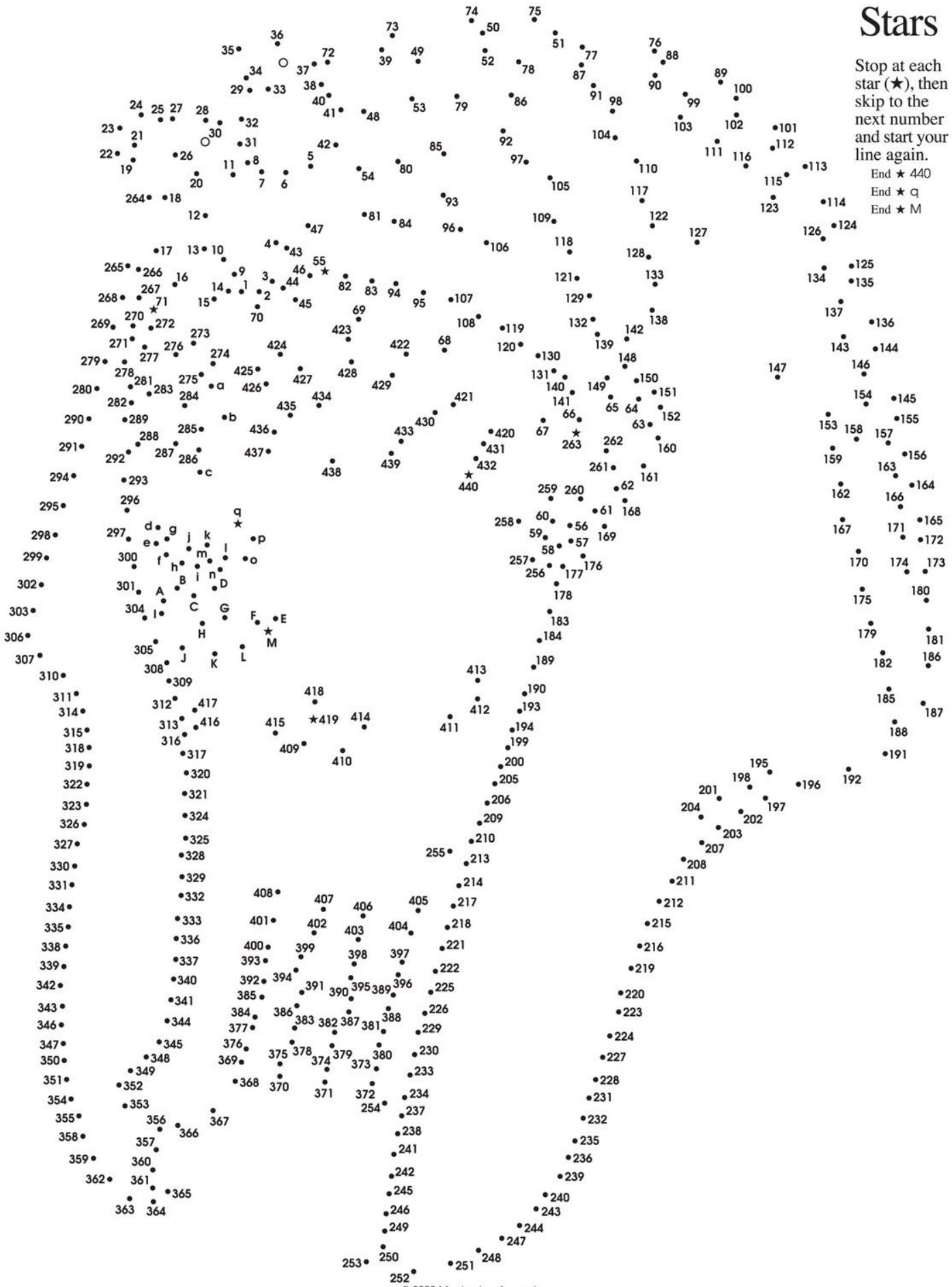
## Stars

Stop at each star (★), then skip to the next number and start your line again.

