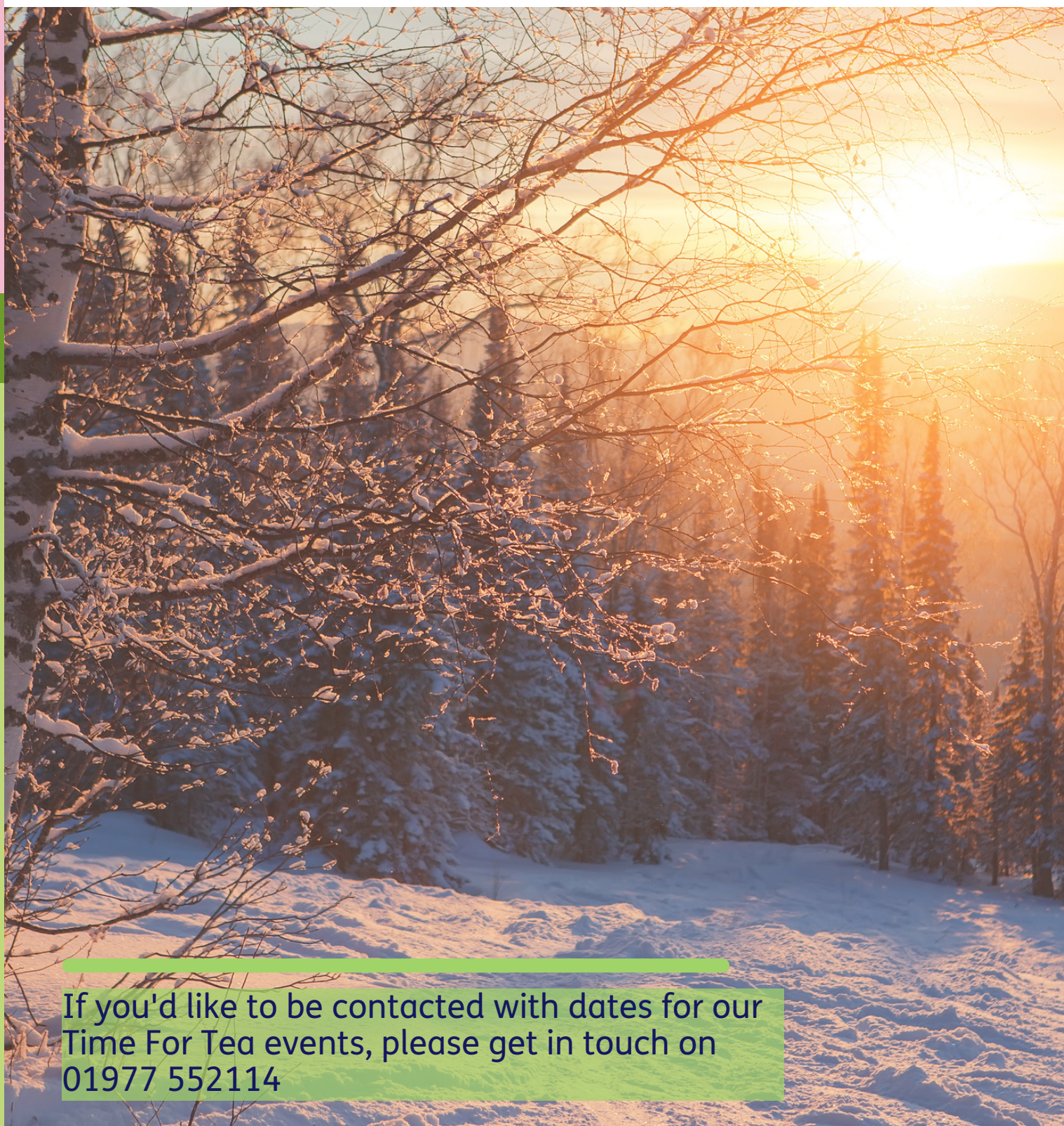




# Winter Wellbeing Newsletter 2024



If you'd like to be contacted with dates for our Time For Tea events, please get in touch on 01977 552114

# Welcome

Welcome to the latest edition of our Wellbeing Newsletter.

Here we are again at the beginning of a New Year filled with opportunity and new challenges. Winter is always a tough season with the dark nights and gloomy weather but be assured Spring is just around the corner.

