



**Everton**  
in the Community

# REFUGEE ACTIVITY PACK



Co-funded by the  
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# INTRODUCTION

Covid-19 has affected us all in very different ways, but the common thing that we have had all had to adjust to is self-isolation and how each individual deals with that can vary enormously. Whilst some find it easy to distance themselves from others, others are finding isolation difficult. We are all responsible for making sure that we and the people around us are kept safe from infection and the only way to do that is to stay at home and avoid close contact with others. In these unprecedented times we still need to remain as connected and supportive as possible.

Everton in the Community have produced this 'Welcome through Football' activity pack to help keep us all socially connected and promote positive physical and mental health through this difficult period. This activity book contains a range of exciting activities for you to try including puzzles, football quizzes, language games, reading materials and home exercise routines as well as additional support services available for mental health and wellbeing.

You will find details of our online activity programme that is available on page 4; for any further information on these sessions, please contact your Everton in the Community staff member.

Once you have completed the various tasks you can submit your answers and written work using the self-addressed envelopes and post them back to the address on the back page of this pack.

We hope you enjoy this activity pack and would welcome your feedback on what you would like to see in the next edition.

# ONLINE ACTIVITY TIMETABLE

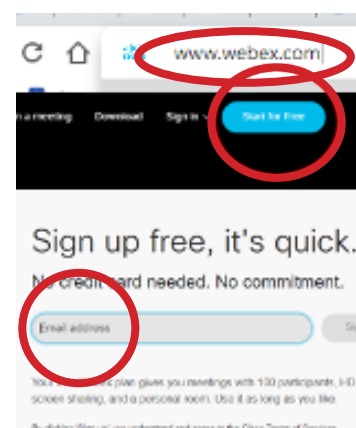
In response to the pandemic and having to cease all face-to-face Everton in the Community delivery, an online engagement timetable has been developed to ensure participants can stay connected and remain socially and physically active whilst at home. The session menu below has been designed to help to improve fitness, reduce social isolation, build resilience, improve morale and optimism for the future. Sessions are delivered on a weekly basis, unless otherwise stated, and are free to access.

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
10-11am		<b>Blue Base</b> Coffee morning Exclusive to Blue Base participants	<b>Workout Wednesday</b> Join EitC's fitness trainers for a tailored bodyweight circuit training session. No equipment needed.	<b>Active Bingo</b> Join EitC's Health & Wellbeing Team for a fun-filled session to get both brains and bodies active	<b>Yoga group</b> Join EitC's Rosanna for a relaxing Yoga session to relax, relieve stress and set you up for a great weekend
11-12pm	<b>Motivation Monday</b> Interviews with inspirational guest speakers to provide motivation and advice to help kick start your week 10:30-12 midday	<b>Online Financial Awareness training</b> in partnership with <a href="#">Barclays Bank Money Mentors</a> Every last Tuesday of the month 11-12midday	<b>'Girls On Side'</b> Coffee morning Exclusive to Girls On Side participants	<b>Walking Football</b> Coffee morning Exclusive to Walking Football participants	<b>'Imagine Your Goals'</b> Coffee morning Exclusive to IYG participants
1-2pm	<b>Mindfulness</b> Every Monday 3:30—4:30pm enjoy a relaxing mindfulness session focusing on meditation and guided visualisation	<b>Online Dementia Friends training</b> In partnership with <a href="#">The Alzheimer's Society</a> . Delivered every last Tuesday of the month 1-2pm	<b>Inter- project Quiz battle</b> Join us every other Wednesday for a fun themed general knowledge quiz battled out between different EitC projects. Wednesday's 1-2:30pm	<b>Everton Veterans Hub</b> NAFFI break Exclusive to EVH participants	<b>'Girls On Side'</b> Coffee morning Exclusive to Girls On Side participants
2-3pm				<b>Online Mental Health Awareness</b> Every last Thursday of the month 1-3pm	<b>Online Gambling Awareness</b> in partnership with the <a href="#">Big Step</a> and <a href="#">MHS Northern Gambling Service</a> . Delivered every last Friday of the month 1-2pm
3-4pm					
4-5pm					
<b>Timetable key:</b>					
<span style="display: inline-block; width: 15px; height: 15px; background-color: #f4a460; border: 1px solid black; margin-right: 5px;"></span> Open access session to any EitC participant/ volunteer <span style="display: inline-block; width: 15px; height: 15px; background-color: #90ee90; border: 1px solid black; margin-right: 5px; margin-left: 20px;"></span> Closed access session only available to specific project participants <span style="display: inline-block; width: 15px; height: 15px; background-color: #8a2be2; border: 1px solid black; margin-right: 5px; margin-left: 20px;"></span> Open access session that is available to access at selected times that we be advertised on EitC's social media platforms.					

