

ISSUE NO:

3

# Distraction Pack



**Welcome to the 3<sup>rd</sup> edition** of the Oxleas Distraction Pack. We've packed this issue with activities to keep your mind and hands occupied and included some simple tips for staying fit and well. All content is reproduced with kind permission of copyright owners, whom we thank for their support.

**Can you help keep the publication fresh and original?** We invite you to contribute if you can design a puzzle, share instructions for your origami creation, draw a new colouring page, or think of something else...? Post to the address below. Either way, we hope you enjoy this issue! **Stay safe and look after yourself.**

**Distraction Pack Editorial Team**

C/O Oxleas Volunteering Service, Bexleyheath Centre, 4 Emerton Close, DA6 8DX

## **In this issue...**

### **Keeping Fit & Well (pages 3 – 9)**

- **Mindfulness** – some basic techniques to use
- **Relaxation Techniques** to help if you feel overwhelmed or distressed
- **Workouts** and exercises to help you stay fit
- **Staying Safe** – reminder of the latest government guidance

### **Puzzles & Brain Teasers (pages 10– 24)**

- **Wordsearches** – find the listed words, hidden in any direction
- **Crosswords** – use the clues to fill in the crossword
- **Mazes** – find your way out of the maze
- **Spot the Difference** between the two pictures
- **Anagrams** – unscramble the jumbled up words
- **Sudoku** – fill in the grid so each line (straight and sideways) and all boxes contain the numbers 1-9, each only once
- **Suguru** – similarly, grid divided into groups, which must each contain unique numbers 1-5. No touching cells can contain the same number.
- **Code Words** – Each letter of the alphabet is represented by a number. Crack the code from those revealed at the outset.

### **Arts & Crafts (pages 25 – 32)**

- **Colouring** – different pictures for you to colour in
- **Crafts** – easy to make from scratch items and up-cycling ideas
- **Origami** – simple instructions for the ancient art of paper folding

### **Dinner & Box (pages 33 – 36)**

- **Main Courses** – healthy easy to cook dishes, vegetarian included
- **Desserts** – easy to make tasty treats
- **TV Highlights** – what's on the free channels in the week ahead



## 3-Step Mindfulness Worksheet

This worksheet outlines the *3-Step Mindfulness Exercise*, a useful activity when formal mindfulness practice might not be practical. It is designed to be versatile, so you can practice these three steps throughout the day to bring your awareness to the present moment.

Use this guide to cultivate a mindful state that you can carry with you throughout the day.

### 1. Step Out of Autopilot



**In this moment, try to bring your awareness to what you are doing, thinking, and sensing.**

Pause. Take a comfortable, relaxed, but upright posture. And breathe. What thoughts come up in your mind? What feelings?

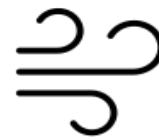
Give them your attention and acknowledge these natural experiences. Then, let them pass. Attune yourself to who you are and your current state.

**Right now, your only goal is become aware of your breath.**

How does your body move with each breath in and out? How does your chest rise and fall as you let air in? Feel how your belly pushes in and out, how your lungs expand and contract.

Find the pattern of your breath and anchor yourself to the present with this awareness for six breaths or up to a minute.

### 2. Become Aware of your Breath



### 3. Expand your awareness outward



**Let your awareness spread outward.  
First to your body, then to your surroundings.**

What physical sensations are you experiencing? Note feelings like tightness, aches, or lightness, then, let go of them. Keep in mind your body as a whole, as a vessel for your inner self.

Expand your awareness outward to your surroundings. Bring your attention to what is in front of you. What colors, shapes, and textures can you notice? Be present in this moment, in your awareness of your surroundings.

## **Rapid Relaxation Exercises**

These are things you can do in a minute or two to feel more relaxed. As you start, take a moment to do a simple check-in of your emotional state, your thoughts, and what you are feeling in your body. Just notice what is happening, without judgment or expectation.

### **Abdominal Breathing**

Abdominal breathing is the one of the most effective ways to relax quickly. By breathing with your diaphragm you will immediately signal your autonomic nervous system to relax. Place one hand on your belly and one on your chest. Take some slow, deep breaths into the belly. It's helpful, but not essential, to breathe in through the nose and out through the mouth. If you are doing abdominal breathing correctly, the lower hand should move as much or more than the hand on your chest. Continue this slow, deep breathing for a couple of minutes, imagining the breath calming your body and clearing your mind. Notice how you feel.

### **Cook's Hookup**

With legs extended, cross your left ankle over your right one. With your arms outstretched, cross your right wrist over your left one, then turn your hands so the palms are touching, clasp your fingers, and twist your hands down and toward your ribs, and rest them on your chest. Hold this. Once you have learned the technique, you don't need to use the hands if you prefer not to. position for two minutes as you breathe through your nose. On the in-breath, push your tongue against your upper palette, and on the out-breath push it against your lower palette. When the two minute period has elapsed, take a minute to notice what you experience in your body.

### **Quick Tensing and Relaxing**

Tense your feet and lower legs and thighs and buttocks, pelvic muscles, abdomen, and lower back muscles. Hold them tightly for a few moments and notice the tension. Then release the tension completely and let all those muscles soften and become supple and relaxed.

Tense your hands, forearms, upper arms and shoulders, belly, midriff, middle and upper back, and facial muscles, and take a breath in so your rib cage is full extended. Notice how that feels, then release the breath and soften all those muscles, letting them become supple and relaxed. As you continue to breathe, focus on releasing, softening, letting go. Let the tension continue to flow out with every out-breath.

### **Creating a Symbol of Relaxation**

When you are practicing relaxation, choose an image that conveys peace, comfort, or mental and physical letting go. This image can be anything you choose. You may think of the seashore, or a favorite spot in nature. It may be an image like the sun, a rope untwisting, ice melting, or a soothing color. It may be the face of a pet or of someone you love.

Every time you do relaxation, call up that image as you are becoming relaxed. Allow the symbol to grow and fill your awareness. Let all of the qualities of that symbol come to mind, and imagine them moving through your body on the rhythm of your breath. As you practice this more, you will be able to close your eyes anywhere and relax quickly by calling up your symbol and filling your awareness with it for a few minutes.

## Exercises for older people

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### Flexibility

#### Getting started

**If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.**

For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.

Build up slowly and aim to increase the repetitions of each exercise over time.