In the meantime make use of our dark skies information later on in this copy or, if like me you are just looking forward to lighter nights good news..

On February 7, the sun will set in London at 5pm for the first time this year, and eight days after that there will be more than 10 hours of daylight! You will have to wait until March until the sun sets after 6pm in the UK with the clocks “Springing Forward” on Sunday, March 26 at 1am. At this time, the evenings will become lighter, and we can expect the sun to rise at 6.50am.

Daylight hours will get longer every day until the summer solstice, or the longest day of the year, which takes place on June 21 in the Northern Hemisphere so, hang on in there, keep an eye out for all the signs of spring when you are out or even through your window.

We have included a Freepost envelope for you to complete your feedback and send back to us, please get in touch, we value your feedback and always try to improve our Wellbeing Newsletter to keep you entertained and informed.

We have continued to listen to your feedback and we hope you will enjoy our new feature, “On Your Doorstep” highlighting interesting places to visit or just letting you know what is in your part of Wakefield. We have started with Castleford, you will be amazed by all the history of the town and that you may literally be walking, and parking on Roman ruins!

We would love to hear about places of interest near you that we could highlight in future editions.

It is no coincidence that we are featuring Arriva Buses to get more people to apply for the free bus pass. Make the most of the service and plan some trips out when the sun shines. For more details, please check out the article.

Our Steering Group met this month and agreed our celebrations for the festive season went down well with the main feedback being everyone appreciated all of our efforts. If you would like to find out how to get more involved with Age UK Wakefield District, please get in touch, we have opportunities to suit everyone and a new project where we are encouraging people we’ve supported with lived experience to give some time to help others and feel better yourself.



Registered Charity No: 1096511  
Registered in England and Wales

If you have experienced support from one of our fantastic team members, you will know what a difference a little help can make.

You might not be aware that by giving just a little of your time, you could make a difference and help someone by becoming a Volunteer.

Whether its an hour a week chatting with someone feeling lonely, getting out and helping at local events, volunteering from the comfort of your own home or getting involved within your local community, give us a call and we will support you to venture into volunteering and Be The Difference!

Call 01977 552114 and ask to speak to a member of our Volunteering Team or email [volunteering@ageukwd.org.uk](mailto:volunteering@ageukwd.org.uk)

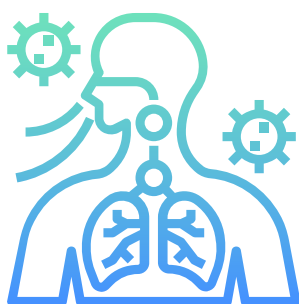


# Move

## Breathing to reduce anxiety

This can be used whenever you feel yourself becoming stressed or anxious. Sit or lie down in a comfortable position, your eyes can be open or closed.

- Put one hand on your tummy just below your ribs, and the other hand on the top of your chest.
- Take a deep breath in through your nose and allow your tummy to push your hand out. Your chest should not move.
- Breathe out through pursed lips. Feel the hand on your tummy go in and use it to help push the breath out of your lungs.
- Do this for up to ten breaths, at whatever speed feels comfortable for you. Slow and easy is best.
- Perhaps start with three or four breaths and work up to ten.
- Build into your daily routine. The more you practise, the easier it will become.
- Focussing on your breathing and counting each breath in and out will help you to take slower and deeper breaths which will in turn induce a feeling of calmness.



## Breathing to encourage natural sleep

This technique will help you to relax into sleep.

- Lie in a comfortable position, where you feel safe and warm.
- To prepare, engage in a few rounds of gentle muscle tensing and releasing.
- Inhale as you tense all the muscles of your body: squeeze your hands into fists, tighten the muscles of your legs and arms and screw up the muscles of your face.
- Exhale through the mouth as you release the tension and feel your muscles relax.
- It can help to mentally name the parts of your body as they relax: My face has relaxed; shoulders relax; arms relax.....
- Repeat a few times until you feel all the stress in your muscles has gone.
- Keeping space between the bottom and top teeth, place the tip of your tongue on the roof of your mouth behind the top teeth.
- Breathe 3-4-5 as follows: Breathe in through the nose to a count of 3.
  - hold the breath for a count of 4
  - Breathe out through the mouth for a count of 5.
- Repeat the final steps until you feel yourself drifting off into sleep.

