

Wolverhampton together

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CITY OF
WOLVERHAMPTON
COUNCIL

Express & Star

Stay
Safe

Advice, ideas and enjoyable reads to help you stay safe at home

Helping you stay safe over the weeks to come

Welcome to this special publication from the City of Wolverhampton Council, supported by the Express and Star. It's got information, advice, guidance and ideas to help you stay safe at home during the coronavirus pandemic.

For the next few weeks, the UK Government has said everyone must stay at home. Some people, considered 'extremely vulnerable' because of specific underlying health conditions, are being asked by the NHS to take further precautions. They are being written to by the NHS to begin 'shielding' themselves for a period of 12 weeks. If you are in this group, we strongly advise you to stay at home at all times, and avoid all close contact with others that live with you. Even people who do not show symptoms of the virus, can spread it.

You can still be visited by people who provide you with essential support such as healthcare, personal care or social care workers – but not if they have any symptoms of coronavirus: a high temperature and/or a new, continuous cough.

Anyone coming into your home must wash their hands with soap and water for at least 20 seconds when they arrive, and more often while they are there.

If you have received a letter, and someone else lives with you, they are not required to adopt these protective shielding measures for themselves. But they should do everything they can to support you, including staying at home too. It's also a really good idea to draw up a list of people you can call on if your carer can't visit you for any reason.

The City of Wolverhampton Council and Wolverhampton Clinical Commissioning Group have also written to those who are thought to be most at risk of coronavirus to provide them with essential advice and guidance to help them stay safe.



City of Wolverhampton Council is delivering food parcels to vulnerable residents. It has converted its WV Active Aldersley leisure centre into a 26,000 sq ft food storage and distribution hub. A fleet of 40 delivery vans will operate out of the centre.



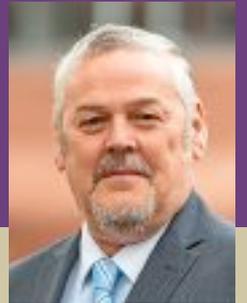
The council has also launched a new Stay Safe, Be Kind campaign offering clear and simple advice about how people can help themselves, and how they can support others who may be particularly vulnerable at this time.

Inside this publication, you will find lots more advice and guidance about what you can do to

stay safe over the coming weeks – including tips to stay active in the home, ways to look after your physical and mental health, information about temporary changes to council services as well as puzzles, crosswords and plenty more to keep you busy. We hope you find it both informative and enjoyable.

Coronavirus: Our city will beat this – but we've got to pull together

Message from Councillor Ian Brookfield, Leader of the City of Wolverhampton Council



Like me, you'll have been watching daily TV news coverage of the impact of coronavirus. Sometimes, it's hard to put the scale of it into perspective – especially for those who haven't experienced war time and the restrictions that brings.

This is hard for our city. Families have sadly lost loved ones before time and I want to send them my deepest condolences and sympathies. Other families are experiencing isolation – grandparents unable to see their grandkids. City businesses face an uncertain future, waiting for Government's funding support package to kick in.

Our NHS is under tremendous pressure and I want to pay tribute to our fantastic frontline NHS staff. I worked as a nurse for 20 years, so I know how hard it is. They are working tirelessly, round-the-clock in the most challenging circumstances imaginable – they are truly heroes.

These are difficult times, but I know our city will get through them. And that's where we need your help.

Put simply: we need you to stay indoors, stay away from other people and wait for Government to lift its lockdown. If you have underlying health conditions and are one of the many thousands we have written to, or are writing to, we absolutely need you to 'hunker down', follow the guidance and take care of yourself. That means tough choices – getting food and supplies delivered to your door and staying away from your family and friends. Tough, but necessary choices.

The council has been planning and preparing for many weeks, working closely with regional and local health colleagues. Working together is key, we all need to support each other. We've stepped up our plans to get food to the most vulnerable. The council's WV Active Aldersley leisure centre has been transformed into an emergency food distribution hub. It's ready to operate 24-hours-a-day, seven days a week to deliver a weekly food parcel containing essential staples to 30,000 older people and those with underlying health conditions.

We've launched a new Stay Safe, Be Kind campaign offering clear and simple advice about how people can help themselves, and how they can support others who may be particularly vulnerable at this time. We've been inundated with requests for support from residents and businesses.