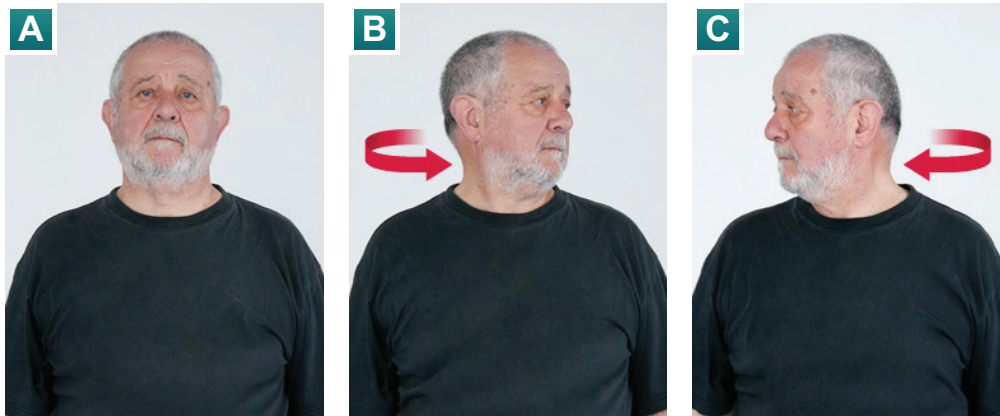
As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. [www.ageuk.org.uk](http://www.ageuk.org.uk)

There are three other sets of exercises in this series: Sitting, Strength and Balance.  
Go to [www.nhs.uk/exercises-for-older-people](http://www.nhs.uk/exercises-for-older-people) to download.





## NECK ROTATION



**This stretch is good for improving neck mobility and flexibility.**

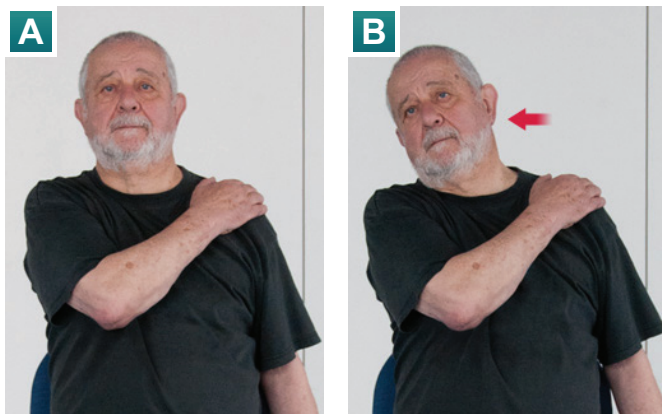
**A.** Sit upright with shoulders down. Look straight ahead.

**B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position.

**C.** Repeat going right.

Do three rotations on each side.

## NECK STRETCH



**This stretch is good for loosening tight neck muscles.**

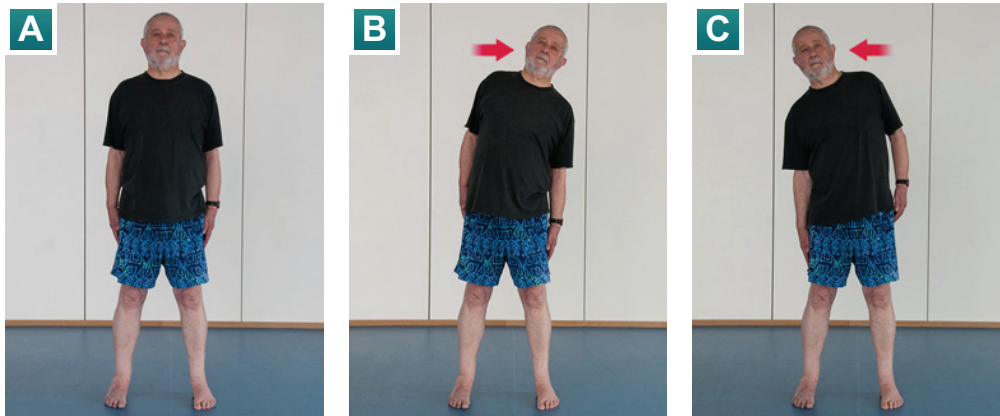
**A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

**B.** Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side.

Hold each stretch for five seconds and repeat three times on each side.



## SIDEWAYS BEND



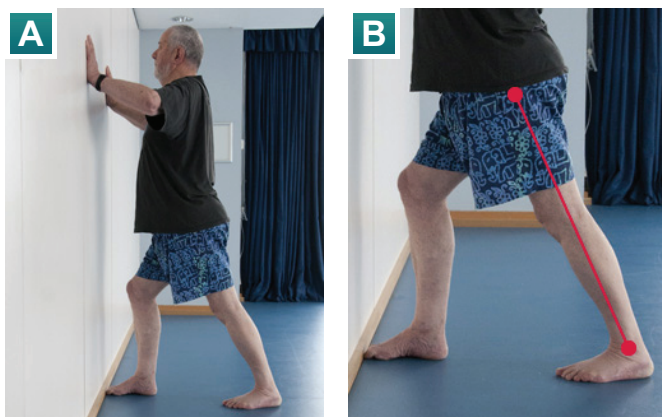
**A.** Stand upright with your feet hip-width apart and arms by your sides.

**B.** Slide your left arm down your side as far as is comfortable.  
As you lower your arm, you should feel a stretch on the opposite hip.

Repeat with your right arm down your right side.

Hold each stretch for two seconds and perform three on each side.

## CALF STRETCH



**A.** Place your hands against a wall for stability. Bend the right leg and step the left leg back at least a foot's distance, keeping it straight. Both feet should be flat on the floor.

**B.** The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor.

Repeat with the opposite leg and perform three on each side.