To register your interest in attending any of the above sessions, simply send your email address to your EitC programme coordinator.

To register a free account with Cisco Webex, you can follow these simple instructions:

1. Visit [www.webex.com](http://www.webex.com) on your home computer or tablet, or download the Webex App from your app store on your smartphone.
2. Once on the Webex home page, click the blue button in the top right hand corner which says 'Start for Free'.
3. Register a free account using your email address and create a password.
4. You will then start receiving invitations to join online session in your email inbox. If you click 'join meeting' on this email it will automatically take you into the online meeting.
5. Once you have joined a meeting you can press the microphone button to speak and the video button to enable your video function, so everyone can see you.

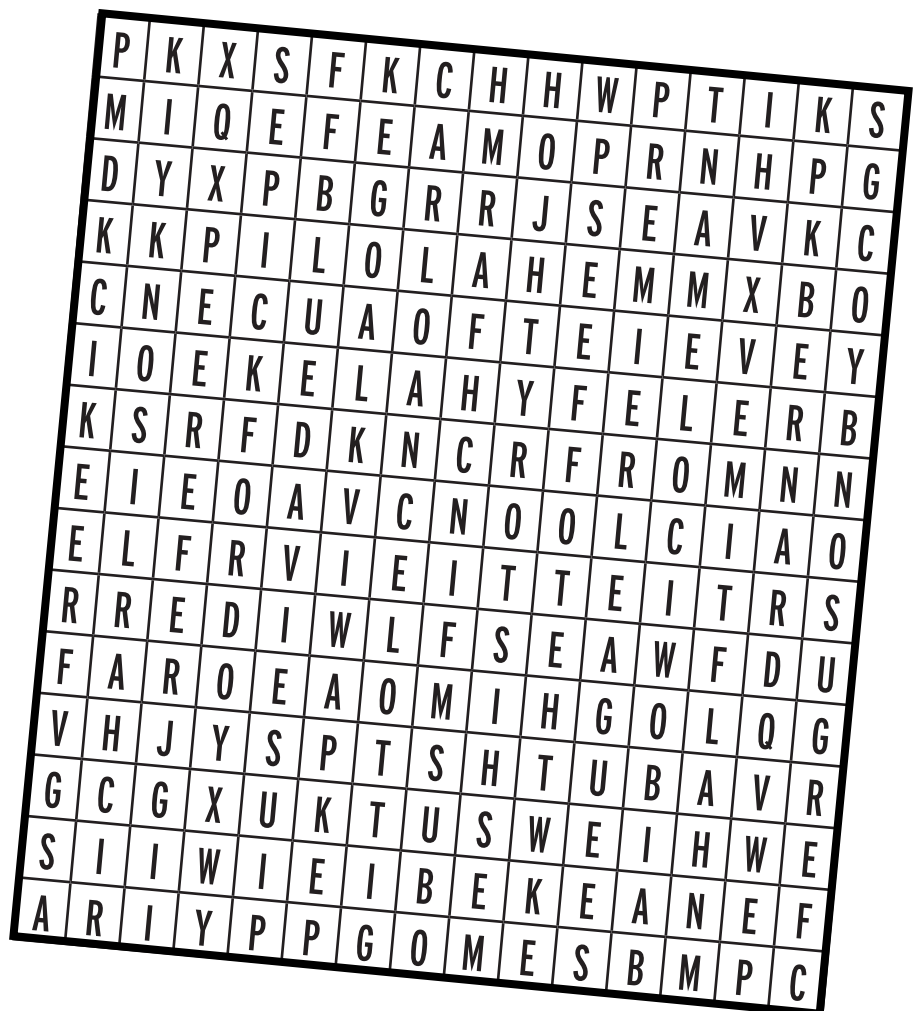




# WORDSEARCH

Here your task is to try and find all of the names associated with Everton from the list below in the jumbled-up word search. Once you have correctly identified a word, circle it and tick it off the list until you have identified them all.