This is a fantastic, caring, giving and community-minded city. If we all pull together, we will prevail. I hope you find the information in this supplement helpful, please stay safe, stay away from others and help us to halt the spread of this virus.

BorrowBox expands range with 350 more best-selling titles added

Wolverhampton's library service has extended the range of titles available online through BorrowBox.

Like many other City of Wolverhampton Council services, the city's 16 libraries are currently closed to the public because of the coronavirus pandemic and fines will be waived for physical books and other items which become overdue while libraries are closed.

Although libraries are closed, library members can still get hold of the latest collection of best-selling eBooks and eAudiobooks – for free.

Customers can choose from hundreds of favourite eBooks and eAudiobooks through the BorrowBox library via any Apple iOS and Google Android phone, tablet or computer.

Titles can be borrowed for free for a period of three weeks, at which point they can be renewed or will automatically be deleted from people's devices, meaning customers won't be fined for forgetting to return books on time.

It's free to join Wolverhampton's libraries. To find out more, and to sign up, please visit www.wolverhampton.gov.uk/libraries.

Please ask a family member or support worker if you need any help to do this.

Councillor Harman Banger, the City of Wolverhampton Council's Cabinet Member for City Economy, said: "Hundreds of library members are enjoying a wealth of eBooks and eAudioBooks through BorrowBox, and with most of us set to spend a prolonged period of time at home, the service will really come into its own in the coming weeks.

"There is a great range of titles available including thrillers, drama, romance and suspense from best-selling authors including Lee Child, Ruth Rendell, James Patterson, Jo Nesbo, Harlan Coben and David Baldacci, as well as non-fiction and children's titles by popular authors such as David Walliams, JK Rowling and David Baddiel.

"We've just added a further 350 best-selling adult and children's books and audio books to keep people entertained during these uncertain times.

"I would encourage all our customers to download the app today and get borrowing – and if you're not already a member of Wolverhampton's library service, BorrowBox is just another great reason to join for free."



Need to contact your local councillor?

During the coronavirus outbreak, your local Wolverhampton councillors are still here to help you.

While they are no longer having physical ward surgeries, you can still contact them by phone, email or text.

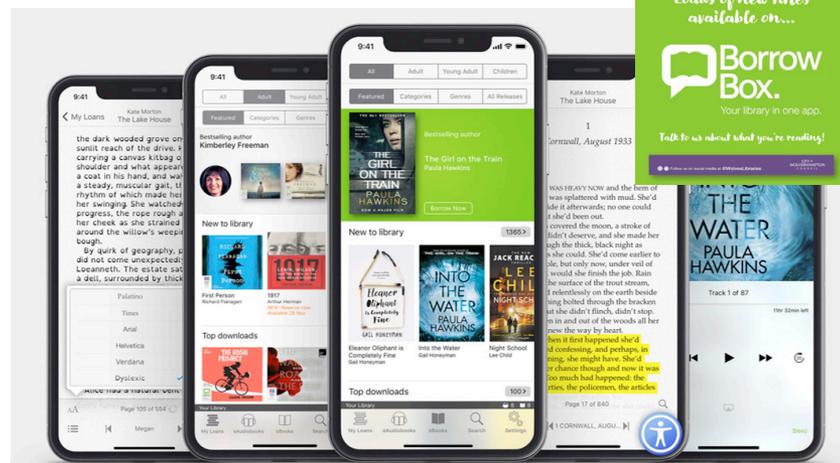
To find out who your local councillors are and how to contact them visit wolverhampton.gov.uk/mycouncillor

or phone **01902 551218** or **01902 551217**.

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Don't worry – fines will be waived for books and other items which become overdue



Loads of new titles available on...

BorrowBox
Your library in one app.
Talk to us about what you're reading!

Looking after your physical health

With everyone staying at home, it's even more important to build physical activity into our daily routine, if possible.

Most of us don't have exercise equipment like treadmills where we live, but there are still activities you can do.

Exercising at home can be simple and there are options for most ages and abilities, such as:

- Gentle seated-weightlifting exercises using a tin of beans
- Dancing to your favourite music
- Stretching exercises, yoga or Pilates.

Here are some seated exercises to try



Chest stretch

This stretch is good for posture.

A Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5-10 seconds and repeat five times.