1



10 bottom to heels stretch



2



10 opposite arm / leg raises



3



10 back extensions



4

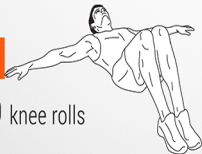


10 bridges



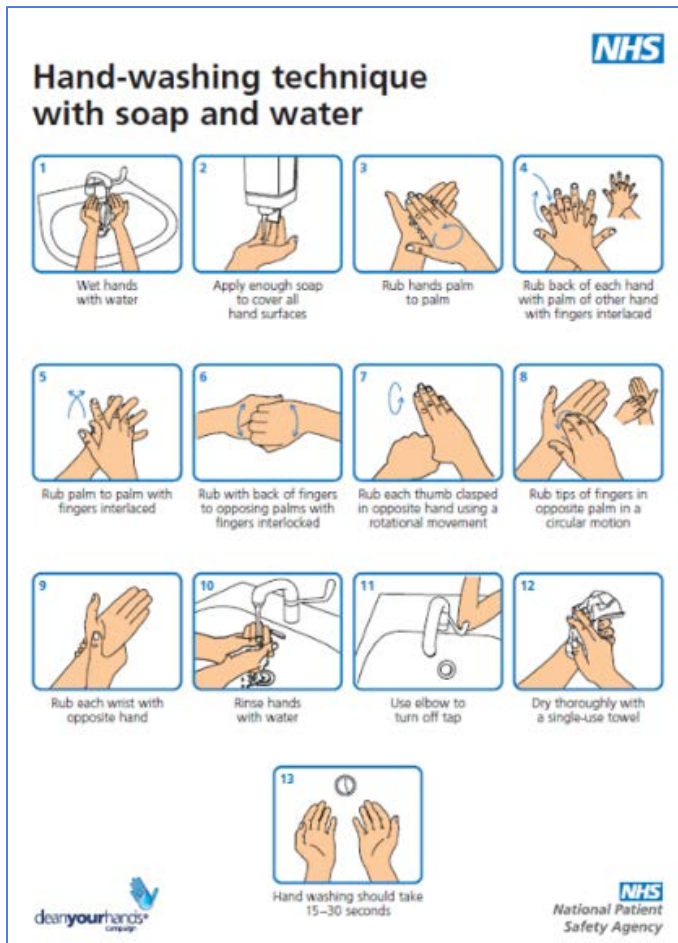
5

10 knee rolls





# Staying Safe – Recap of Latest Covid-19 Advice



## If you need medical help

- If you need medical help for any reason, do not go to places like a GP surgery, pharmacy or hospital.
- If you have symptoms of coronavirus (a high temperature or a new, continuous cough), use the NHS 111 service
- Phone 111 or visit the website at <https://111.nhs.uk/covid-19>
- Call 999 for an ambulance in a life-threatening emergency

## Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home
- Do not meet others, even friends or family. You can spread the virus even if you don't have symptoms.

## Advice for stopping virus spread



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Source: NHS

BBC

# Greek Mythology: Gods and Goddesses

Download more free puzzles at:

[www.wordsearch-puzzles.co.uk](http://www.wordsearch-puzzles.co.uk)



APHRODITE  
DIONYSUS  
POSEIDON  
GAIA

APOLLO  
HADES  
ZEUS  
HEMERA

ARES  
HEPHAESTUS  
AETHER  
NYX

ARTEMIS  
HERA  
CHAOS  
TARTARUS

ATHENA  
HERMES  
CHRONOS  
ORANOS

DEMETER  
HESTIA  
EREBUS

# In the Kitchen

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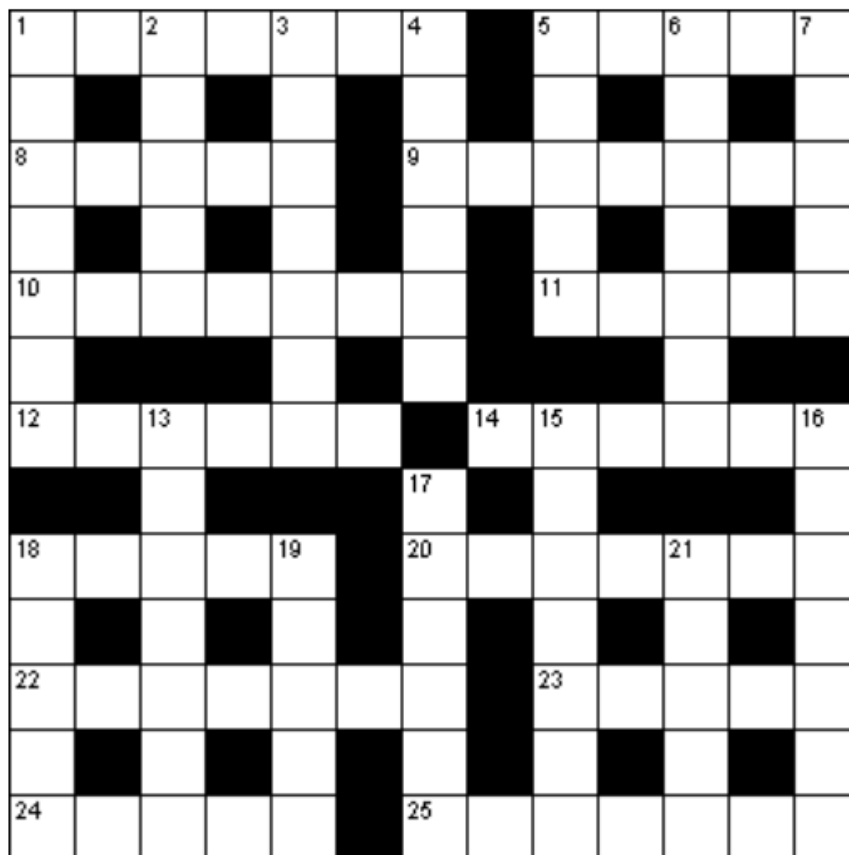
SINK  
GRILL  
REFRIDGERATOR  
BOWL  
KNIFE  
KETTLE  
BIN