End ★ 440

End ★ Q

End ★ M



# Mental Health Information



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

## 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)

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

### 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)

# Number Puzzles



1

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

2

17	24	6
8	25	10
12	11	??

3

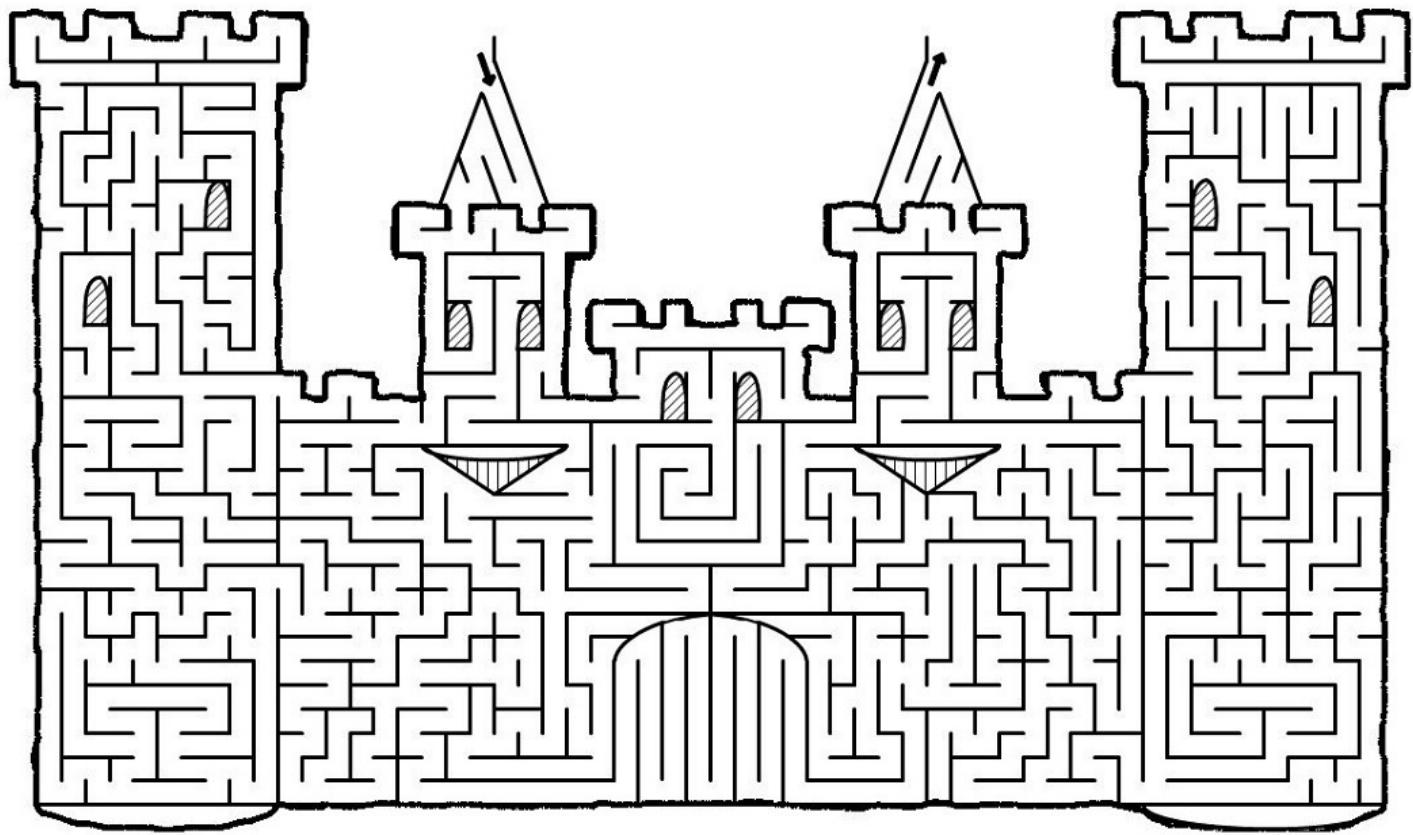
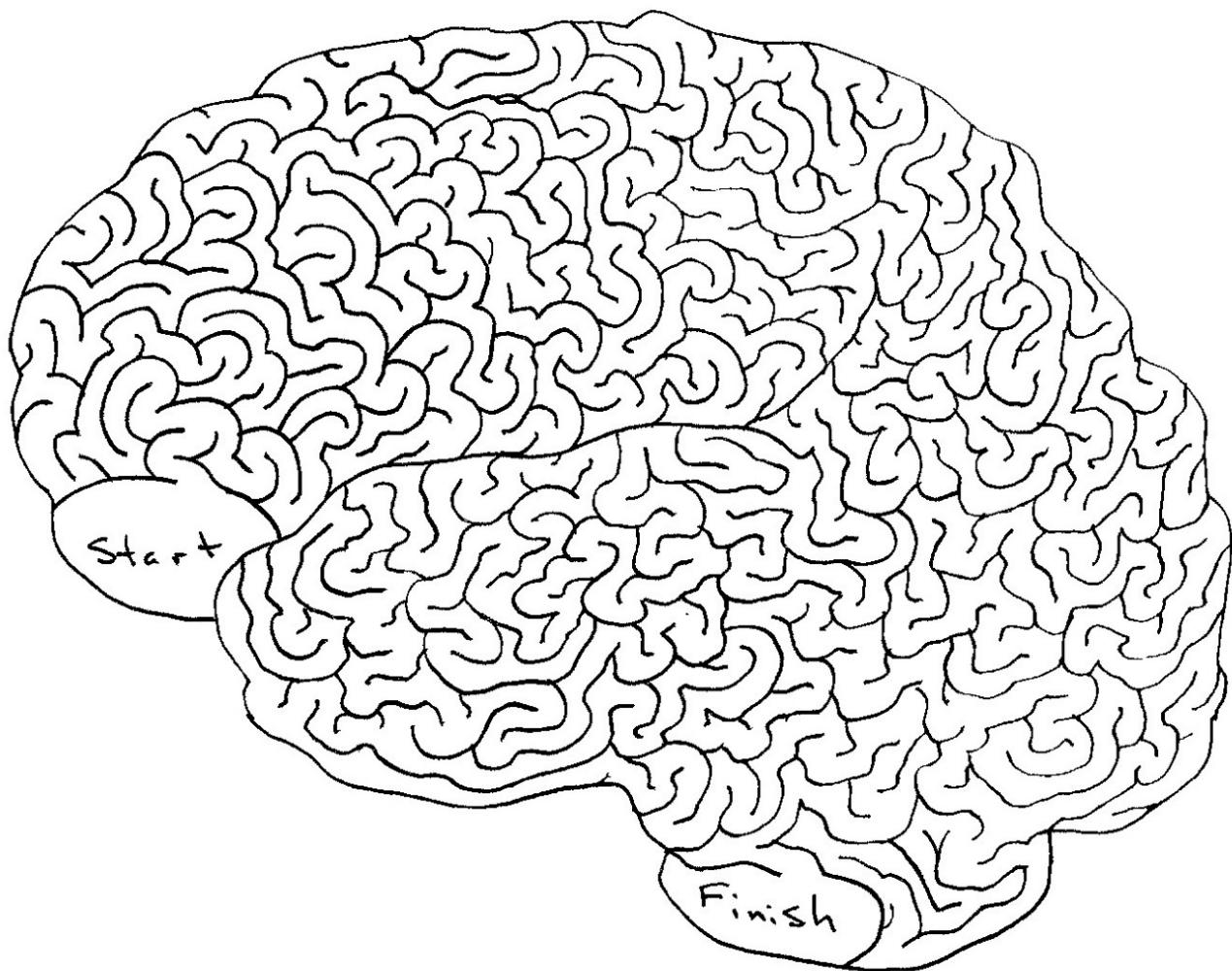
1		4	8	9		6
7	3				4	
		1	2	9	5	
	7	1	2		6	
5		7	3			8
	6	9	5	7		
9	1	4	6			
2				3	7	
8		5	1	2		4

5

3	2	0
P		T
2	2	8
L		?