Upper body twist

This stretch will develop and maintain flexibility in the upper back.

A Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

B Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for five seconds.

C Repeat on the right side. Do five times on each side

Arm raises

This exercise builds shoulder strength.

A Sit upright with your arms by your sides.
B With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
C Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat five times.

WV Active have created a dedicated home workouts page for everyone to enjoy including Born to Move classes for children and Les Mills Mindfulness videos to enjoy. Visit www.wvactive.com www.sportengland.org also has several tips for staying active at home.

WV Active

Message from John Denley, City of Wolverhampton Council's Director of Public Health

We are living through extraordinary times. And extraordinary times call for extraordinary measures.

The Government has introduced a number of unprecedented measures, unknown in peacetime, to keep people safe. These social distancing measures include:

- requiring people to stay at home except for very limited purposes
- the closure of non-essential shops and community spaces
- stopping gatherings of more than two people in public, except for members of the same household.

No matter how difficult it may seem, it is vitally important that we all adhere to the measures that have been introduced.

Why? Because – put simply – if we reduce



our day-to-day contact with other people, we reduce the spread of coronavirus.

It's estimated that without staying away from other people one person with coronavirus can infect two-and-a-half other people in five days. By 30 days, over 400 more people would be infected. Staying at home and keeping to rules keeps people safe.

We know how hard the coming weeks are going to be for everyone in Wolverhampton, but particularly for our most vulnerable residents. Supporting them is an absolute priority for the council and health services.

Ultimately, the single most important action we can all take in fighting coronavirus, is to stay at home. Doing this will protect the NHS and save lives.

What can I do to stay safe?

Everyone must stay at home to help stop the spread of coronavirus. This is part of 'social distancing' which means staying away from other people.

This includes people of all ages – even if you do not have any symptoms or other health conditions.

You can only leave your home:

- to shop for basic essentials – only when you really need to
- to do one form of exercise a day – such as a run, walk or cycle, alone or with other people you live with
- for any medical need – for example, to visit a pharmacy or deliver essential supplies to a vulnerable person
- to travel to and from work – but only where this is absolutely necessary

When leaving the house, you should ensure you are always two metres (three steps) apart from anyone, other than members of your own household. If you are a 'critical worker', or your child has been identified as vulnerable, you can continue to take your children to school.

As well as staying at home there are important things you should do to stop the spread:

- Wash your hands more often – with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your cough or sneeze with a tissue or your elbow, then throw the tissue in a bin and wash your hands
- Clean and disinfect frequently touched objects and surfaces in the home
- Always stay at least 2m (3 steps) away from other people

All non-essential shops and public spaces have been closed, and all public gatherings have been stopped. Funerals can continue but can only be attended by immediate family members.

What to do if you feel unwell

If you develop any symptoms of this virus – which include a new continuous cough and/ or a high temperature:

You must self-isolate. This means you must not leave your house for any reason or go near other people for seven days

If you live with other people, they should self-isolate for 14 days from the day the first person got symptoms

Please do not go to your GP surgery, pharmacy or hospital

Only call NHS 111 if:

If you are feeling unwell and unable to manage at home

Your condition gets worse

Your condition does not get better after 7 days

In case of a medical emergency call 999.

Prepare for staying at home

We want to make sure that you stay happy, healthy and connected during this time:

- Make a list of important contact numbers so you know who can support you.
- Have plans in place for receiving any food, supplies and prescribed medication. Order over the telephone or online, and/or ask family or friends to collect and drop at your doorstep.
- Spend time with the windows open to let fresh air in and try to get some natural sunlight.
- Spend time doing things you enjoy such as listening to the radio, watching TV, reading, cooking and other indoor hobbies.
- If you need help from the benefit system please visit www.gov.uk/universal-credit.



Local support

If you do not have any local support or the person who usually supports you becomes unable to do so, please email: staysafebekind@wolverhampton.gov.uk

We can help you to access local community volunteering services who can help to support:

- Medication.
- Running urgent errands.
- Linking you with someone to talk to.

More information is available on the following webpage: www.wolverhampton.gov.uk/coronavirus



This is one of the most important things we can do to help control the spread of coronavirus and help support our NHS.

Everyone should stay at home



Social distancing means keeping a safe distance from other people. Doing this will stop the spread of coronavirus.