1. USM FINCH FARM
2. KEANE
3. COLEMAN
4. FERGUSON
5. CARLO ANCELOTTI
6. BLUE
7. COYB
8. PREMIER LEAGUE
9. HALF-TIME
10. FREE-KICK
11. REFEREE
12. GOMES
13. BERNARD
14. PICKFORD
15. IWOB
16. GOAL
17. RICHARLISON
18. DAVIES
19. HISTORY
20. THE TOFFEES



# WORLD CUP COUNTRIES

Can you correctly match as many countries as possible that competed in the 2018 FIFA World Cup to their correct location on the world map? You can draw a line from each country name to the correct place that country is on the map. You score a point for each correct answer. All the correct answers will be revealed in the next 'Welcome through Football' activity pack.



Countries that competed in the 2018 FIFA World Cup:

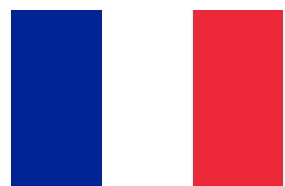
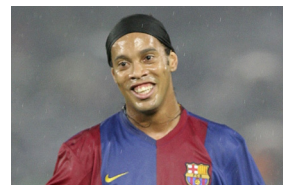
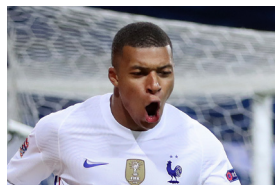
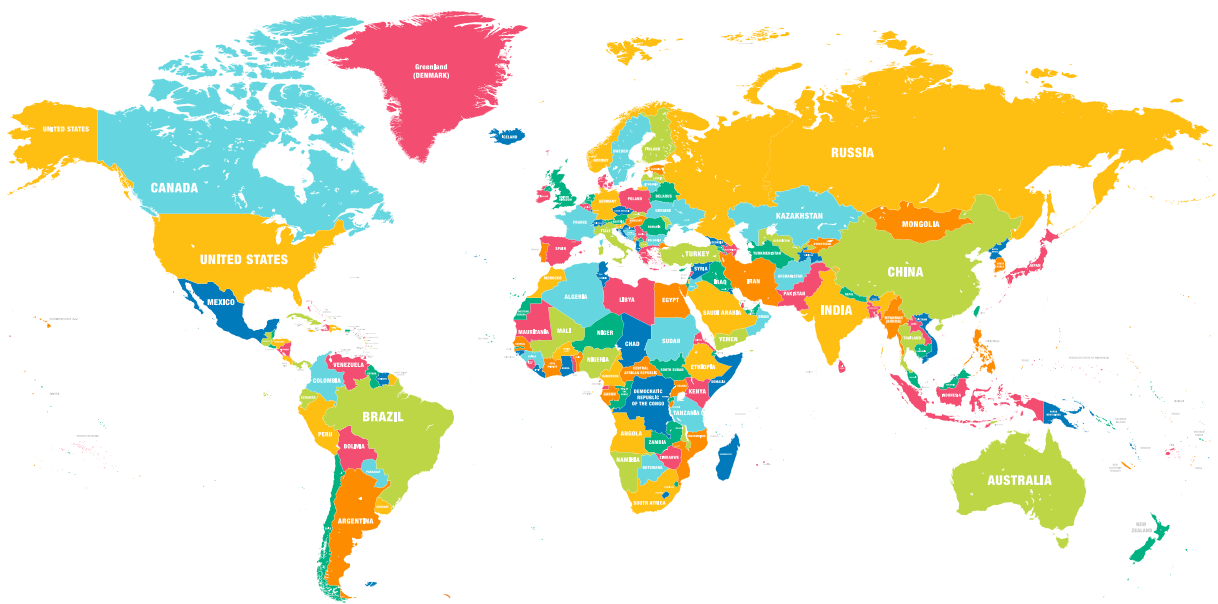
- |               |                 |                  |                 |
|---------------|-----------------|------------------|-----------------|
| 1. Brazil     | 9. Nigeria      | 17. Saudi Arabia | 25. Iceland     |
| 2. Uruguay    | 10. Egypt       | 18. Australia    | 26. Serbia      |
| 3. Argentina  | 11. Senegal     | 19. Russia       | 27. France      |
| 4. Colombia   | 12. Tunisia     | 20. Belgium      | 28. Portugal    |
| 5. Peru       | 13. Morocco     | 21. Germany      | 29. Switzerland |
| 6. Mexico     | 14. Iran        | 22. England      | 30. Croatia     |
| 7. Costa Rica | 15. South Korea | 23. Spain        | 31. Sweden      |
| 8. Panama     | 16. Japan       | 24. Poland       | 32. Denmark     |