We all know moving more is good for us but getting going can sometimes seem too hard. Knowing the level of activity that's right for you, especially if you've just had a fall, an operation, or are living with a long-term health condition, can be difficult so ask your GP for some tips.

Being more active doesn't mean you have to work up a sweat. It's just about moving more each day in whatever way works for you. This page carries activities that could help.

### Wall Push Ups

To maintain upper body strength and bone mineral density

1. Stand at arm's length in front of a wall which is safe
2. Lean forward slightly and put your palms flat on the wall at shoulder height
3. If you are just starting out have your feet closer to the wall
4. If you want more of a challenge have your feet further back from the wall
5. Keep your feet planted as you slowly bring your body towards the wall, aiming to keep your body straight
6. Gently push yourself back so that your arms are straight again
7. Aim for 5-10 slow repetitions
8. Perform this 2-5 times, take a break for 40-60 seconds before repeating again.

### Sitting, Singing, Dancing, Clapping

Even small movements can be good for you, clapping as you sing a favourite song can be a great way to warm up and get the blood flowing.

"If you're happy and you know it...."



When you are sitting for a length of time, maybe watching television, you could try gently raising your arms above your head, if this feels too easy you could try holding tins of soup or small water bottles in each hand. Start off doing this five times a day and increase a little each day



# Think

## Quiz

- 1 What name is commonly given to the aerobatics display team of the Royal Air Force?
- 2 Bobby Crush became famous in the U.K. for playing which musical instrument?
- 3 Who was the frog that hosted The Muppet Show?
- 4 Name the second largest loch in Scotland, after Loch Lomond?
- 5 Name the largest and only city in the county of Cumbria?
- 6 In 1936, Billy Butlin opened his first holiday camp in which seaside town?
- 7 Which country has been the world's largest coffee producer for over 150 years?
- 8 How many pennies are there in an old style English pound?
- 9 Name the only animal able to turn its head in an almost complete circle?
- 10 Which brand of milk chocolate drink was once advertised by The Beverley Sisters?



Journaling  
Walking  
Reading  
Gardening  
ParkRun  
Yoga  
Mindfulness  
Cooking  
Stretching

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

# Sudoku

## Easy

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

## Medium

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

## How to play Sudoku

Sudoku has a square grid of 9 large squares. Inside each of those larger squares will be 9 smaller squares.

Line up the rows and columns. One basic rule of the game is every column and row must have all of the numbers from 1 to 9 but no column, row or large (solid) square will have the same number more than once.

Use a pencil instead of a pen. If you're a new sudoku player, you're going to make mistakes, and with a pen, you'll end up with a mess of a board.

# Hibernate

How many words can you make from the letters in hibernate?

Here's a couple to get you started...

birth, than

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# Partnership with Dunelm

## What's going on?

We're excited to tell you about our new partnership with Dunelm, the home furnishings company. Dunelm have kindly nominated Age UK as their charity of the year and we can't wait to start working with them.

## What does this mean?

It means that Dunelm and the people who work for Dunelm are going to fundraise and support the work Age UK does all over the country.

If you visit Dunelm, which in Wakefield is in Cathedral Retail Park near B&Q, you might notice Age UK signs and collection tins at the tills.

We have been in to meet the team at Wakefield Dunelm who are looking forward to supporting our charity.



## Did you know?

Each Age UK needs to fundraise and money raised here in Wakefield goes towards helping the older community across our district. We try to keep our services free or low cost to make sure everyone who needs them has access. Some of our free services include ...

Befriending - Connecting people either over the phone or in person for a weekly, friendly chat to help reduce loneliness

Step Out - Helping people out into their local community with accompanied trips on buses, to groups, activities, shopping etc

Information & Advice - Supporting people through life's challenges and difficulties

Connecting Care - Home visits to look at available benefits, Blue Badge applications and how to get help from medical professionals

Wraparound - Supporting people who may be or feeling low, anxious, experiencing loss and grief or emotionally vulnerable and withdrawn.

There's lots more so if you are ever in need of some help, get in touch to see how we can best support you 01977 552114



# Age UK Wakefield District Shops

## Did you know?

Age UK Wakefield District have three shops across the region. Each shop has a manager who is supported by a team of fantastic volunteers to make sure the donations are sorted, steamed, cleaned and displayed ready to find their next home.

The money raised in our shops stays in Wakefield and goes towards the services we offer to our older community.