Avoid visiting or meeting with friends and family. It is important to find new ways to stay in touch with people through telephone calls, internet and social media.

You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle – alone or with members of your household

- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

Even when doing these activities, you should be minimising time spent outside of the home and ensuring you are 2 metres apart from anyone outside of your household.

How to protect yourself if you're at **HIGH RISK**

You can find out if you are at high risk and the extra things you should be doing at: www.nhs.uk/coronavirus

Get the latest local information:

wolverhampton.gov.uk/staysafebekind

CITY OF WOLVERHAMPTON COUNCIL

4 Wolverhampton *together*



A German prisoner clears snow in Wolverhampton in January 1947. Huge numbers of German prisoners waited years to return home after the end of the war – and a few married locally and never did.



Just look at the numbers of railway staff there used to be back in February 1955. A caption pasted on the back of this print reads: "A reader returning to Wolverhampton from Euston by the 2.20pm yesterday took this photograph in the entrance hall of the station. He writes: 'How many man-hours must be lost from this sort of waiting about on large stations?'"

Trip down Memory Lane



You don't see workers clean the streets like this nowadays, which is hardly surprising, as this is a decontamination demonstration in April 1938 as war clouds gathered.



The triumphant return of Wolverhampton Wanderers after winning the 1949 FA Cup – thanks to Ken Clibery of Lanesfield for the loan of this photo which was taken outside Beatties. Billy Wright is holding the cup and veteran Wolves fans will have no trouble naming the rest (or will you?).

Things ain't what they used to be. And you can say that again about Wolverhampton.

The town familiar to so many residents has been bashed, reshaped, redeveloped . . . It's not even a town any more, but a proud city.

Yet the old place as so many knew it lives on in memories, and evocative old photos which recall a place and a whole way of life altered beyond recognition.

There are some constants though. Wolves are a beacon of golden greatness, and the loyal fans worship the superstars of today in much the same way as the legends of the past, such as Billy Wright, were worshipped back in their day.

Were you there when they showed off the FA Cup to the town back in 1949? You'll be a real old 'un if so, but you don't have to be quite so mature to remember the hissing and chugging of the steam trains which rolled imperiously into Wolverhampton's railway station, as boys and men jotted down their numbers. Imagine

that! It is not all that long ago that Wolverhampton had its own aerodrome. Indeed, there was more than one, if you include the RAF station at Perton, which is now built over by housing.

Chances are that you won't have taken a trip on the canal but if you're old enough you may well have had a ride on a trolley bus.

While it's easy to put on those rose-tinted spectacles, we should not forget the less pleasant aspects of yesteryear, when many folk lived in dreadful housing, perhaps not even having an indoor toilet or bathroom. Diseases like polio and TB were to be greatly feared.

Such things were the backdrop which drove the modernising, crusading zeal of the 1960s which brought, among other things, the Mander Centre.

So let's dip into the picture archives and enjoy a bit of nostalgia about that place we shall never see again – the Wolverhampton of yesterday.



Let's make acquaintance with an old friend, Wolverhampton Civic Hall, and join the revelry at its New Year dance as 1960 slipped into 1961.

