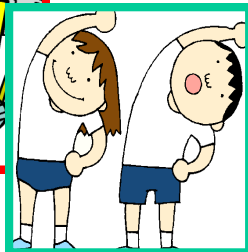


# Distraction Pack



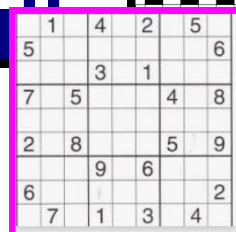
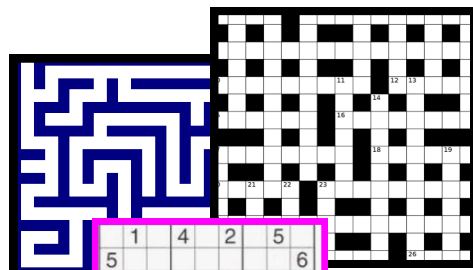
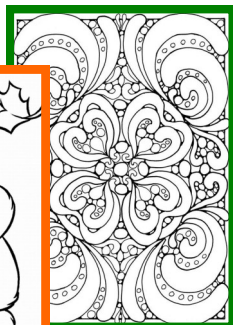
KEEPING FIT &  
WELL



RECIPES



COLOURING



PUZZLES

**Welcome to the 4<sup>th</sup> edition** of the Oxleas Distraction Pack. The week has flown by and we bring you more activities and tips for keeping well. We hope you enjoy dipping in as much as we have enjoyed putting it together.

**We'd love your contributions.** If you can draw new cover art (just leave us a space for the issue number), share practical activity instructions, or think of something else that others may enjoy, please do post it to the address below. Either way, **have fun and stay safe.**

**Distraction Pack Editorial Team**

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

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

### **Keeping Fit & Well (pages 4 – 10)**

- **Mindfulness and Relaxation** techniques to use any time, anywhere
- **Workout and Exercises** to help you stay fit
- **Staying Safe** – reminder of the latest government guidance

### **Puzzles & Brain Teasers (pages 11– 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 – 30)**

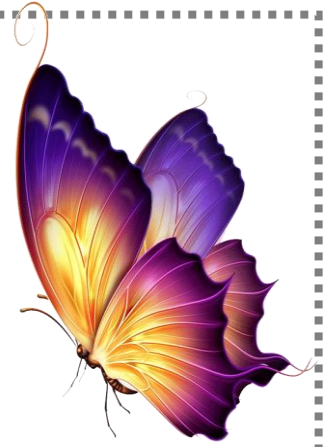
- **Colouring** – different pictures for you to colour in
- **Crafts** – easy to make from scratch items and up-cycling ideas
- **Origami** – simple instructions for the ancient art of paper folding

### **Dinner & Box (pages 31 – 34)**

- **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

**... with thanks to all copyright owners for their permission.**

Would you be interested in borrowing a book or a 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 a contact number with the Volunteer Service on: 0208 301 9487/459.





## The Five Senses Worksheet

Use this Five Senses Exercise as a simple, versatile way to evoke a mindful state wherever you are. The goal of this exercise is to practice being aware in the present moment throughout the day whenever formal mindfulness practice such as meditation or a body scan might not be practical.

It is simply a guide to help you or your client become attuned to the **five senses**.

### Notice five things that you can see.

Cast your eyes around and bring your attention to five things you might not normally notice. Choose something you wouldn't ordinarily pay attention to, like a shadow or a small crack in the concrete.



### Notice four things that you can feel.

Bring your awareness to four things you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

### Notice three things that you can hear.

Try to tune in to the sounds of your surroundings. What can you hear in the background? This might be a bird singing, the low hum of the refrigerator, or the faint sounds of traffic from a nearby road.



### Notice two things that you can smell.

Tune your senses into smells you might usually gloss over, whether they're pleasant or unpleasant. Perhaps the breeze is carrying the scent of pine trees if you're outside, or the smell of cafe from the sidewalk.

### Notice one thing that you can taste.

Focus on one thing you can taste right now, in this moment. You can take a sip of coffee, savor some chocolate, eat something, notice the current taste in your mouth, or even open it to search the air for a taste.







## Calming breathing technique from the NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

This calming breathing technique **for stress, anxiety and panic takes just a few minutes and can be done anywhere.**

You will get the most benefit if you do it regularly, **as part of your daily routine.**

You can do it standing up, sitting in a chair that supports your back, or lying on a bed or yoga mat on the floor.

Make yourself as comfortable as you can. If you can, loosen any clothes that restrict your breathing.

If you're lying down, place your arms a little bit away from your sides, with the palms up. Let your legs be straight, or bend your knees so your feet are flat on the floor.

If you're sitting, place your arms on the chair arms.

If you're sitting or standing, place both feet flat on the ground. Whatever position you're in, place your feet roughly hip-width apart.

- ◆ Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- ◆ Try breathing in through your nose and out through your mouth.
- ◆ Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- ◆ Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- ◆ Keep doing this for **3 to 5 minutes.**

## 5-minute wake-up workout from the NHS

<https://www.nhs.uk/live-well/exercise/5-minute-wake-up-workout/>

**Start your day feeling on top of the world with this 5-minute bedroom workout combining strength and flexibility exercises.**

This routine from physiotherapist Nick Sinfield starts with some gentle in-bed tension-releasing stretches and finishes with a series of energising power moves. Try to do this workout every morning to burn calories, ease away aches and pains, boost your mood and feel more alert.

### **Overhead stretch --->**

Extend your arms over your head, feeling your body stretch from your toes to your fingertips. Take 3 to 4 deep, relaxing breaths.