For a bonus point, which country was the host for the 2018 FIFA World Cup?

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# FOOTBALL GEOGRAPHY

Football is a global game, and the Premier League and other top leagues attract players from all over the world. Your football geography challenge is to correctly match the famous footballers below to the correct flag of their home country as well as to identify where on the world map that country is located. Use a pen or pencil to draw lines from each player to the correct flag and a line from that flag to the correct location on the world map.



# MINDFUL COLOURING

Colour Psychologists suggests that the simplicity of colouring can help people to develop cognitively, psychologically, and creatively. Research has shown that colouring in can provide numerous wellbeing benefits including:

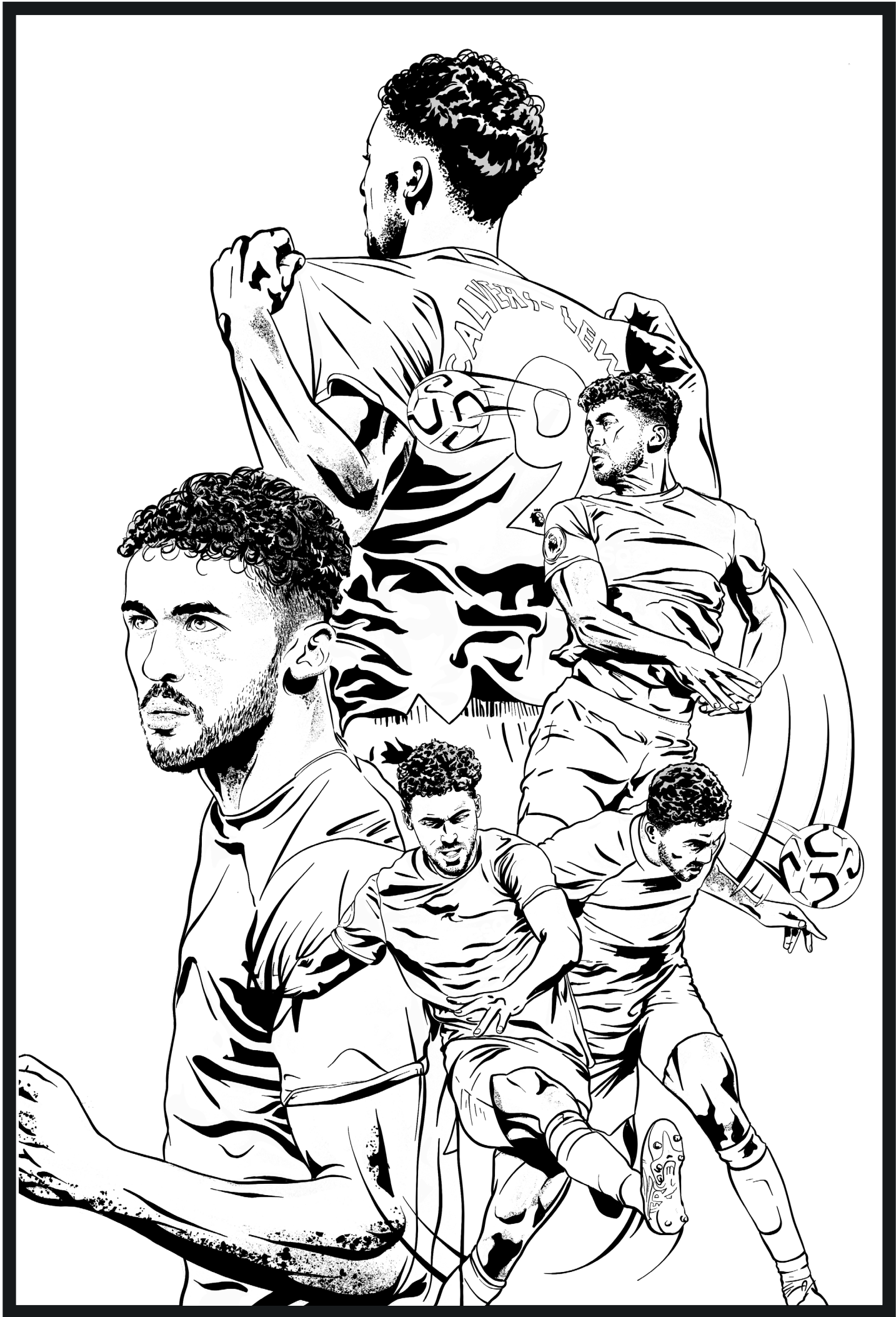
- Help lift your mood, decrease anxiety and stress
- Improve self-esteem and confidence
- Sense of accomplishment
- Relaxation-based coping mechanisms to help manage anxious thoughts and feelings
- Distract from negative thoughts or boredom
- Can positively interrupt focus on worries about past or future events