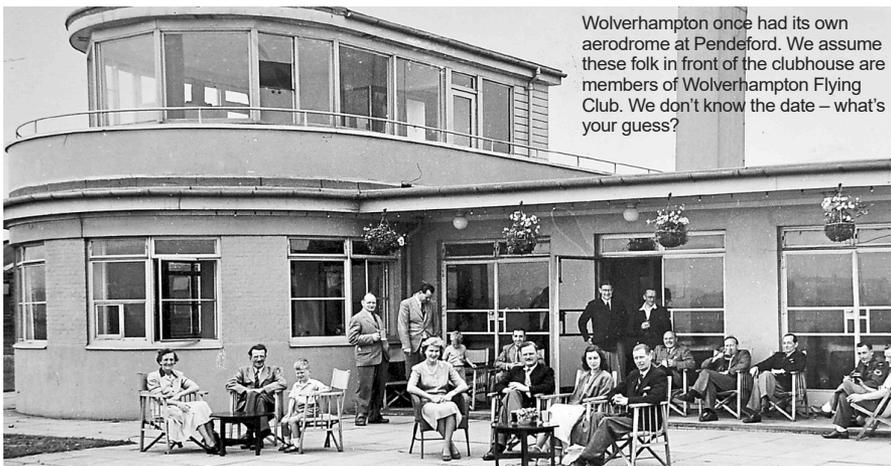
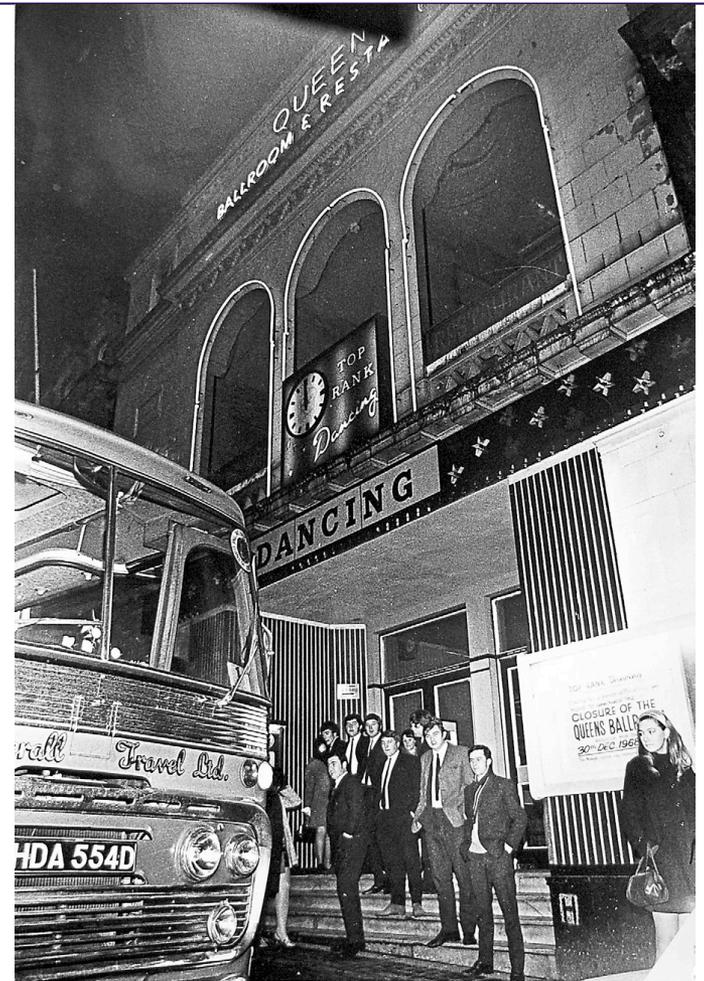


We don't seem to get snow like this any more. This is Market Street on January 31, 1940. It was wartime, and the publication of the photograph was delayed for several days so that the picture would not reveal to German intelligence what the English weather was like.



It's August 1969, and a demolition sale was about to be held at The Woodhouse, Tetterhall, a massive Gothic-style mansion. Only a few days previously over 1,300 lots of antique furniture and other effects were sold off. The house was owned by the Tarmac group and was to be demolished to make way for extensions to its Woodhouse development.

The Queen's reign ended at the close of 1968. The Queen's was at the time the town's only full time ballroom. The poster on the right seems to read: "Top Rank Dancing. Owing to unforeseen difficulties we regret to announce the closure of the Queen's Ballroom effective from 30th Dec, 1968." So teenagers would have to find another dance spot then.



Wolverhampton once had its own aerodrome at Penderford. We assume these folk in front of the clubhouse are members of Wolverhampton Flying Club. We don't know the date – what's your guess?



It's July 1, 1960, in Queen Street, Wolverhampton. The caption of the day told us the biggest queues form in the business centre of town round about 5.30. The congestion is often then at its worst. In its centre, as often as not, is a crippled trolley bus.



This aerial photo seems to have been originally published in March 1968 to coincide with the formal opening of the Mander Centre by the Mayor, Alderman E.Y. Fullwood. At the time the tower office block was only partly occupied. A handful of shops were open, and others said to be in the pipeline included "a 54,000 square feet department store for Owen Owen, a Tesco supermarket, and a Timothy White and Taylors shop, to name but a few."

An inspiring poem for difficult times



Students at The Royal School, Wolverhampton, sent messages of support to children in Italy

Students at the Royal School, Wolverhampton, are lifting spirits at home and across the world in these difficult times.