31	17	58	87
68	19	61	56
91	22	70	50
10	142	11	?

# Find the way through the maze



# Community Support



Following a year like no other, Doncaster and Bassetlaw Teaching Hospitals Charity wants as many people as possible to get involved in a national outpouring of love and thanks for NHS staff and volunteers!

You can celebrate by hosting or taking part in an



## BIG TEA AT 3PM ON 5 JULY.

Hosting your NHS Big Tea is easy. Simply sign up online for your free fundraising pack, plan your tea party and decide who you're inviting. Then gather your guests on the 5th July to enjoy the big day. Donate the funds you have raised to help support Doncaster and Bassetlaw Teaching Hospitals Charity to go above and beyond for our staff and patients.



Each event can be in person or virtual, with the community, friends, family or at work. It's a great opportunity to reflect and say thank you for everything that NHS staff and volunteers have done and continue to do, by taking part in the nation's biggest tea break to raise money for Doncaster and Bassetlaw Teaching Hospitals Charity.

To sign up visit

<https://www.dbth.nhs.uk/charity/our-charity-campaigns/big-tea/>

Once you sign up, we'll send you a fundraising kit which has everything you need to host a pour-fect tea party. Whether it's in person or over video chat – you can help raise as much money as possible for your local NHS

# True or False



## Circle your answer

1. The first tea bags were made of silk.

**True      False**

2. The best type of water for tea is twice-boiled water.

**True      False**

3. Chai tea comes from Russia.

**True      False**

4. Horses, ponies, donkeys, mules, and zebras are also known as equines.

**True      False**

5. The first domesticated animal was the horse.

**True      False**

6. Coffee became a popular drink in North America when the Boston Tea Party made tea hard to come by.

**True      False**

7. Most of the world's coffee in the world is produced in Brazil.

**True      False**

8. The first international match of cricket was held between the United States of America and Canada.

**True      False**

9. The first cricket laws are believed to have been written in 1882.

**True      False**

# Spot the Difference



There are 9 differences



Circle your answers or write them here:



# BASSETLAW HOSPICE

Tie A yellow Ribbon

On Sunday 18th July 10am -2.00pm, in the grounds of Barnby Moor Memorial Park & Crematorium, Bassetlaw Hospice are launching their **Tie a Yellow Ribbon Event.**



Specially printed yellow ribbons can be personalised with a message to a loved one to celebrate their lives and can then be tied to a purposely erected seated pergola, which can be found in the wildlife area of the grounds. Families may want to take a moment of quiet reflection.



The ribbons are available for a minimum donation of £2.00 each from the Hospice charity shops in Retford & Worksop or via the Appeal office. Payment over the phone is available and your message can be written for you and tied onto the pergola. Ribbons will also be available on the day from the Hospice stall in the grounds.

The yellow ribbon event is part of a wider open day and there will be refreshments on the day provided by our hosts, as well as a photographer and an opportunity to look round the grounds.

This is Bassetlaw Hospice's first face to face event since lockdown, for further information on the event contact Debbie on 01777 710444 or email [debbie@bassetlawhospice.org](mailto:debbie@bassetlawhospice.org)

# The Answers



## Word Scramble



- |             |             |
|-------------|-------------|
| 1. ALDER    | 6. PINE     |
| 2. ASH      | 7. SPRUCE   |
| 3. BEECH    | 8. SYCAMORE |
| 4. HAWTHORN | 9. WALNUT   |
| 5. LIME     | 10. WILLOW  |

## Riddles



1. Rain
2. The Rainbow
3. The Fourth Hole
4. An Egg
5. Water
6. A Snowman
7. A Sponge
8. One, Two and Three

## Picture Quiz



- |                  |                              |
|------------------|------------------------------|
| 1. Robin         | 7. Magpie                    |
| 2. Pigeon        | 8. Goldfinch                 |
| 3. Collared Dove | 9. Wren                      |
| 4. Blackbird     | 10. Coal Tit                 |
| 5. Sparrow       | 11. Chaffinch                |
| 6. Blue Tit      | 12. Great Spotted Woodpecker |