## How to donate

We accept good quality, preloved items including

Bric a brac

Electrical items

Clothes

Shoes

Books

Puzzles

Games

and small household items

You can drop off donations to any of our three shops or, if you'd like more advice about this, drop off points, opening times etc give us a call 01977 552114

## Gift Aid

By completing a Gift Aid card, we can claim an extra 25p for each pound we make from items you donate! This comes from HMRC and costs you nothing. So if you're a UK tax payer, please be sure to ask for a Gift Aid card.

## Wakefield Centre

16 The Springs

WF1 1QE

01924 200163



## South Elmsall

57 Barnsley Road

WF9 2QW

01977 604825



## Horbury

52 High Street

WF4 5LE

01924 264785



## Volunteer

Our shops couldn't run without the wonderful people who donate their time by volunteering.

Volunteering in our shop can help you meet new people, gain new skills and build your confidence. It's proven that volunteering can help improve mental health and reduces loneliness.

We are always ready to welcome more retail volunteers, so if you could give a little of your time, a day or more! Please get in touch 01977 552114

Full training is provided so why not become part of our volunteer family?

# The Night Sky

The simple joy of star gazing remains a timeless and enjoyable activity. While people of all ages can appreciate the beauty of the night sky, older individuals, in particular, can find solace, wonder, and a profound connection to the cosmos through this age-old pastime. Let's look at why star gazing holds a special place in the hearts of older adults and how it contributes to wellbeing.

## **Nostalgia and Reflection:**

For many people, star gazing evokes a sense of nostalgia, transporting them back to simpler times when life moved at a slower pace. The night sky becomes a canvas on which they can paint memories, reminisce about the past, and reflect on a lifetime of experiences. Gazing at the stars provides a serene backdrop for introspection, fostering a deep connection to one's personal journey.

## **Escape from Technology:**

In an era dominated by screens and constant connectivity, star gazing offers a welcome escape from the digital realm. Older adults, who may have witnessed the rapid evolution of technology, appreciate the simplicity and beauty of looking up at the stars without the distraction of smartphones and tablets. The night sky becomes a natural antidote to the sensory overload of modern life.

## **Community and Companionship:**

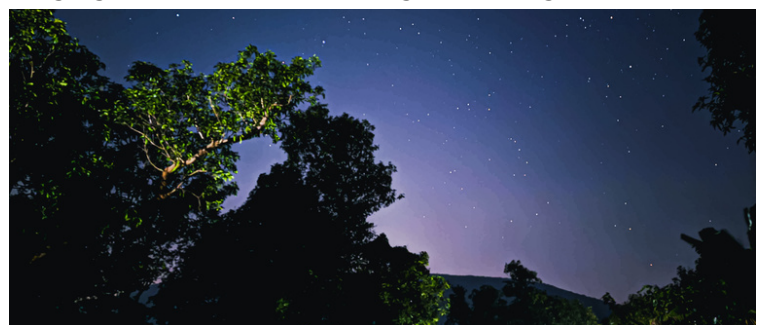
Star gazing often becomes a communal activity, bringing together friends, family, and fellow enthusiasts. Whether it's attending local astronomy clubs, participating in guided star-gazing events, or simply sharing a quiet evening under the stars with loved ones, the experience fosters a sense of community and companionship. Such shared moments contribute to a richer social life and emotional wellbeing.

## **Mindfulness and Stress Reduction:**

The act of star gazing encourages mindfulness, allowing people to be fully present in the moment. The vastness of the sky prompts a shift in perspective, diminishing the weight of daily concerns. This meditative experience can reduce stress, promote relaxation, and improve overall mental health.

## **Scientific Curiosity:**

Many older adults have a keen interest in science, and star gazing provides an avenue for satisfying that curiosity. Armed with telescopes or binoculars, they can explore the moon's craters, identify constellations, and marvel at the planets. This pursuit of knowledge fosters a sense of intellectual engagement and lifelong learning.



# Star Gazing apps

If you're new to star gazing, you might like to try using a free app on your smart phone or computer tablet. Here are a few you could use, but others are available. You simply open the app by pressing on it then hold your phone up towards the sky and the app will tell you which constellation you are facing.