The students have sent messages of support to children at the International School of Milan in Italy who are quarantined at home and who are learning online. These included pictures of rainbows to symbolise positivity and the message that 'everything will be ok' in Italian, 'andrea tutto bene'.

On their last day at school, Year Six students composed an inspiring poem relating to the time that we now face. Mark Mitchell, Head of Primary School, said: "It's often at extraordinary times that we hear extraordinary things. Children are so often an inspiration and our Year Six children are no exception."

In this time of darkness
We hide away our fears
But we must talk and speak out
Get rid of those frowns and tears

When our hearts and souls are empty
Only filled with worries and doubts
Kindness, love and sharing
Will send the badness out

It's time to come together
People's precious lives at stake
Being kind is more important than ever
So don't be selfish and take

Think of others in your community
Because right now there is no solution
We must show courage, strength and unity
Togetherness, inclusion

A few months of self-isolation
Then there will be a worldwide celebration
We will cry for those that we have lost
But we will finally realise the cost
Of friends, family, freedom and health
All of the things that give us true wealth

So let us thank the NHS
For all that they have done
Hang in there, world
This battle will soon be won!

By Year Six Students, The Royal School, Wolverhampton



Taking care of your mental health

You might be worried about coronavirus (COVID-19) and how it could affect your life.

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. It is OK to feel like this – everyone reacts in their own way to challenging events and uncertainty. It's important to remember that staying at home may be difficult, but you are helping to protect yourself and others by doing it.

The tips and advice here are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. Make sure you get further support if you feel you need it.

Make a plan to take care of your mental health:

Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time.

Stay connected to other people regularly via phone calls and video.

Keep your brain occupied and challenged. Read books, magazines and articles, or listen to podcasts,

watch films and do puzzles. Wolverhampton's library service has extended the range of titles available online and library members can still get hold of the latest collection of bestselling eBooks and eAudiobooks for free.

Please visit www.wolverhampton.gov.uk/libraries

If you are able to get outside without being near other people, go outside once a day to exercise. Reduce your time on social media and news channels to just once or twice a day, and only use reliable sources for updates on what to do such as www.gov.uk.

Visit www.mind.org.uk to find more information or resources about how to look after your mental health whilst staying at home.

If you are feeling very low and need to speak to someone, the Samaritans are available 24 hours a day, 7 days a week online at www.samaritans.org and on 116 123 by telephone. They can also be emailed at jo@samaritans.org.

If you are over 70 and you do not have someone to talk to, Age UK Wolverhampton offers a telephone befriending service for people who may be lonely and isolated, please call 01902 572060.

Keep up to date with coronavirus information

The situation around coronavirus is developing quickly. Keep up to date with the latest information via television, radio and the internet.

If you can get online, the latest information and guidance is available at www.gov.uk/coronavirus and on the council's own website at www.wolverhampton.gov.uk/coronavirus. The NHS has lots of advice on how people can protect themselves and their families from coronavirus at www.nhs.uk/coronavirus.

Alternatively, tune into news bulletins on television, or to listen to national and local radio stations, including Wolverhampton Community Radio, WCR FM on 101.8FM, for the latest updates.

Be safe and beat the scammers



As if it isn't challenging enough, some crooks have decided to exploit fears about coronavirus and target vulnerable residents with door-to-door and telephone scams.

Residents are especially being warned to watch



out for doorstep scammers asking for cash, personal details or bank details in exchange for food parcel deliveries. Food parcels are free for people who have been identified as vulnerable and no one will be asked to pay for them.

Please be on your guard and here are some top tips from our colleagues in the police and trading standards to help you beat scammers:

Your bank or the police will never – repeat never – ask for your bank details over the phone.

Remember, your doctor's surgery will never call or text you to ask you to verify your NHS number and date of birth.

If you receive an unexpected call offering help and assistance, do not give any personal details as it might be a scam. Offer to return the call after carrying out checks.

If you receive an unexpected doorstep call from a stranger offering to do your shopping, do not hand over cash or your bank card. It's far better to ask someone you know and trust for help

If you receive unexpected doorstep callers

offering coronavirus home testing kits, decline, close the door and call trading standards. They are likely to be scammers.

Be cautious and listen to your instincts. Don't be afraid to hang up, bin it, delete it or shut the door.