### **<--- Knee to chest stretch**

Bring 1 knee to your chest, keeping the other leg bent. Do not raise your head or tense your neck. Take 3 to 4 deep, relaxing breaths, feeling the stretch in your buttocks and lower back. Repeat with the opposite knee.

### **Hamstring stretch --->**

Grasp 1 leg and pull it towards you, then straighten it as far as comfortable. Keep the other leg flat or bent on the bed. Take 3 to 4 deep, relaxing breaths, feeling your hamstring lengthen. Repeat with the opposite leg.



### **<--- Knees to chest**

Bring both knees to your chest and gently grasp your legs. Do not raise your head or tense your neck. Take 3 to 4 deep, relaxing breaths, feeling the stretch in your buttocks and lower back.





#### <--- Knee rolls

Slowly roll your knees to 1 side, keeping them together and ensuring both shoulders remain in contact with the bed at all times. Take 3 to 4 deep, relaxing breaths, feeling the stretch in your lower back. Repeat on the opposite side.

#### Trunk rotation --->

With your feet parallel and shoulders back and down, rotate your upper body to 1 side as far as comfortable without moving your hips. Repeat 6 to 8 times on both sides, taking a deep, relaxing breath on each side to release stiffness in your lower back.



#### <--- Chest stretch

Shoulders back and down and hands on hips, push your chest up and out. Take 3 to 4 deep, relaxing breaths, feeling your chest muscles lengthen.

#### Upper back stretch --->

Clasp both hands and extend your arms out in front of you at shoulder level. Look down and slightly round your back. Take 3 to 4 deep, relaxing breaths, feeling the stretch between the shoulders.



#### <--- Seated hamstring stretch

Sitting upright with both legs straight and hip-width apart or closer, bend from the hips, bringing your chest towards your thighs keeping a straight back. Take 3 to 4 deep, relaxing breaths, feeling your hamstrings lengthen.

### **On-the-spot power walking --->**

Walk on the spot for about 30 seconds, raising your heels to your buttocks while bending and unbending both elbows together, keeping them by your sides.



### **<--- Squats**

With your feet parallel and shoulder-width apart, lower yourself as far as comfortable or until your thighs are parallel to the floor. Do not let your knees lean over your toes. As soon as you touch the bed, come up and repeat. Perform 8 to 10 slow and controlled squats.

### **Side stretch --->**

Hands on hips, cross your right leg in front of your left leg. Raise your left arm and reach towards the right side. Hold for 3 to 4 deep, relaxing breaths, feeling a stretch across your side. Repeat on the opposite side.



### **<--- Forward bend**

Feet parallel and hip-width apart, bend from the waist, bringing your chest towards your thighs, keeping your legs and back straight. Hold for 3 to 4 deep, relaxing breaths, feeling the stretch in your hamstrings.



# pillow workout

repeat 5 times | up to 2 minute rest between sets

@ neilarey.com



**20** pillow presses



**10** pillow squats



**10** pillow high knees



**20** pillow strikes



**20** pillow lunges



[www.nhs.uk](http://www.nhs.uk)

**NHS** choices

# 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

# Months

Download more free puzzles at:

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



JANUARY  
JULY

FEBRUARY  
AUGUST

MARCH  
SEPTEMBER

APRIL  
OCTOBER

MAY  
NOVEMBER

JUNE  
DECEMBER



# Vegetables

Download more free puzzles at:

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



ASPARAGUS  
CUCUMBER  
COURGETTE  
MARROW  
PARSNIP  
RHUBARB  
TOMATO

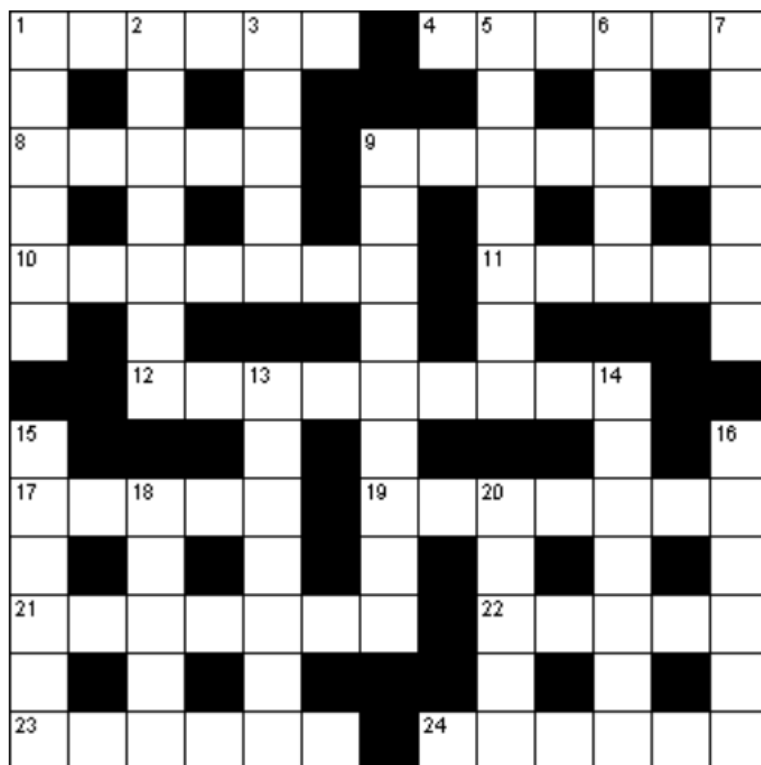
AUBERGINE  
CARROT  
BEANS  
MUSHROOM  
PEPPER  
SHALLOT  
TURNIPS

BEETROOT  
CAULIFLOWER  
ARTICHOKE  
ONION  
POTATO  
SPINACH

BROCCOLI  
CELERIAC  
LETTUCE  
NEEPS  
PUMPKIN  
SWEDE

CABBAGE  
CELERY  
LEEK  
PEAS  
RADISH  
SWEET CORN

### Crossword 3



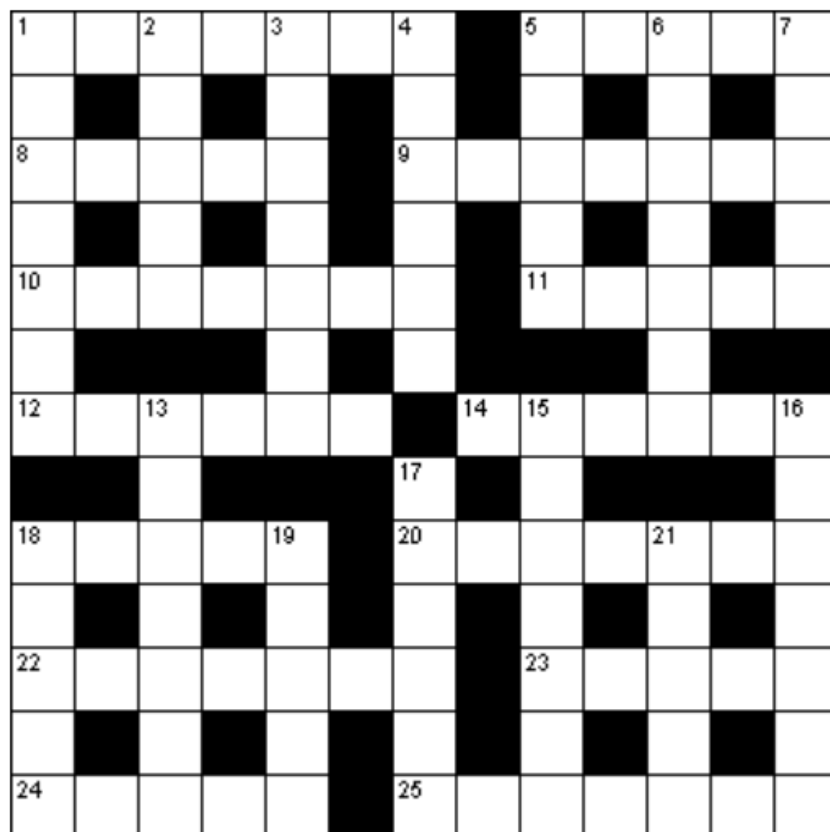
#### Across

- 1 Day nursery (6)
- 4 Ta (6)
- 8 Yorkshire racecourse (5)
- 9 Moorhen (anag.) (7)
- 10 "The Faerie Queene" poet (7)
- 11 Hearten (5)
- 12 Onlooker (9)
- 17 Arrive at (5)
- 19 Gruesome (7)
- 21 Languages (7)
- 22 Very much (2,3)
- 23 Tell (6)
- 24 Instrumental performer (6)

#### Down

- 1 Cherry-coloured (6)
- 2 Female ruler (7)
- 3 Crew members (5)
- 5 French bean (7)
- 6 Nobody (2-3)
- 7 Fortified wine (6)
- 9 Dickens novel (4,5)
- 13 Use up (7)
- 14 Heist (7)
- 15 Public speaker (6)
- 16 Seller (6)
- 18 Invalidate (5)
- 20 Inland waterway (5)

## Crossword 4



### Across

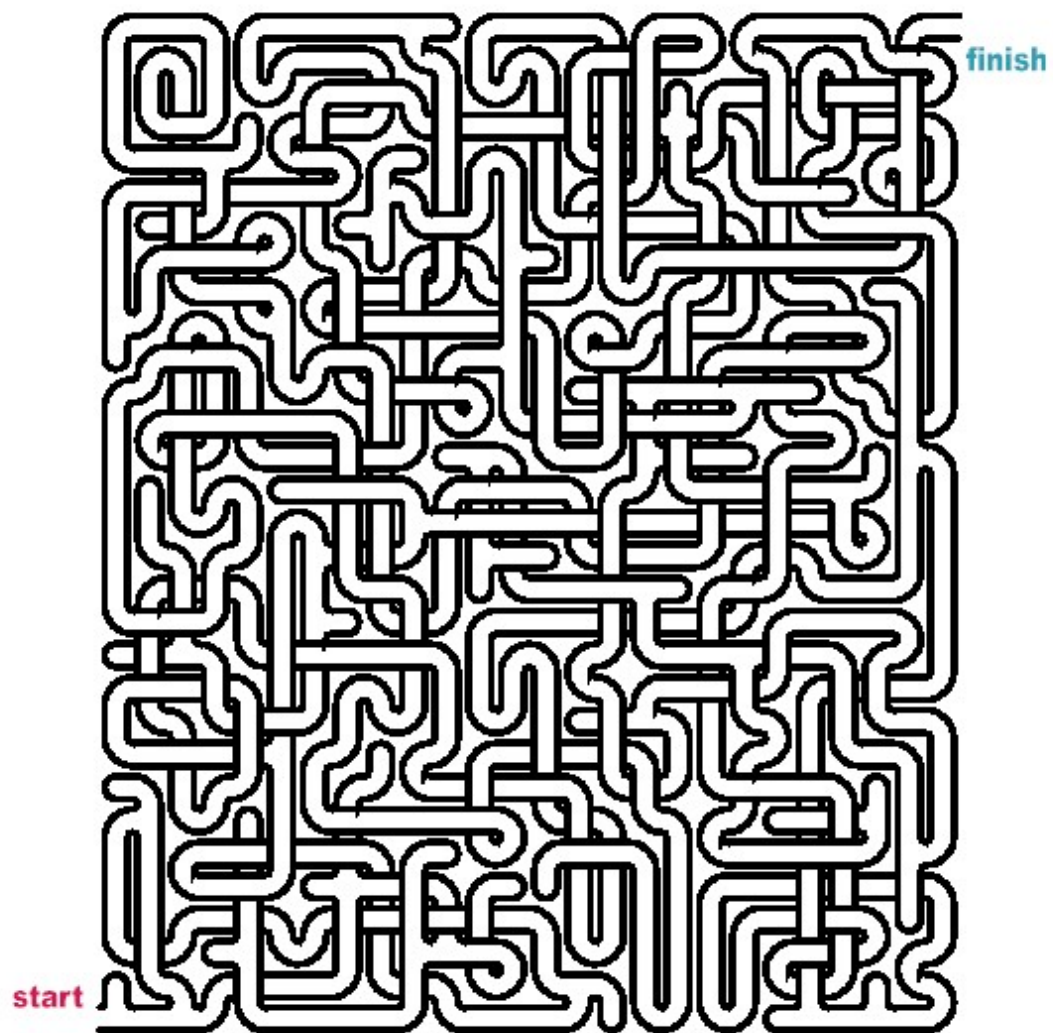
- 1 Categories (7)
- 5 Petty quarrels (5)
- 8 Harmonious sounds (5)
- 9 Scold (7)
- 10 Plentiful (7)
- 11 Yours (5)
- 12 Sheen (6)
- 14 Menace (6)
- 18 Traverse (5)
- 20 In name only (7)
- 22 Make intelligible (7)
- 23 Wading bird with long legs (5)
- 24 Lying face downwards (5)
- 25 Broad river mouth (7)