## **Sky Tonight**

Real-time positions of celestial objects



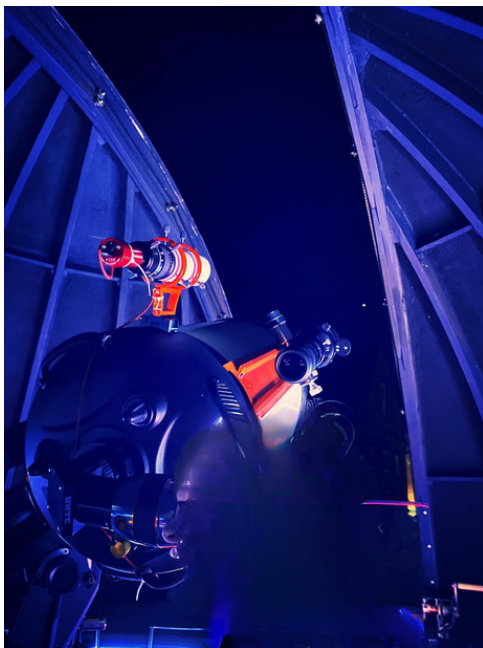
## **Night Sky**

Search for constellations and use the event function to look out for exciting sights such as meteor showers.



## **Sky Guide**

Distinguish stars from satellites and get notifications when the international space station is flying over



# Getting Involved

Did you know that we have an observatory right here in Wakefield? The Rosse Observatory opened by the late Sir Patrick Moore in the 1983 and welcomes people with a passion for space to explore the skies above us.

The Rosse Observatory welcomes you to come along on their open evenings, you don't need to be a member.

Regular Club Night Fee's  
Member £ 4.00

Guest - Non member £ 7.00

Family - Member £ 6.00

Family - Non member £ 10.00 (2 adults)

Guest Speaker Night Fee's  
Member £ 5.00

Guest - Non member £ 8.00

Family - Member £ 7.00

Family - Non member £ 11.00

Annual Adults Membership £ 35.00

Annual Family Membership £ 50.00

To find out more information about visiting the observatory, email [wyas.bookings@gmail.com](mailto:wyas.bookings@gmail.com)



# Carers Wakefield & District

Carers Wakefield & District support anyone that gives help to a relative, child or friend who is ill, has a disability, an addiction or has a mental health condition. We offer information, support, advice and a listening ear.

We run many carers groups across the district which are friendly, welcoming and very informative. It may be a coffee and a chat, a hand massage or a guest speaker

For more information on all our groups please telephone Carers Wakefield & District on:  
01924 305544

✉ email: [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk).

Other ways of contacting Carers Wakefield & District:

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

🐦 X(formally Twitter)-@carerswakefield

📘 [www.facebook.com/carers-wakefield](https://www.facebook.com/carers-wakefield)



**Carers**  
Wakefield & District

You may be interested in: -

## **The Ladies Group**

which is held at 25 King Street, Wakefield, the last Tuesday of every month, 10.00am to 12.00 noon. Join the group on the 30th January for a 'New Year Quiz' or a relaxing hand massage at the group meeting on the 27th February.

## **The Men's Group**

is held on the last Friday of each month, 10.30am to 12.00 noon at our offices at 25 King Street, Wakefield. Join the group for a coffee and a chat or soup and a sandwich. You can share what is happening in your life or just take time out for yourself. The group invites a variety of speakers and meets at different venues but we want your ideas – what would you like from the group. Please contact Richard Padwell or Richard Newman on the contact details below for more information and to register your interest for the February 2024 meeting onwards

## **The Evening Group**

is held on the 1st Thursday of each month from 5.30pm to 7.00pm. The group choose various venues to meet up for a coffee and a chat. They would also like to hear from you - what activities would you like the group to arrange? Our next group on the 1st February, please get in touch for more details

# Arriva Bus Pass

Free bus travel for over 65's!

Did you know that in West Yorkshire, people over the age of 65 can claim a concessionary bus pass which allows you to travel for free after 9.30am!

Arriva have offered to join our Time for Tea team at The Ridings Shopping Centre to help talk you through the application. If you can, join us on 22nd February, 10am-12.

Having a free bus pass means you can travel to local destinations and as the weather improves, you can get out to explore.

You can find more information on how to claim a free bus pass, if you're eligible and how to use the pass by visiting the Arriva website

[www.arrivabus.co.uk/senior-travel](http://www.arrivabus.co.uk/senior-travel)



You can apply for your pass 28 days before you reach state pension age

To apply online, you will need:

- An email address (one email address per account, you cannot open multiple accounts with the same email address)
- A passport style photo to upload from your computer, tablet or smartphone
- A valid UK passport or driving licence (so that we can verify your age)

For help applying for a free bus pass or a Blue Badge, you can call Age UK Wakefield District on 01977 552114 and ask for a home visit.