Colouring can also provide a much-needed break and the chance to relax and refocus. It doesn't need to be perfect; it can be simple and straight-forward. Mindfulness and mindful colouring can help increase your awareness of the world around you and your place in it. Why not try your hand at having a go of 'mindful colouring' as an alternative way to unwind and relax.

If you don't have coloured pencils, try different shades of grey.







# FUN FOOTBALL FACTS

Want to impress your friends with your amazing football knowledge? Then read on to learn some fun football facts...

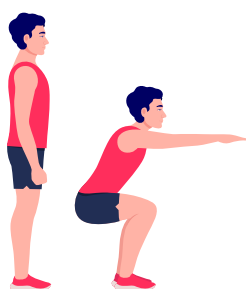
- Football (in the USA commonly known as 'soccer') is the most popular, most practiced, and most-watched sport in the world.
- The best striker in history was Brazilian Arthur (called El Trigo) who between 1920-1940 scored 1329 goals.
- The biggest ever team defeat came in the Madagascan league matches in 2002. Stade Olympique l'Emryne were the losing team. The match ended with the result 0-149!
- Sheffield Football Club were founded on October 24 1857 and is considered to be the oldest football club in the world. Everton were formed 21 years later in 1878.
- During most professional football games, players run around 10 km.
- Since 1982 at least one Bayern player has been in the starting line-up in every World Cup final. Don't believe us:  
Germany appeared in the 1982, '86, '90, '02 and 2014 finals, while players such as Jorginho (Brazil in '94)  
Bixente Lizarazu (France in '98)  
Willy Sagnol (France '06)  
Arjen Robben (Netherlands '10)
- Zlatan Ibrahimovic has played for six clubs that have won the Champions League, but he has never actually won the trophy himself
- The striker has been at Ajax, Barcelona, Inter, Juventus, Milan and now Man United.
- The first two brothers who played against each other in a FIFA World Cup Finals tournament was during the 2010 Finals in South Africa when Jerome Boateng's Germany beat Kevin-Prince Boateng's Ghana 1-0.



# KEEPING ACTIVE WHILST AT HOME

Our physical health really affects how we feel and therefore not being active isn't helpful when it comes to your mental wellbeing. Exercise is vital for maintaining mental fitness and it can reduce and alleviate stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function.

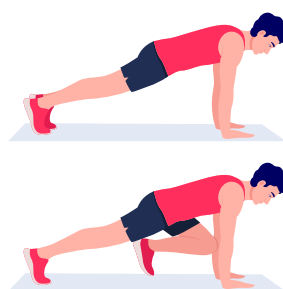
Give the bodyweight circuit training sessions below a try.