WASHING MACHINE  
OVEN  
FRYING PAN  
CUP  
SPOON  
TEAPOT

DISHWASHER  
MICROWAVE  
SAUCEPAN  
MUG  
TEA TOWEL  
CUPBOARD

COOKER  
FREEZER  
PLATE  
FORK  
TOASTER  
LARDER

## Crossword 1



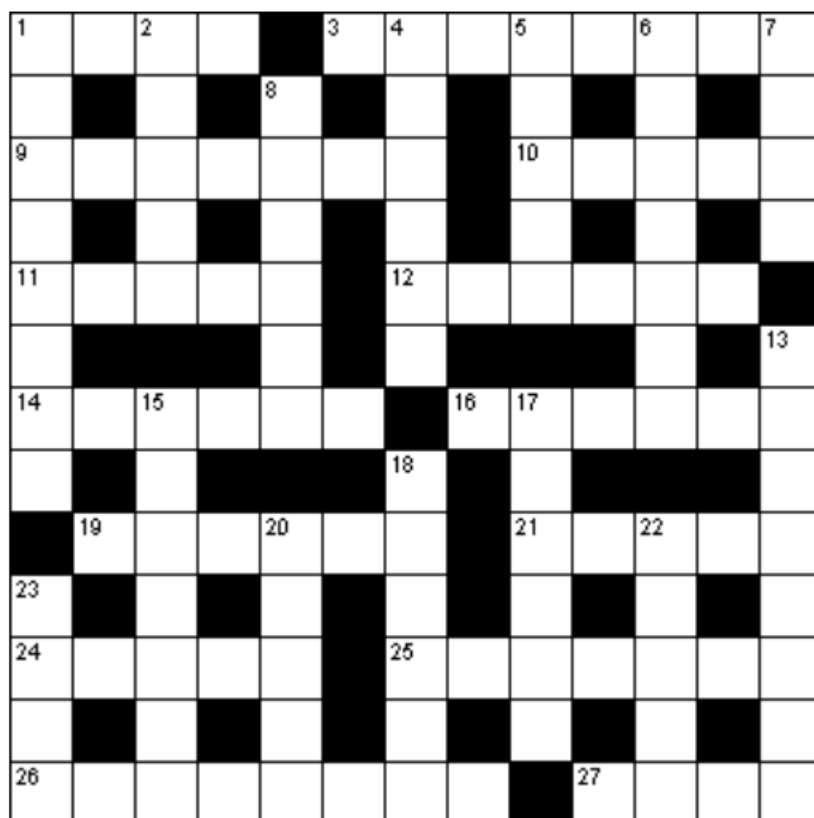
### Across

- 1 Gratified (7)
- 5 Criminal (5)
- 8 Telegram (5)
- 9 New England state (7)
- 10 Brought about (7)
- 11 Metal worker (5)
- 12 Breathe in (6)
- 14 Affix (6)
- 18 Entice (5)
- 20 Garments (7)
- 22 Sunshade (7)
- 23 Modify (5)
- 24 Snug (5)
- 25 Greatly feared (7)

### Down

- 1 "Tosca" composer (7)
- 2 Waned (5)
- 3 Clients (anag.) (7)
- 4 Share out (6)
- 5 Documents to be filled in (5)
- 6 Like a lion (7)
- 7 V-shaped incision (5)
- 13 Monotonous (7)
- 15 Desecrate (7)
- 16 Wished for (7)
- 17 Climbed (6)
- 18 Theme (5)
- 19 Flavoursome (5)
- 21 Detested (5)

## Crossword 2



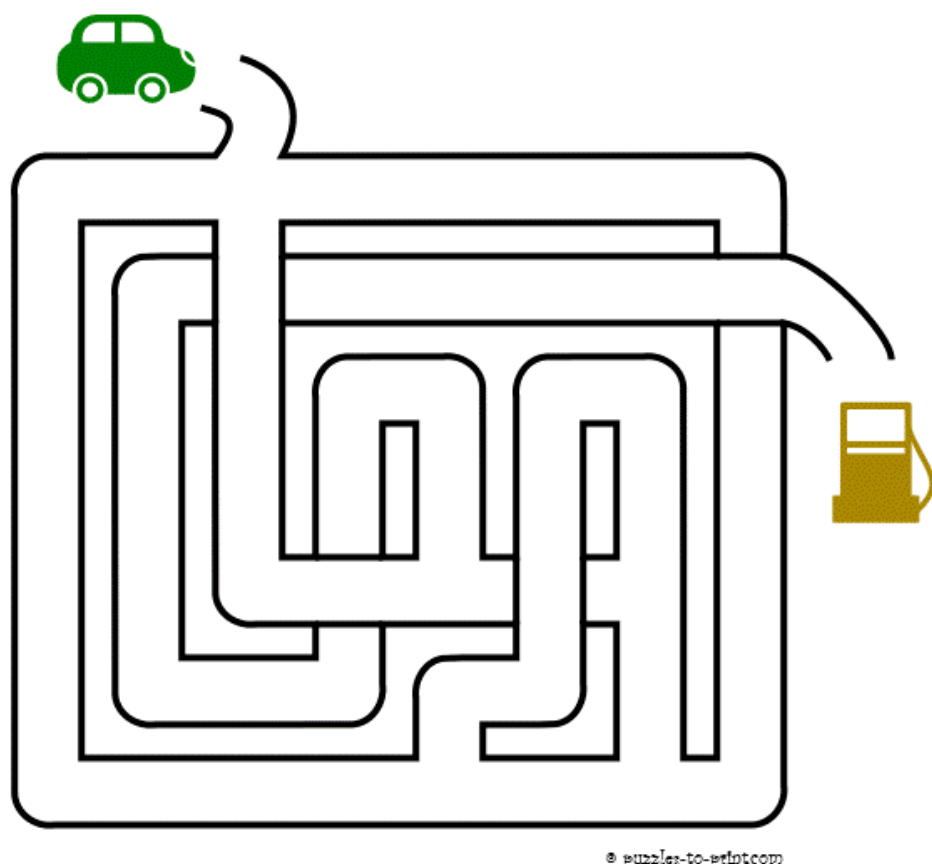
### Across

- 1 Compassion (4)
- 3 Slaughterhouse (8)
- 9 Die down (7)
- 10 Fracture (5)
- 11 Small edible crustacean (5)
- 12 Root vegetable (6)
- 14 Observe (6)
- 16 Clergyman (6)
- 19 Preliminary drawing (6)
- 21 Large book size (5)
- 24 Embellish (5)
- 25 Abridge (anag.) (7)
- 26 Incidentally (2,3,3)
- 27 Nautical unit of speed (4)