### Down

- 1 Funny (7)
- 2 Ancient Greek fabulist (5)
- 3 Relief in time of distress (7)
- 4 Game played in a court (6)
- 5 Dalai Lama's land (5)
- 6 Delicate (7)
- 7 Grass-like plant (5)
- 13 Eighth sign of the zodiac (7)
- 15 Small axe (7)
- 16 Despotism (7)
- 17 Ascent (anag.) (6)
- 18 Inexpensive (5)
- 19 Look fixedly (5)
- 21 Immature form of insect (5)

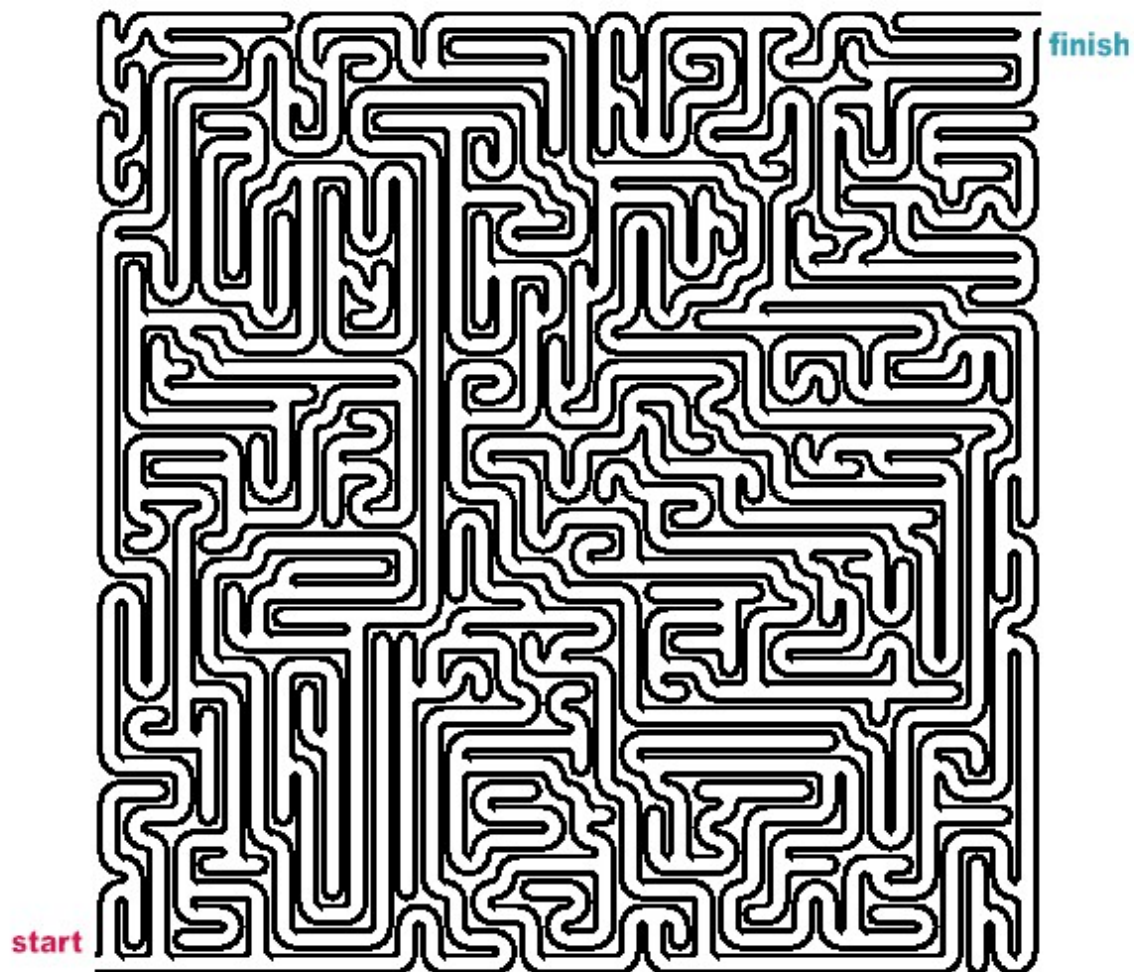


## Hard Crossover Maze 1



[www.MazestoPrint.com](http://www.MazestoPrint.com)