If someone claims to represent a charity, ask them for identification. Be suspicious of requests for money up front.

If you are online, be aware of fake news and use trusted sources of information such as gov.uk or NHS.uk websites. Make sure you type the addresses in and don't click on links in emails.

Always protect your financial information, especially from people you don't know. Never give your bank card or PIN to a stranger.

With any unexpected communication, trust your instincts. Can you be sure they are who they say they are? If in doubt, always say NO.

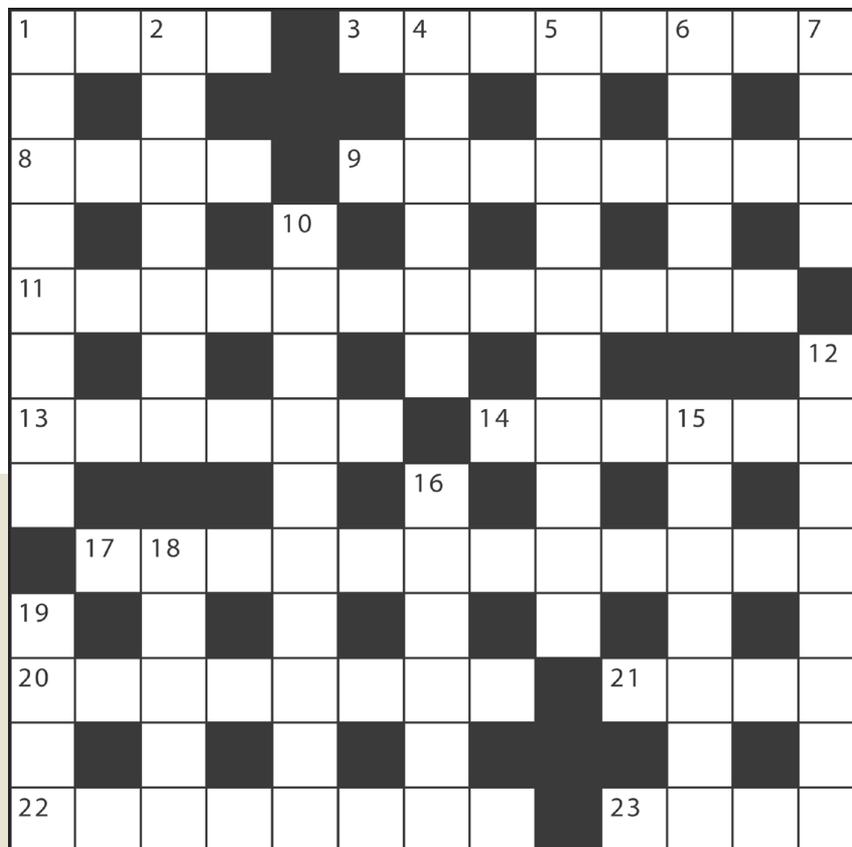
If you think you've been scammed or are aware of criminal activity, report it to Action Fraud on 0300 123 2040 and if you need advice, call the Citizens Advice Consumer Helpline on 0808 223 1133.

Coffee Break

A selection of puzzles for you to enjoy

Crossword

- Across**
- Den (4)
 - Power (8)
 - Fight (4)
 - Identical (8)
 - Weakening (12)
 - Vinegary (6)
 - Whole (6)
 - Disobedient (12)
 - Secretarial (8)
 - Pit (4)
 - Longer (8)
 - Leaning (4)
- Down**
- Peer (8)
 - Struggle confusedly (7)
 - Threefold (6)
 - Womanish (10)
 - Corn (5)
 - Regard (4)
 - Devotion (10)
 - Fancy (7)
 - Abrade (6)
 - Occurrence (5)
 - Dull pain (4)



Easy Recipe

Turkey Meatballs in Tomato Sauce



Ingredients (Serves 4-6)

- 50g fresh white breadcrumbs
- 75ml whole milk
- 500g minced turkey thighs
- 2 garlic cloves, crushed or finely grated
- Finely grated zest of 1 lemon
- 1 egg, beaten
- 40g pecorino or Parmesan cheese, finely grated, plus extra to serve
- 2tsp finely chopped fresh oregano, or 1tsp dried oregano
- About ¼ nutmeg, freshly grated
- 1tsp fine salt
- freshly ground black pepper