### Down

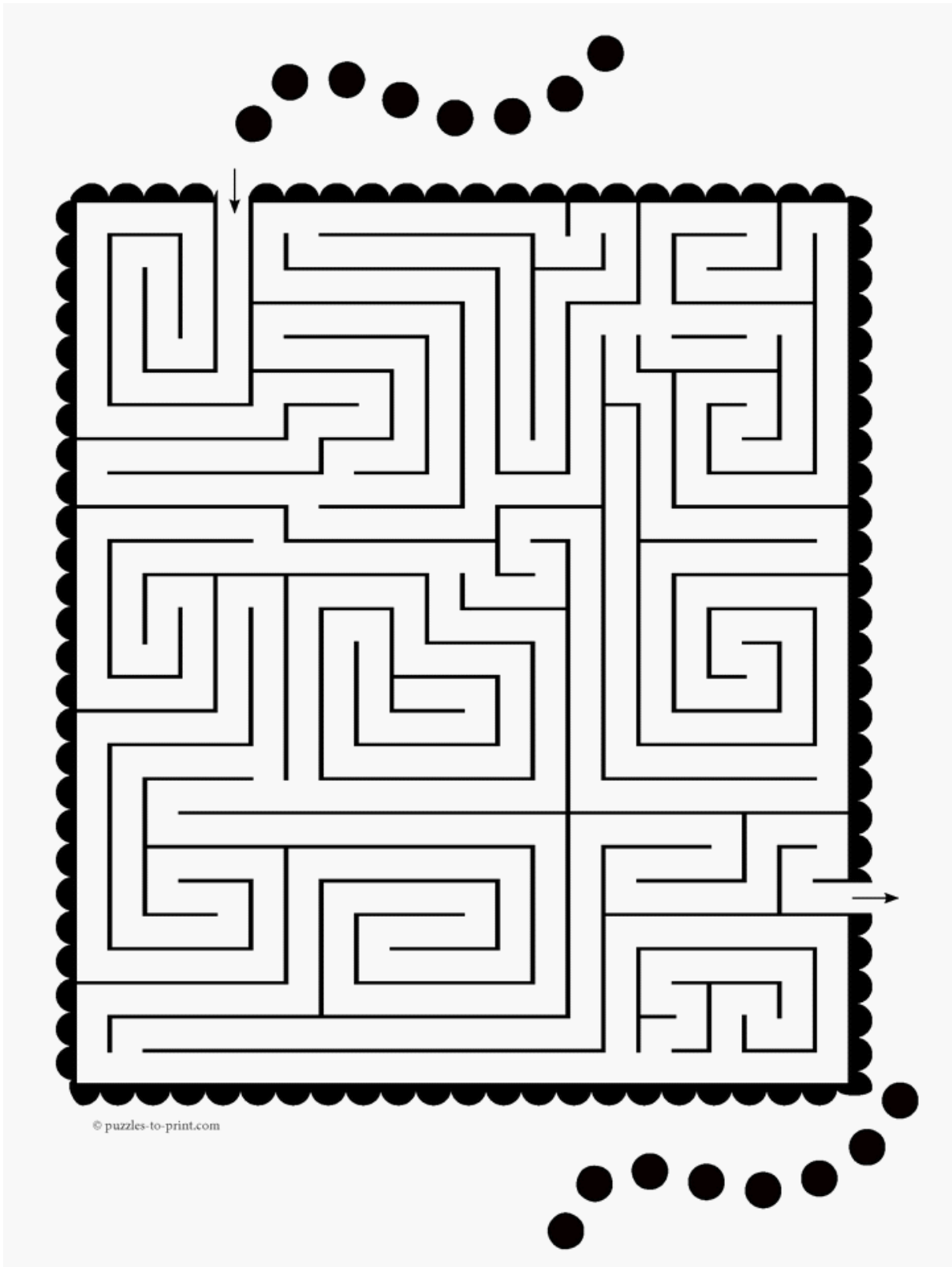
- 1 Put off, defer (8)
- 2 Shin bone (5)
- 4 Whitening chemical (6)
- 5 Rome's river (5)
- 6 Burdensome (7)
- 7 Gardening tool (4)
- 8 Alfresco meal (6)
- 13 Blameless (8)
- 15 Extract (4,3)
- 17 Fully informed (2,4)
- 18 Morbid fear (6)
- 20 Metric weight (5)
- 22 Gain knowledge (5)
- 23 Raiment (4)





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Gertie forgot to fill up before she left town.  
Can you help her find the shortest way to the  
service station so she does not run out of gas?



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# DIFFERENCES

Find 10 differences.



more printables on [www.myhomeschoolmath.com](http://www.myhomeschoolmath.com)

# DIFFERENCES

FIND 10 DIFFERENCES.



more printables on [www.myhomeschoolmath.com](http://www.myhomeschoolmath.com)

Anagrams are words that contain the same letters but arranged in a different order. For example, *act* is an anagram of *cat*. The answers to the clues below are anagram pairs.

Ex)	A part of your body. <i>arm</i>	A male sheep. <i>ram</i>
-----	------------------------------------	-----------------------------

1.	A short sleep during the day.	Something to cook with.
2.	An animal that people ride.	The place where land meets sea.
3.	Something you bake.	Hair on your face.
4.	A place to see art.	Something that makes you sneeze.
5.	Another word for jump.	Another word for white.
6.	An animal that lives in a pack.	Move like water.
7.	A dogs feet.	An insect that stings.
8.	A place to wash dishes.	What covers your body.
9.	The past tense of leap.	Something to serve food on.
10.	A sour fruit.	A juicy fruit.



### Sudoku 1

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

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### Sudoku 2

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

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### Sudoku 3

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

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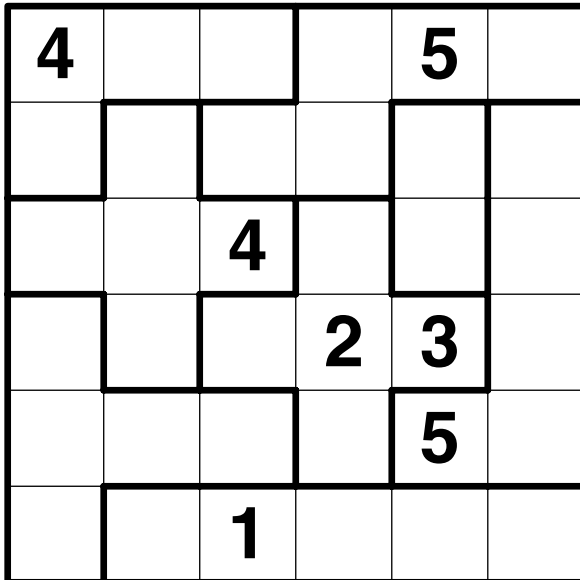
### Sudoku 4

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

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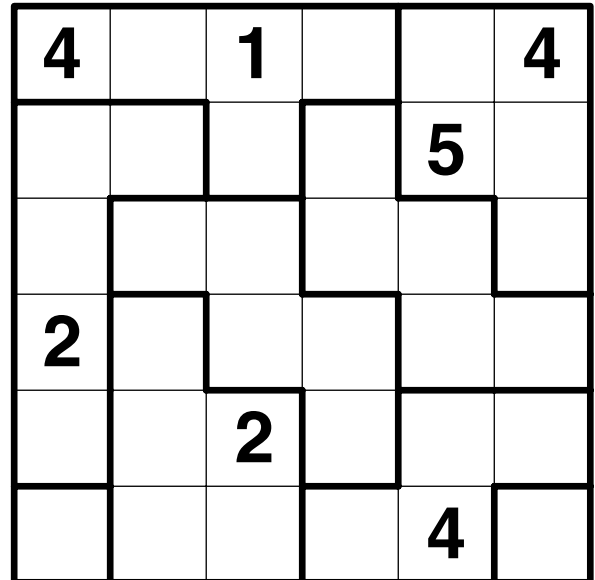
## Small Suguru by Krazydad, Volume 1, Book 1