## Hard Tubular Maze 5



[www.MazestoPrint.com](http://www.MazestoPrint.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 person who makes bread. <i>baker</i>	The opposite of repair. <i>break</i>
1.	What you call a person.	Hair around a lion's neck.
2.	What superheroes wear.	A place to see stars and planets.
3.	Beef or pork.	A group of athletes.
4.	Another word for strange.	Less narrow.
5.	One of the four directions.	A place to sit.
6.	A place to grow flowers.	Something to be careful of.
7.	Another word for big.	An angry stare.
8.	What polite people say.	Not awake.
9.	A time when things are cheap.	A marine mammal.
10.	Person who fibs.	A dragon's home.

### Sudoku 5

				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 6

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

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### Sudoku 7

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

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### Sudoku 8

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

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

### Suguru #5

5					
	2		1		1
5		4		5	

© 2015 KrazyDad.com

### Suguru #6

		4			
2					
1				3	
		4			
2					4

© 2015 KrazyDad.com

### Suguru #7

2		3			
					4
4					
3	5		1		

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### Suguru #8

3					
				4	
4					2
2	5				
					3

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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

# Large Suguru by Krazydad, Volume 1, Book 1

## Suguru #1

		2				1		5			
1											
			4								
		2					2	1			5
				4						4	
4								2			
		2				3					
	3						4			1	
2											
5			1		5	4		4	5	3	

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## Suguru #2

		1									
5										5	4
						1					
2					4						4
								5			
			3								
								1			
				3				2		5	
	3										
							1			2	

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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 3

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

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 4

	8		21		15		8		5		15		2	
17	19	4	25	12	5		1	24	12	21	25	16	1	10
	21		5		1		11		3		5		16	
6	25	26	25		1	24	2	1	10	25	21	1	16	9
	16		9		3		19		19				19	
15	25	5	12	21	1	16	9		11	2	23	25	16	24
	19		10				11		11		25			
12	16	24	25	1	9	22		5	1	16	20	9	23	22
			11		1		12				23		1	
3	5	25	21	12	24		14	7	13	13	26	19	10	8
	25				9		10		25		12		12	
11	18	7	12	14	14	5	25	16	20		22	19	5	6
	7		2		19		8		13		21		8	
5	25	15	1	5	19	16	20		12	8	12	20 <sub>G</sub>	25 <sub>I</sub>	19 <sub>O</sub>
	8		24		6		1		20		16		3	

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

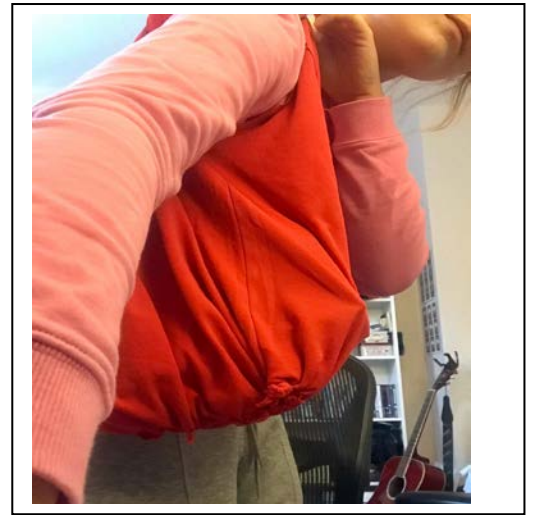
1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

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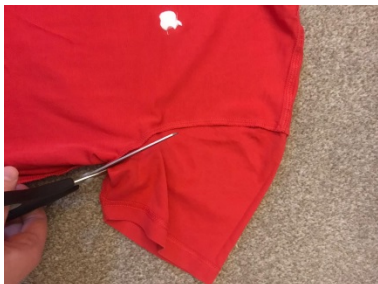
# No-sew T-shirt bag

## Turn an unwanted t-shirt into a handy bag

1. Start with an old t-shirt you no longer wear



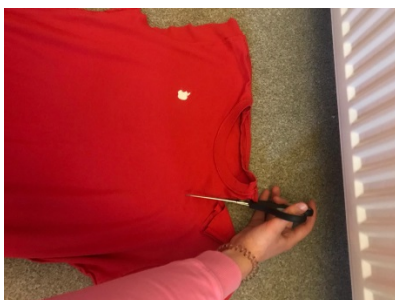
2. Take a sharp pair of scissors and cut off both sleeves, close to the seam but without cutting through it



You are then left with this



3. You now need to widen the neck hole. Using the scissors cut around the neck



You are left with this shape



4. Now take the scissors and make a series of cuts along the bottom of the t-shirt – these are vertical cuts that should be around 1/2 cm width and around 5cm in length. You need to do this around the entire hem



You are aiming for something like this



When you are finished cutting you will be left with this

5. You now need to start tying the tassels you have made together. Make sure your t-shirt is inside out. First tie the tassels opposite each other then go back and tie the rest diagonally. These should be tied tightly as possible and there should be no gaps showing. This will form the bottom of your bag