# Smiling and Laughing

Research has shown that there are a number of health benefits contributed to smiling and laughing. In addition to improved health, when you smile and laugh, a number of physiological changes occur in your body, mostly without you being consciously aware of it happening.

## Benefits of Smiling and Laughing

**Endorphins** are released when you smile. These are triggered by the movements of the muscles in your face, which is interpreted by your brain, which in turn releases these chemicals.

Endorphins are responsible for making us feel happy, and they also help lower stress levels. Faking a smile or laugh works as well as the real thing—the brain doesn't differentiate between real or fake as it interprets the positioning of the facial muscles in the same way. The more we stimulate our brain to release this chemical the more often we feel happier and relaxed.

**Endorphins make us feel happier and less stressed.**

They also act as the body's natural pain killers. For sufferers of chronic pain, laughing and smiling can be very effective in pain management.

**Laughing** expands the lungs, stretches the muscles in the body and stimulates homeostasis. This exercises the body, replenishing the cells from a lungful of oxygen and gaining all the benefits of exercising the body.

**A good laugh** can be an effective way to release emotions. A good laugh can help you release emotions, especially those emotions that you might bottle up inside.

Everything looks that little bit better after a good laugh and life can be seen from a more positive perspective. Smiling and laughing have positive social implications as well. Smiling makes you appear more approachable. Interaction with others is easier and more enjoyable when smiles and laughs are shared.

## How to Smile and Laugh More Often

**Smile and laugh** regularly, your brain does not know the difference between a fake or real smile, and by doing so more often you will feel better, and become more likely to smile and laugh more spontaneously.

**Watch funny films and TV.** This is an excellent way to inject some instant humour into your life.

**Speak with** friends and family that make you feel happy. Surrounding yourself with happy, fun-loving, optimistic people will bring out your happy side.



# Keeping warm in the winter

Winter can bring a lot of beauty and joy but the reduction of temperature and daylight can be challenging for many.



Try to take a walk in the morning when the sunlight is strongest.



Keep hydrated and increase your body temperature with warm drinks



Wear layers of clothing, a thermal vest can be the best base layer.



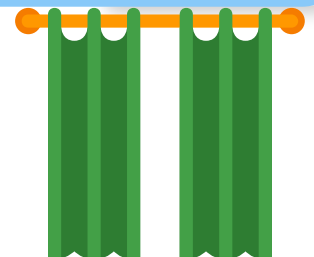
A hot water bottle or microwavable heat pack are great for days when you're sitting and to warm your bed at night



Make sure you have sensible and safe footwear. Slippers should be well fitted (not slip on's). Outdoor shoes should have good grip soles and if possible, be waterproof.



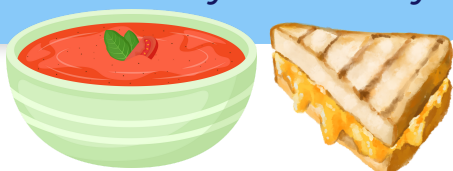
Keep curtains and blinds closed in the evening, especially if you have your heating on.



Blankets are perfect for adding another layer to your bedding and covering your lap whilst sitting



Eat warming foods, getting up to prepare food increases your mobility



A small electric heater might be a more cost effective way to heat the room you are in rather than your whole house. Your living room should be around 22 degrees and your bedroom around 18-20 degrees.



# Recipes

We've pulled together a couple of warming recipes to help you stay healthy and warm in the winter.

## Creamy chicken

### Ingredients

- 1 tbsp olive oil
- 4 boneless skinless chicken breasts
- 200g pack cherry tomatoes
- 3 tbsp pesto
- 3 tbsp crème fraîche (half fat is fine)
- fresh basil, if you have it



### Method

- Heat the oil in a non-stick frying pan. Add the chicken and fry without moving it until it takes on a bit of colour. Turn the chicken and cook on the other side. Continue cooking for 12-15 mins until the chicken is cooked through. Season all over with a little salt and pepper.
- Halve the tomatoes and throw them into the pan, stirring them around for a couple of minutes until they start to soften. Reduce the heat and stir in the pesto and crème fraîche until it makes a sauce. Scatter with a few basil leaves if you have them, then serve with rice and salad or mash and broccoli.