### Suguru #1



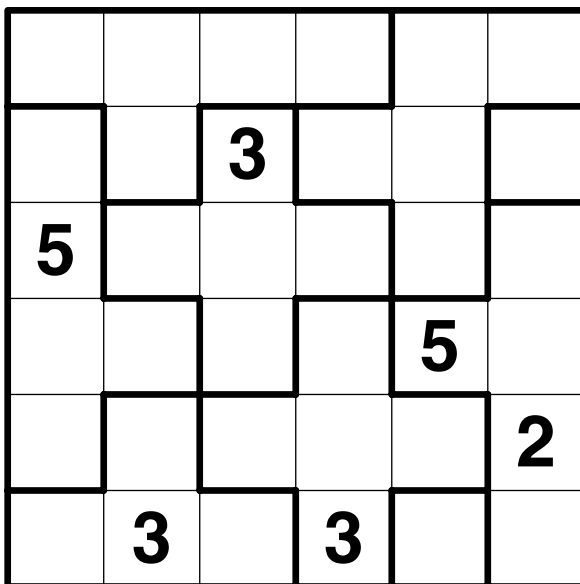
© 2015 KrazyDad.com

### Suguru #2



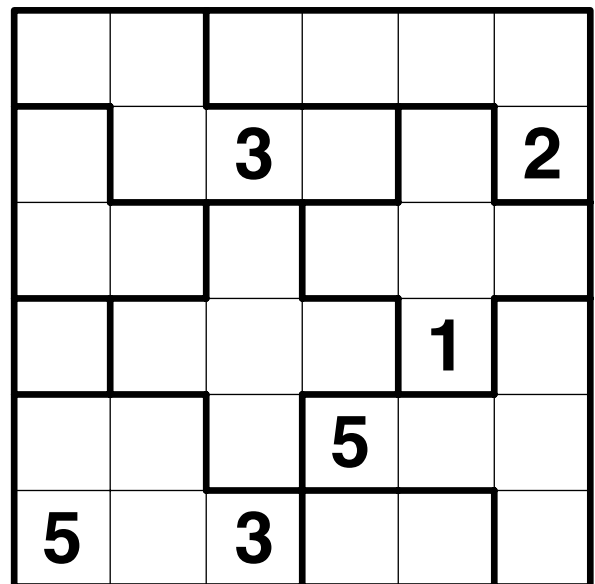
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### Suguru #3



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### Suguru #4



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The heavy lines indicate areas, called cages, from one to five squares in size. Fill each cage with unique digits, counting up from 1. So for example a 2-square cage contains the numbers 1 and 2; and a 5-square cage contains the numbers from 1 to 5. Adjacent (touching) squares, even ones that touch diagonally, may never contain the same number.

 **krazydad**  
free puzzles and mazes

## Codeword 1

	15		21		24		18		4		5		7	
21	18	9	9	26	22	22	4		19	26	26	18	2	10
	26		18		2		18		14		21		10	
20	26	22	14	20	19	8	10	5	14		18	16	18	26
	19		10		14		19				2		13	
19	2	16	22	6			5	4	21	26	19	9	9	18
			17		11		26		22			7		
14	10	7	17	17	19	2		25	22	10	14	25	22	10
	26				19		12		3		3			
16	18	4	21	22	26	19	19			16	5	4	21	22
	2		18				2		23		9		5	
18	14	20	14		12	7	14	23	5	18	9	7	17	6
	17		18		18		7		18		8		17	
15	7	9	9	22	15		10	25	26	19	18	10	19	2
	1		10		2		6		10		20		10	

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

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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## Codeword 2

21	4	21	4	15		5	8	2	25	9	7	15	17	1
15		14		2		15		25		11		11		17
16	17	15	21	16	4	17		6	4	4	5	4	9	22
		A	C	T										
15		17				23				26		16		15
5	8	26	24	3		15	13	15	10	25		14	4	1
22		25		15				2				25		
3	15	1		24	5	7	2	2		20	7	17	4	17
8				5		5		8		15				25
3	8	25	23	25		16	4	19	8	21		13	15	3
		26				17				10		14		12
20	15	24		18	7	15	5	26		3	14	4	23	25
7		15		7				15				4		21
5	15	17	8	15	16	3		20	15	21	10	12	4	16
25		9		10		8		4		7		25		25
12	17	4	20	25	21	16	4	17		24	5	25	11	1

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

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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Would you be interested in borrowing a book or jigsaw puzzle to keep you occupied?

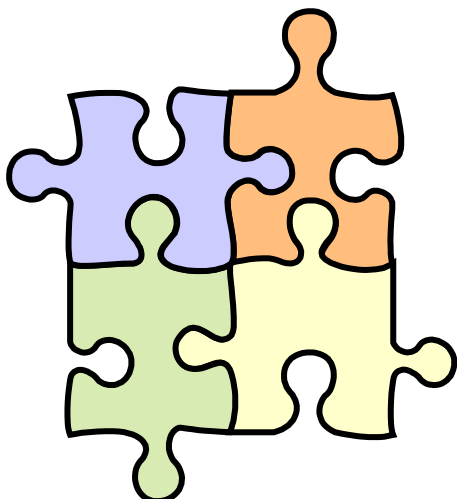


We are looking at the possibility of setting up a lending library if there is enough interest.

The books and jigsaws will be delivered and collected by Oxleas Volunteers. All items collected, would of course, be disinfected before being passed on.



Please register your interest, saying which you'd be interested in by leaving your name and contact number with the Volunteer Service on:  
0208 301 9847/459









## Easy to Make Garden Bird Feeders



*A simple cardboard tube feeder is easy to make and a quick tasty treat for birds*

### You will need

- A cardboard tube (a kitchen roll is perfect)
- Two long sticks or skewers
- Some lard or suet
- Birdseed
- A piece of string

First, make four holes in one end of your cardboard tube, these must be large enough for your sticks or skewers, but not so large that the sticks slide out. Make sure the holes opposite each other line up so that you can thread your stick through. Next, make two small holes opposite each other in the other end of your tube. Use a knife to cover your roll in lard or suet, vegetarian varieties are good too. Roll the tube in bird seed so that the seed sticks to the lard. Finally, carefully thread the sticks through to make a cross shape, and attached a piece of string to the two top holes. Then you're ready to hang your feeder outside!