Your tassels should be tied like this

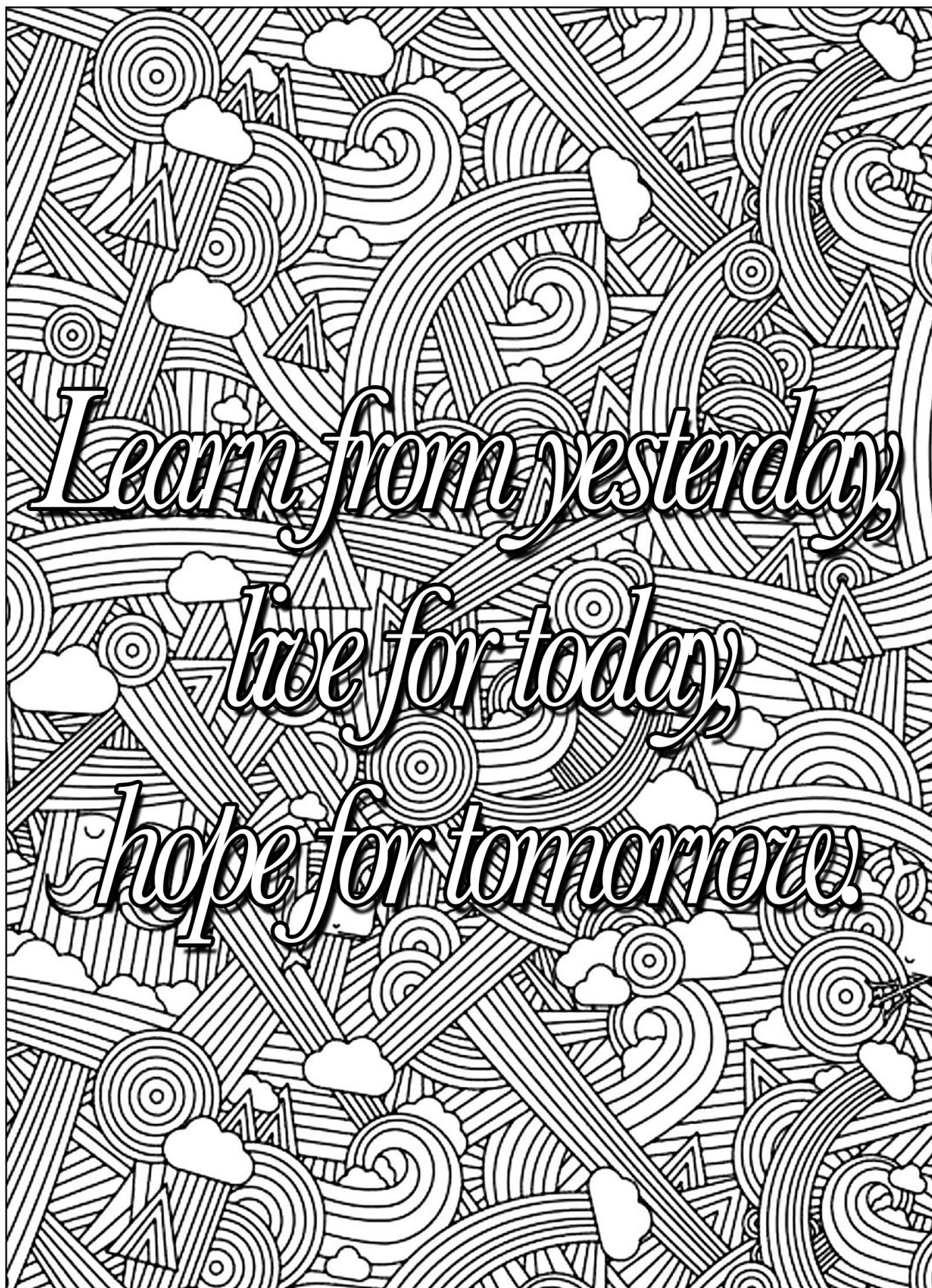


When finished the tying you should have something that looks like this



6. Now turn your bag the right way out and you will have a finished bag ready to use!



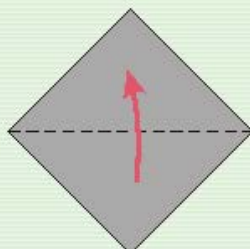




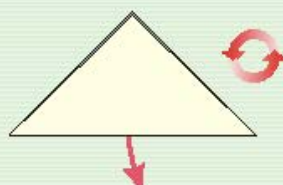


# **PENGUIN PETE by Rachel Katz** The story is based on a traditional model

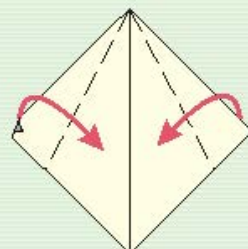
Use a square of paper.



**1** Fold into a triangle.  
Pete lived on the hill



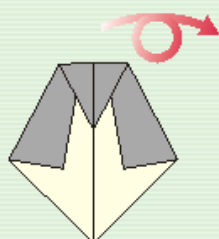
**2** Open triangle and place  
crease vertically.  
and that was covered  
with snow.



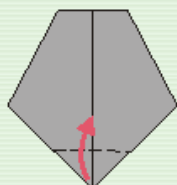
**3** Fold the sides as shown.  
He wore a black coat,



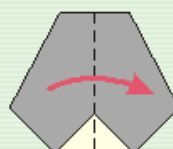
**4** Fold the top point in.  
and held his head low,



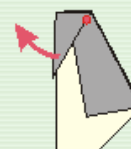
**5** Turn the model over.  
He rolled over on his  
tummy,



**6** Fold the point up.  
and kicked snow with his  
feet.



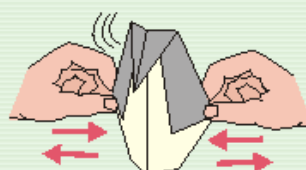
**7** Fold the paper in half as  
shown.