## Dessert

Combining a little fruit with a warm sponge makes for a great winter dessert.

### Ingredients

- 200g butter, plus extra for greasing
- 300g golden caster sugar
- 4 large eggs
- 75g plain flour
- 50g cocoa powder
- 410g can pear halves in juice, drained
- 100g plain dark chocolate (70% cocoa solids)

### Recipe

Heat oven to 190C/170C fan/gas 5. Lightly grease a roughly 20 x 30cm shallow ovenproof dish. Put the butter in a large saucepan and place over a low heat until just melted. Remove the butter from the heat and stir in the sugar until well combined.

Whisk the eggs together in a large bowl. Gradually add the eggs to the butter and sugar, beating well with a wooden spoon in between each addition. Sift the flour and cocoa powder on top of the egg mixture, then beat hard with a wooden spoon until thoroughly combined.

Pour into the prepared tin or dish and nestle the pears into the chocolate batter. Put the chocolate on a board and cut into chunky pieces roughly 1.5cm with a large knife. Scatter the chocolate pieces over the batter.

Bake in the centre of the oven for 30 mins or until the mixture is crusty on the surface and lightly cooked inside. Do not allow to overcook, as the cake will become spongy rather than gooey in the centre. Serve warm with cream or ice cream



# On your doorstep!

Last week, some of the Time for Tea team visited the Queens Mill in Castleford, they were so amazed with this local attraction that we just had to share some details with you!

## Did you know?

- Queens Mill is the world's largest stone grinding flour mill, with twenty pairs of stones.
- There has been a flour mill on that site since 1093
- Emperor Hadrian would have made the crossing across the ford, located within 100 yards of the mill.
- Under the roundabout near the Mill, the remains of a well-preserved Roman Bath lay re buried under tons of sand to preserve the mosaics.
- Castleford Tigers, formed in 1926 played the first match on Sandy Desert which is adjacent to William Street Social club
- Millennium Bridge installed in 2008 after being transported from Swansea in pieces and put together on site
- The barge in the river near the bridge is called Thomas, it was untied from its moorings in 1977 and remains wedged in the flow.
- Barges could come up from the east coast, notably Goole, and go all the way to Leeds.
- You will be happy to know that provision is made for animals to make a way upstream with a Salmon leap, a path for Otters to walk up and even access for eels to slither their way up the river.
- River Aire meets with the River Calder in Castleford and a local folk rhyme is purported to be...

“Ladies of Castleford are so fair, they wash in the Calder and rinse in the Aire”



If you are interested in learning more of the history from Castleford please contact Castleford Heritage Trust or visit the Museum located within the Library.

[www.facebook.com/QueensMillCastleford/](http://www.facebook.com/QueensMillCastleford/)  
[www.facebook.com/CasHeritageTrust/](http://www.facebook.com/CasHeritageTrust/)



Castleford Heritage Trails:  
In the Footsteps of...

Ian Clayton

Queen's Mill, previously known locally as Allinson's Mill and before that Castleford Mill, is the world's largest stone grinding flour mill, with twenty pairs of stones. Although not a listed building, the mill is of significance because of its history, heritage and importance in the local community over hundreds of years.

The earliest written mention of a mill in Castleford appears in a charter dating from 1093, issued by Robert de Lacy, Lord of Pontefract Castle. By that time, waterwheels were an established technology and would have driven millstones housed in a timber building. A document dated 1122 speaks of "the water between the two mills of Castleford" and may refer to a mill on each bank of the Aire or, alternatively, to two mills side-by-side (or more likely within a single building) on the current site.

Both arrangements have pertained at various times over the centuries, though milling on the north side of the water ended in the late 19th century, by which time it was mainly the grinding of seeds to produce various types of oil and animal feed.

Dr Thomas Allinson succeeded in putting Queen's Mill on the map nationally when his successors bought the lease in 1921 to produce his famous stoneground flour "with nowt taken out".