*The beauty of this feeder is that you can fill it with scraps as well as shop-bought seed.*

You will need

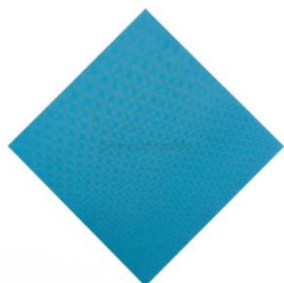
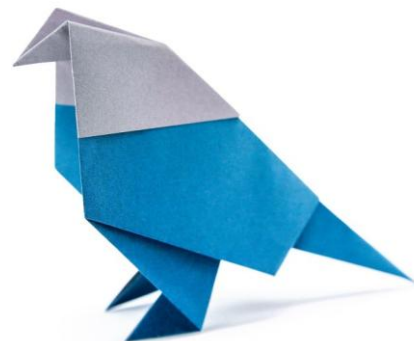
- A large orange
- String
- Assorted nuts and seeds

This one is really simple, simply cut a large orange in half and scoop out the insides. Then, thread two pieces of string through the orange so that it hangs upright. Fill the orange with whatever bird food you fancy. You could stick with birdseed or try peanuts, mealworms, suet, dried fruit or even leftovers such as cheese or cake.

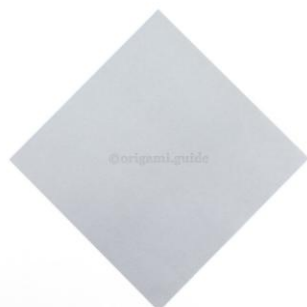
# The Art of Origami

Learn how to fold an origami bird using this step by step tutorial. This little origami bird looks like a pigeon, parakeet or other small bird.

We recommend using paper that is thin and at least 15 x 15 cm.



1. This is the front of our origami paper; most of the bird will end up being this colour.



2. This is the back of our paper; the bird's head area will be this colour.

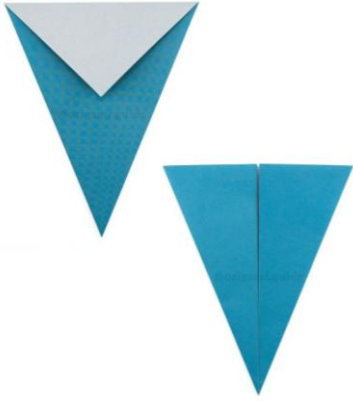


3. Fold the left point over to the right point and then unfold.



4. Fold the lower left and right diagonal edges to the middle then flip the paper over to the other side.





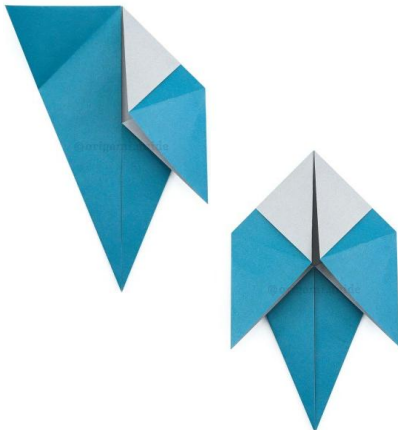
5. Fold the top point down then flip the paper back over to the other side.



6. Fold the top left and right points diagonally inwards and then unfold again



7. Open out the right side, reverse folding the front crease.



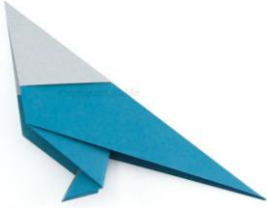
8. Flatten the point down completely. Repeat the same process on the other side.



9. Fold the two flaps as shown. They will become the bird's feet.



10. Fold the right side over to the left.



11. Rotate the model; you can now start to see a bird take shape.



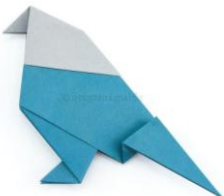
12. Time to make the bird's head and beak. Fold the top point over into the desired head shape.



13. Unfold the last step and open out the top end and then inside reverse fold the beak, you can alter this as desired.



14. For the tail, fold the tip up, aligning with the back edge and then fold the tip back down, leaving a gap.

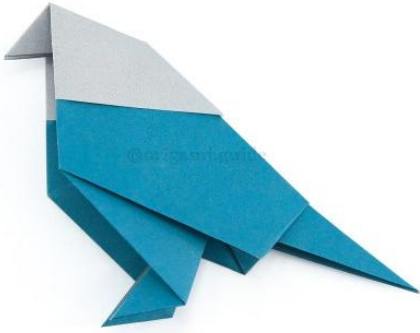


15. Unfold the previous 2 steps and open the bird up so you can see inside.





15. Next re-fold the pleat folds inside the bird



16. Re-fold the bird back together. If your bird has trouble standing, adjust the tail of the bird by pulling and re-folding into place.

Your origami bird is complete!

## Spaghetti Bolognese



*Serves 2 people*

### **You will need:**

220g x minced beef/lamb (or vegetarian mince)  
1 x clove of garlic (crushed)  
1 x 400g tin of chopped tomatoes  
1 x stock cube (any kind)  
100g x fresh mushrooms (chopped)  
½ x fresh red pepper (chopped)  
½ x onion (diced)  
1 x tsp dried mixed herbs (or handful of fresh basil)  
200g x dried spaghetti pasta  
1 x tbsp of oil for cooking

### **Method**

1. Take a medium sized saucepan and pour in the cooking oil.
2. To this add the onion, garlic, mushrooms and pepper and fry on a medium heat until softened.
3. Add the mince and continue to cook until the meat has turned brown.
4. To the saucepan now add the chopped tomatoes and crumble in the stock cube. Add the dried or fresh herbs.
5. Cook the Bolognese on a medium/low heat for 30-40 minutes. Your bolognaise should simmer – do not allow to boil.

6. Cook your spaghetti pasta according to the instructions on the packet.
7. Drain the water from the spaghetti and put onto a dish. Add the cooked Bolognese sauce to the top.

Tips: Add a little parmesan cheese before serving. The Bolognese sauce can be frozen for up to 2 months.

If you have any Red Wine you add 2 x tbsp. of this to the Bolognese when adding the tomatoes.