**8** Lift up the head and  
squeeze flat at the dot.  
Then he picked up his  
head, saying:



**9** "I'm Penguin Pete!"



**10** If pull the back part away and together,  
the head will nod up and down.



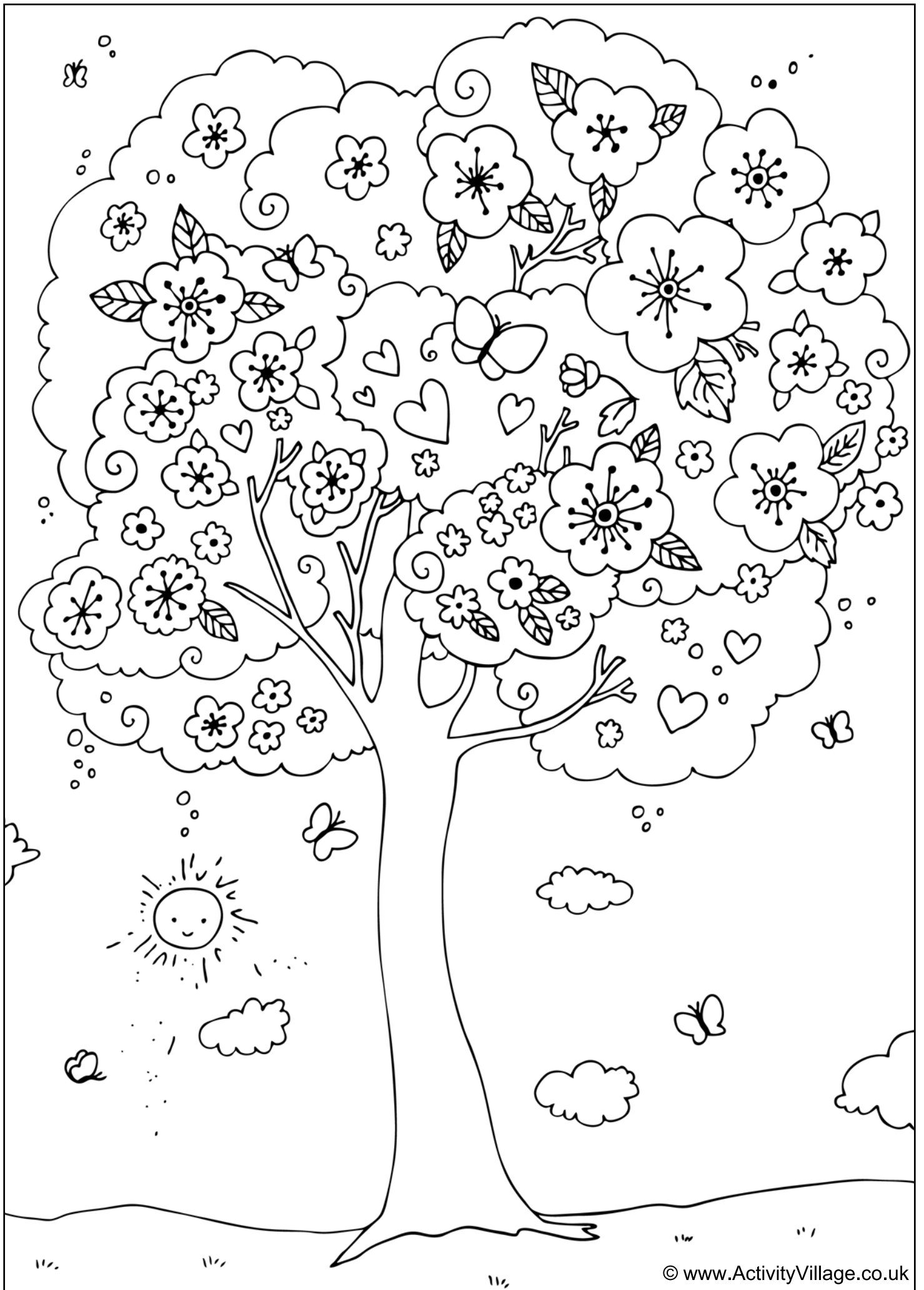
**11** Here is the completed  
action model!

Diagrammed by Katrin and Yuri Shumakov

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## BBQ Jackfruit with homemade Guacamole – Vegan (vg)

***Serves 2 x people***

**You will need:**

### **BBQ Jackfruit**

1 x tin of jackfruit (400g) – can be purchased from most supermarkets  
8-10 tbsp of BBQ sauce (you can add more to taste)

### **Guacamole**

1 x ripe avocado  
1 x clove of garlic (crushed)  
½ x chilli finely chopped (seeds out if you don't want it too spicy) or  
dried chilli if you can't get fresh  
½ x tsp cumin powder  
½ x juice of lime  
½ x red onion finely chopped  
2 x cherry tomatoes (chopped) - optional



Here the BBQ Jackfruit is served  
with nachos, guacamole and little  
hummus

### **BBQ Jackfruit**

#### **Method**

1. Empty the can of jackfruit into a medium sized sauce pan.
2. Add the BBQ sauce and warm through gently until piping hot.



## **Guacamole**

### **Method**

1. Remove the skin and stone from the avocado. Take a medium sized bowl and mash the avocado with a fork.
2. Add to the avocado the crushed garlic glove and stir in.
3. Add the chilli and onion to the mixture and stir.
4. Add the cumin to the above mixture and mix thoroughly. If you prefer your guacamole completely smooth then you can use a blender for the above.
5. Once the mixture is to your preference consistency you can add the tomatoes (optional).
6. After this squeeze the lime juice into the mixture and stir in.

Tip: This guacamole needs to be eaten on the day of preparation as it will discolour.