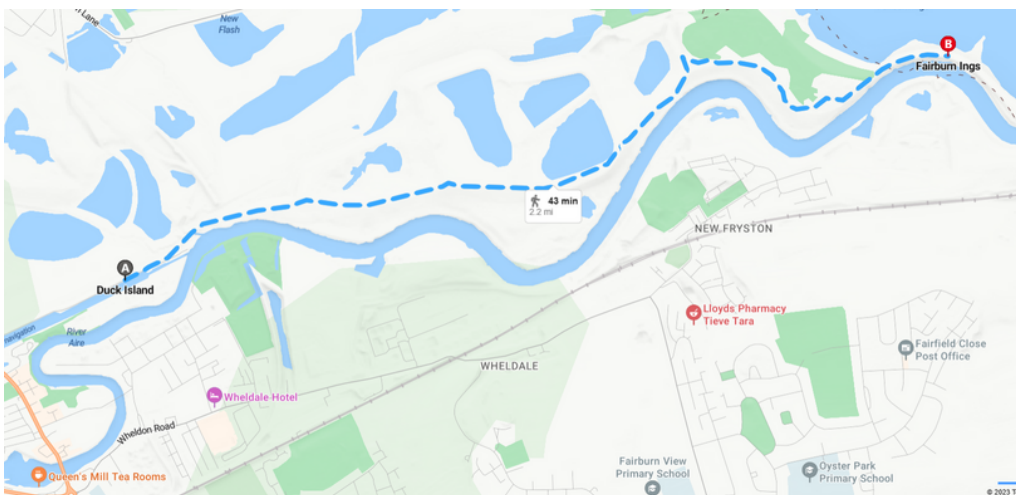
Returning to traditional milling principles, out came the steel rollers in favour of a return to stones, though by now mains electricity supplemented the waterwheel, which nevertheless remained in operation until 1970.

Castleford Heritage Trust are developing the building in to a social and learning space and offer a wide variety of courses and activities.

Offering a tour of the mill with one of their fabulous volunteers who can really bring the place to life is available most days but perhaps best to ring up and book.

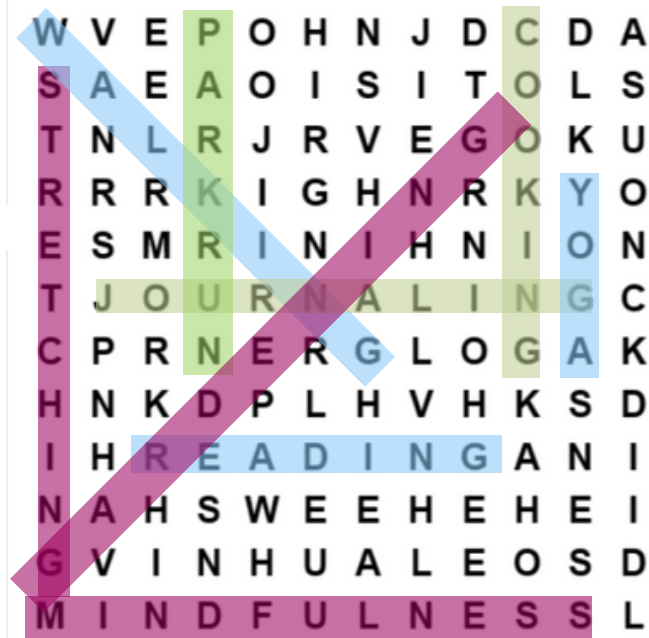
Lots of history about the surrounding area as well for instance the presence of the best preserved Roman Baths just nearby and the Roman Fort under the car park at the back of Wilko's store and being able to follow the footsteps of Emperor Hadrian at the place he would have crossed the river on his way to the Scottish border.

A starting point for a lovely walk around Duck Island and by the Wildlife garden on to the Canal Towpath which leads up to the RSPB reserve of Fair Ings.



We hope this Wellbeing Newsletter has raised your spirits, given you some new ideas, made you think, move and above all made you smile.  
Stay safe, keep warm and reach out if we can help you.

# Solutions to Think



## Useful Contact Numbers



**Age UK Wakefield District**  
**01977 552114**

**Samaritans**  
**116 123**

**Turning Point Talking Therapies**  
**01924 234860**

**The Silverline**  
**0800 470 80 90**

**24 Hour Mental Health Support Line**  
**NHS Every Mind Matters**  
**0800 183 0558**  
[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

## Sudoku

Easy

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

## Quiz

1. Red Arrows
2. The Piano
3. Kermit
4. Loch Ness
5. Carlisle
6. Skegness
7. Brazil
8. 240
9. Owl
10. Ovaltine

Medium

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



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