# The Answers



## Number Puzzles

1

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

2

ANSWER : 7

In the above math puzzle,  
sum of the numbers in  
middle column equals to  
sum of the remaining  
numbers in the table.

$$24+25+11 = 60 ;$$

$$17+6+8+10+12+7 = 60 ;$$

4

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

5 ANSWER : 7

In the given table addition of numbers of each column  
will give 200.

$$31+68+91+10=200;$$

$$17+19+22+142=200;$$

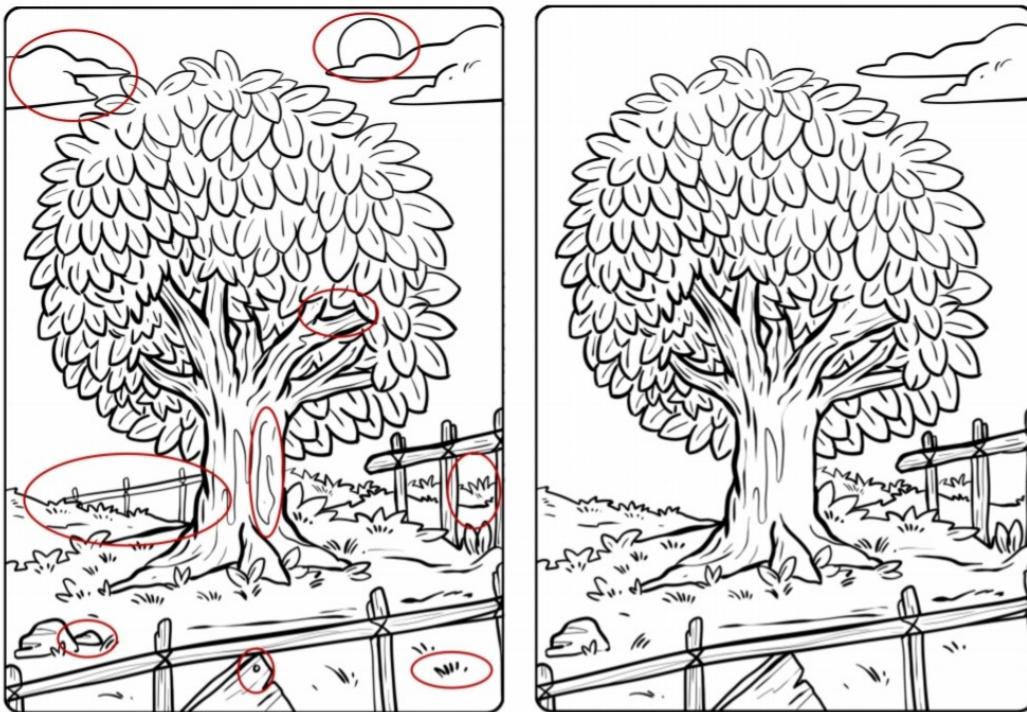
$$58+61+70+11=200;$$

$$87+56+50+7=200;$$

# The Answers



## Spot the difference



## True or False



1. **True!** The first tea bags were made of silk material.
2. **False!** Fresh and filtered tap water is best for tea.
3. **False!** Chai tea comes from India.
4. **True!** All of the above are part of the genus equus and are thus known as equines.
5. **False!** The first domesticated animals were dogs and sheep.
6. **True!** The Boston Tea Party made tea “unpatriotic,” and coffee replaced it as a common household drink.
7. **True!** Most of the world’s coffee is produced in Brazil, over 30% in fact.
8. **True!** The first international match was held between the USA and Canada in 1844. The match was held at the St. George’s Cricket Club in New York.
9. **False!** The very first Official Laws of Cricket are believed to have been written in 1774, not 1882.

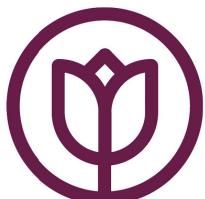


## CONTACT DETAILS

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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!*



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*PUZZLE BOOK PRIZE DRAW*

NAME \_\_\_\_\_

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