# Microwave Banana Pudding

## You will need

### Ingredients

100g butter, softened, plus extra for greasing

2 ripe bananas

100g light muscovado sugar

100g self-raising flour

2 tsp ground cinnamon

2 eggs

2 tbsp milk

*Serve with ice cream or cream if you wish*



### Method

1. Put the butter in a 1-litre baking dish and microwave on High for 30 secs-1 min until melted.
2. Add 1½ bananas, mash into the melted butter, then add the sugar, flour, cinnamon, eggs and milk. Mix together well.
3. Slice the remaining banana over the top, then return to the microwave and cook on High for 8 mins until cooked thoroughly and risen.
4. Serve warm, dusted with icing sugar, if you like, with a drizzle of toffee sauce and a scoop of ice cream.

## TV and Film Highlights for the week starting 04 May 2020

Between 3pm - 6pm weekdays, to keep your brain active why not see if you can answer any of the questions in the listed game shows.

### Monday 04 May

<b>12:50pm</b>	<b>Film 4</b> - The Return of the Pink Panther - (1975) Crime comedy starring Peter Sellers as the bumbling Inspector Clouseau
<b>3pm</b>	<b>ITV</b> - Tenable - Game Show
<b>4pm</b>	<b>ITV</b> - Tipping Point - Game Show
<b>5pm</b>	<b>ITV</b> - The Chase - Game Show
<b>5:15pm</b>	<b>BBC1</b> - Pointless - Game Show
<b>8.30pm</b>	<b>ITV</b> - Love your Garden
<b>9pm</b>	<b>BBC2</b> - Horizon - The Great British Intelligence Test. Mathematician Hannah Fry and doctor and broadcaster Michael Mosley join an Imperial College, London, experiment to assess the brainpower of the nation
	<b>Film4</b> - Hidden Figures - (2016) Taraji P Henson, Octavia Spencer and Janelle Monáe star in an Oscar-nominated, fact-based drama about three women whose genius made significant contributions to the space race

### Tuesday 05 May

<b>12:45pm</b>	<b>Film4</b> - The Pink Panther Strikes Again - (1976) Crime comedy sequel starring Peter Sellers as the bumbling Inspector Clouseau
<b>3pm</b>	<b>ITV</b> - Tenable - Game Show
<b>4pm</b>	<b>ITV</b> - Tipping Point - Game Show
<b>5pm</b>	<b>ITV</b> - The Chase - Game Show
<b>5:05pm</b>	<b>Film4</b> - The Harry Hill Movie - (2013) Surreal comedy with Harry Hill, Julie Walters & Matt Lucas
<b>5:15pm</b>	<b>BBC1</b> - Pointless - Game Show
<b>6:50pm</b>	<b>Film4</b> - Now you see me - (2013) Thriller with Jesse Eisenberg, Woody Harrelson, Mark Ruffalo, Isla Fisher & Morgan Freeman. 4 magicians commit a series of impressively bold robberies

### Wednesday 06 May

<b>1:10pm</b>	<b>Film4</b> - Carry On Sergeant - (1958) First Carry On film made starring William Hartnell
<b>3pm</b>	<b>ITV</b> - Tenable - Game Show
<b>4pm</b>	<b>ITV</b> - Tipping Point - Game Show
<b>5pm</b>	<b>ITV</b> - The Chase - Game Show
<b>5:15pm</b>	<b>BBC1</b> - Pointless - Game Show
<b>8pm</b>	<b>BBC1</b> - The Repair Shop - Family heirlooms are restored
	<b>Ch4</b> - Spring on Jimmy's Farm
<b>9pm</b>	<b>Film4</b> - The Last Witch Hunter - (2015) Violent supernatural horror starring Vin Diesel
<b>11.10pm</b>	<b>Film4</b> - Nowhere Boy - (2009) Biopic about the early years of John Lennon's life

### Thursday 07 May

<b>3pm</b>	<b>ITV</b> - Tenable - Game Show
<b>4pm</b>	<b>ITV</b> - Tipping Point - Game Show
<b>5pm</b>	<b>ITV</b> - The Chase - Game Show
<b>5:15pm</b>	<b>BBC1</b> - Pointless - Game Show
<b>8pm</b>	<b>ITV</b> - The Martin Lewis Money Show - Coronavirus Special
<b>9pm</b>	<b>Ch4</b> - First Dates Hotel

### Friday 08 May

<b>3pm</b>	<b>ITV</b> - Tenable - Game Show
<b>4pm</b>	<b>ITV</b> - Tipping Point - Game Show
<b>5pm</b>	<b>ITV</b> - The Chase - Game Show
<b>5:15pm</b>	<b>BBC1</b> - Pointless - Game Show
<b>5:25pm</b>	<b>ITV2</b> - Film - The Secret Life of Pets (2016) Animation
<b>8pm</b>	<b>BBC1</b> - VE Day 75: A Musical Celebration
	<b>Ch4</b> - Joe Lycett's Got Your Back - Consumer show with comedy
<b>8:30pm</b>	<b>ITV</b> - Gardeners' World
<b>9pm</b>	<b>BBC1</b> - VE Day: Remembering Victory

### Saturday 09 May

<b>5:20pm</b>	<b>Ch4</b> - Spring at Jimmy's Farm
<b>7pm</b>	<b>Ch4</b> - A 4 Million pound Restoration: Historic House Rescue - Landmark Trust try to restore Llwyn Celyn, the Welsh medieval house back to its former glories
<b>7:30pm</b>	<b>BBC1</b> - Film - Darkest Hour - (2017) British Prime Minister Winston Churchill seeks to rally the nation against Germany's advance across Western Europe. Starring Gary Oldman, Lily James and Kristin Scott Thomas
<b>9pm</b>	<b>Ch4</b> - Film - Den of Thieves - (2018) Crime drama starring Gerard Butler & Jordan Bridges

### Sunday 10 May

<b>11am</b>	<b>Film4</b> - The Return of the Pink Panther - (1975) Crime comedy starring Peter Sellers as the bumbling Inspector Clouseau
<b>1:15pm</b>	<b>Film4</b> - The Pink Panther Strikes Again - (1976) Crime comedy sequel starring Peter Sellers as the bumbling Inspector Clouseau
<b>3:20pm</b>	<b>Ch4</b> - Film - Over the Hedge - (2006) Animated comedy
<b>4:50pm</b>	<b>BBC1</b> - Penguins - Spy in the Huddle
<b>7:15pm</b>	<b>BBC1</b> - Antiques Roadshow
<b>8pm</b>	<b>Ch4</b> - The Fantastical Factory of Curious Craft
<b>8:15pm</b>	<b>BBC1</b> - Primates - Documentary
<b>9pm</b>	<b>Ch4</b> - Levison Wood treks alongside hundreds of elephants on their annual migration across Botswana