For the tomato sauce

- 2tbsp olive oil
- 1 small onion, finely diced
- 2 garlic cloves, crushed
- 1 heaped tbsp tomato puree
- 1tsp paprika (mild or hot)
- 2 x 400g tins chopped tomatoes
- 1 large handful of basil leaves
- ½-1tsp caster sugar (optional)
- Salt and pepper

Method

First, make the tomato sauce. Heat the oil in a large saute pan or shallow casserole over a medium heat. Add the onion and a good pinch of salt and gently fry for five to 10 minutes until softened. Add the garlic and fry for two minutes, then stir in the tomato puree and paprika and cook for another two minutes.

Tip in the tomatoes and chopped basil, then gently simmer for 20 minutes. Taste to check the seasoning, adding salt, pepper and a little sugar to balance the acidity of the tomatoes if needed.

Meanwhile, make the meatballs. Place the breadcrumbs in a large mixing bowl and pour over the milk. Add the turkey, garlic, lemon zest, egg, cheese, oregano, nutmeg, salt and a good grinding of black pepper. Using your hands, gently combine, taking care not to overmix. With wet hands, gently shape the mixture into about 20 small-medium meatballs (about the size of golf balls – roughly 40g each and 5cm in diameter).

Gently drop the meatballs into the simmering sauce, cover with a lid and simmer for 20 minutes, turning them after about 10 minutes and giving the pan a shake from time to time.

Remove the lid and simmer for another five minutes. Serve the meatballs with the basil leaves and a grating of pecorino or Parmesan.

Who am I?

- An actor, I was born in Tenafly, New Jersey in 1963. I went to university with George Clooney, and have been engaged to the actresses Jennifer Aniston and Sandra Bullock. My television appearances in recent years have included Joshua Bergin in *Friends* and Jimmy Cooper in *The O.C.*
- A model, I was born in London in 1971. I used to be married to the son of a former British prime minister. My television appearances have included *Crossroads* and *The Farm* and I was a hostess on Bruce Forsyth's game show *The Price Is Right*.
- A singer, I was born in Canada in 1978. I was named after a Soviet gymnast. My albums have included *Folklore* and *Loose*, and in 2006 my single *Maneater* got to Number One in the UK.
- A former beauty queen, I was born in Kansas in 1960. I was Miss Pacific Coast in 1981. In 1993 I fought a court case against the Pacific Gas and Electric Company of California – this later became the topic of a Hollywood film, starring Julia Roberts as myself.
- An actor, I was born in Canada in 1980. In 1993 I joined the cast of the Mickey Mouse Club, alongside Justin Timberlake and Britney Spears. I went on to star in *The Notebook*, *La La Land* and *Blade Runner 2049*.

Wordwise

The word may sound familiar, but what does it mean?

- Equiponderate**
A Equal in weight
B An equivalent force
C Balanced argument
- Abaya**
A Long-sleeved outer garment
B Uncultured or wild
C Rust-coloured
- Hodiernal**
A Pertaining to the present day
B Living for ever
C Duped husband.
- Kloof**
A Petty contrivance
B Mountain ravine
C Mania for stealing.
- Madarosis**
A Variant of rabies
B Moisten continually
C Loss of eyebrows or eyelashes
- Nekton**
A Creatures of the night
B Genus of water-lily
C Assemblage of organisms swimming in the water

Sudoku

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

Answers

CROSSWORD
 Across: 1 Nest; 3 Strength; 8 Bout; 9 Selfsame; 11 Entrenchment; 12 Acetic; 14 Enter; 17 Recalcitrant; 20 Clerical; 21 Mine; 22 Extended; 23 Bent. **Down:** 1 Nobleman; 2 Scuffie; 4 Treble; 5 Effeminate; 6 Grain; 7 Heed; 10 Dedication; 12 Sentient; 15 Imagine; 16 Scrape; 18 Event; 19 Ache.

WHO AM I?
 1. Tate Donovan. 2. Emma Noble. 3. Nelly Furtado. 4. Erin Brockovich. 5. Ryan Gosling.

WORDWISE
 1 A, 2 A, 3 A, 4 B, 5 C, 6 C.

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

Coronavirus

Wash your hands with soap and water more often for 20 seconds.



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