## Chocolate Chip Cookies

### You will need

#### Ingredients

150g salted butter, softened  
80g light brown muscovado sugar  
80g granulated sugar  
2 tsp vanilla extract  
1 large egg  
225g plain flour  
½ tsp bicarbonate of soda  
¼ tsp salt  
200g plain chocolate chips or chunks



### Method

1. Heat the oven to 190C/fan170C/gas 5 and line two baking sheets with non-stick baking paper.
2. Put 150g softened salted butter, 80g light brown muscovado sugar and 80g granulated sugar into a bowl and beat until creamy.
3. Beat in 2 tsp vanilla extract and 1 large egg.
4. Sift 225g plain flour, ½ tsp bicarbonate of soda and ¼ tsp salt into the bowl and mix it in with a wooden spoon.
5. Add 200g plain chocolate chips or chunks and stir well.
6. Use a teaspoon to make small scoops of the mixture, spacing them well apart on the baking trays. This mixture should make about 30 cookies.
7. Bake for 8–10 mins until they are light brown on the edges and still slightly soft in the centre if you press them.

Leave on the tray for a couple of mins to set and then lift onto a cooling rack.

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 11 May**

<b>2pm</b>	<b>BBC2</b> - Lorraine Pascale: How to Be a Better Cook, Episode 1
<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> - Hospital - Fighting COVID-19 Special Pt1
	<b>Ch4</b> - The Fantastical Factory of Curious Craft - Keith Lemon & Anna Richardson host. Creatives from the UK use their talents to produce spectacular makes.
<b>10pm</b>	<b>4Seven</b> - Walking with Elephants Ep 1 - Levison Wood treks alongside hundreds of elephants on their annual migration across Botswana.

**Tuesday 12 May**

<b>2pm</b>	<b>BBC2</b> - Lorraine Pascale: How to Be a Better Cook, Episode 2
<b>3pm</b>	<b>BBC2</b> - Film - The Belles of St Trinian's (1954) Comedy starring Alastair Sim, Joyce Grenfell & George Cole
<b>3pm</b>	<b>ITV</b> - Tenable - Game Show
<b>4pm</b>	<b>ITV</b> - Tipping Point - Game Show
<b>4:40pm</b>	<b>Film4</b> - Kidnapped (1971) Period adventure based on Robert Louis Stevenson's novel, with Michael Caine, Lawrence Douglas, Trevor Howard, Jack Hawkins and Donald Pleasence
<b>5pm</b>	<b>ITV</b> - The Chase - Game Show
<b>5:15pm</b>	<b>BBC1</b> - Pointless - Game Show
<b>9pm</b>	<b>BBC2</b> - Hospital - Fighting COVID-19 Special Pt2

**Wednesday 13 May**

<b>2pm</b>	<b>BBC2</b> - Lorraine Pascale: How to Be a Better Cook, Episode 3
<b>3pm</b>	<b>BBC2</b> - Film - Blue Murder at St Trinian's (1957) Comedy starring Alastair Sim, Joyce Grenfell, Lionel Jeffries & George Cole
<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>ITV4</b> - Film - Diamonds are Forever (1971) Sean Connery as James Bond
<b>9pm</b>	<b>Ch4</b> - The Country that Beat the Virus: What Can Britain Learn?

**Thursday 14 May**

<b>2pm</b>	<b>BBC2</b> - Lorraine Pascale: How to Be a Better Cook, Episode 4
<b>3pm</b>	<b>BBC2</b> - Film - The Pure Hell of St Trinian's (1960) Comedy starring Cecil Parker, Joyce Grenfell, Irene Handl & George Cole
<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>8:05pm</b>	<b>Ch4</b> - Spring at Jimmy's Farm
<b>9pm</b>	<b>Ch4</b> - First Dates Hotel

**Friday 15 May**

<b>1pm</b>	<b>BBC2</b> - Lorraine Pascale: How to Be a Better Cook, Episode 5 & 6
<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>Ch4</b> - Joe Lycett's Got Your Back - Consumer show with comedy
<b>8pm</b>	<b>ITV</b> - Birds of a Feather - series 14 episode 1 & 2
<b>9pm</b>	<b>BBC2</b> - Gardener's World

**Saturday 16 May**

<b>1pm</b>	<b>Ch5</b> - Film - Bruce Almighty (2003) Comedy starring Jim Carrey, Jennifer Aniston & Morgan Freeman
<b>3:25pm</b>	<b>Ch4</b> - Spring at Jimmy's Farm
<b>3pm</b>	<b>ITV</b> - Tenable - Game Show
<b>4pm</b>	<b>ITV</b> - Tipping Point: Lucky Stars- Game Show
<b>5:40pm</b>	<b>BBC1</b> - Pointless Celebrities
<b>6:45pm</b>	<b>Film4</b> - Cowboys & Aliens (2011) Wild west attacked by aliens starring Daniel Craig, Harrison Ford, Olivia Wilde & Sam Rockwell
<b>8pm</b>	<b>BBC1</b> Eurovision: Europe Shine a Light - A special programme honouring all 41 songs that would have competed in the 2020 Eurovision song contest

**Sunday 17 May**

<b>11am</b>	<b>Film4</b> - Kidnapped (1971) Period adventure based on Robert Louis Stevenson's novel, with Michael Caine, Lawrence Douglas, Trevor Howard, Jack Hawkins and Donald Pleasence
<b>2:50pm</b>	<b>BBC2</b> - Film - Paint your Wagon (1969) Oscar-nominated musical Western, starring Lee Marvin, Clint Eastwood, with Jean Seberg and Harve Presnell
<b>4:50pm</b>	<b>BBC1</b> - Penguins Spy in the Huddle
<b>8:15pm</b>	<b>BBC1</b> - Antiques Roadshow
<b>9pm</b>	<b>Ch4</b> - Walking with Elephants, episode 2 - Levison Wood treks alongside hundreds of elephants on their annual migration across Botswana.