SQUATS x 30



JUMPING JACKS x 30



MOUNTAIN CLIMBERS x 60 SECS



LEG RAISES x 15



PUSH UPS x 15



LUNGES x 20



PLANKS x 60 SECS



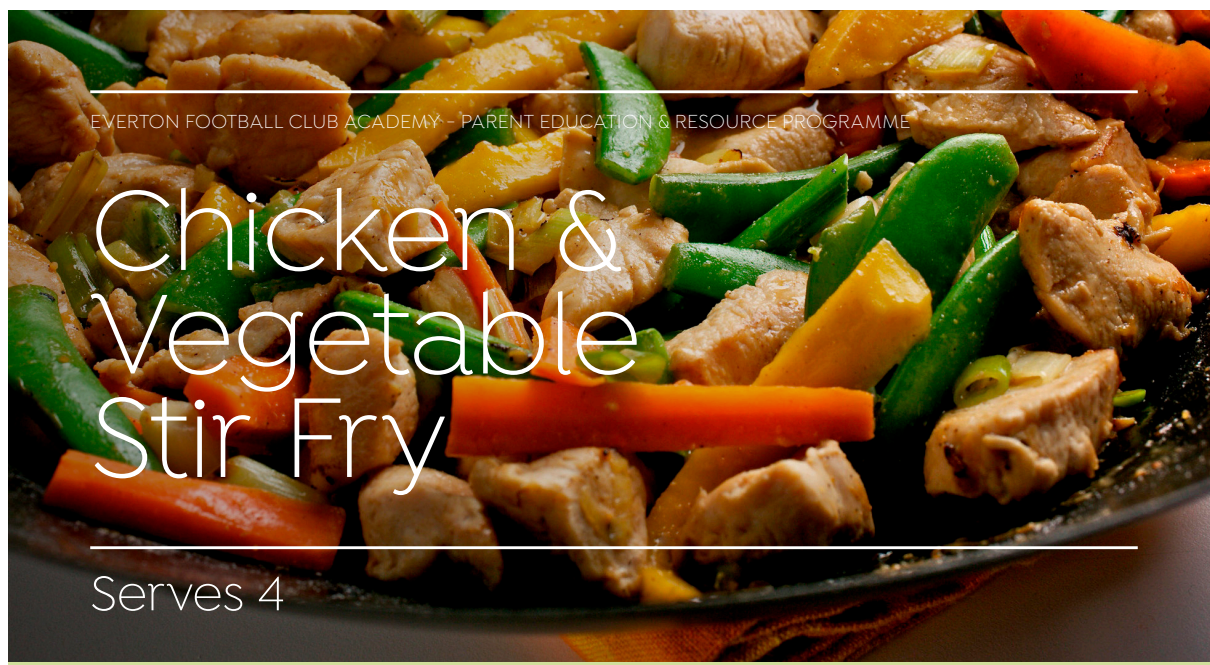
REVERSE PLANKS x 60 SECS

Being active doesn't have to mean a trip to the gym, just getting outside in the fresh air for a brisk walk can be very beneficial. Green spaces boost our wellbeing so why not go out for a walk or run or spend time in your garden. If you are stuck for ideas then check out the **A-Z guide** for keeping active at the back of the pack.

# HEALTHY HOME COOKING RECIPES

Think of your body as a machine and be aware of the quality of the fuel that you put into your system; this can have a big impact on how you perform and how you feel emotionally.

Here is a quick and easy chicken and vegetable stir-fry for you to try at home.



Serves 4

## Ingredients

- 1 red pepper
- 1 yellow pepper
- 1 stick celery
- 3 peeled carrots
- 1/2 diced white onion
- About 20 green beans
- 2 chicken breasts
- 2 **tbsp** of light soy sauce
- 1 lemon- freshly squeezed
- **Dash** of pepper
- **A few pinches** of chili flakes

Pre-slice the vegetables.

Using a wok, pour in a few dashes of extra virgin olive oil.

Place the wok on a medium heat. Put the vegetables in the wok and after cooking for a couple of minutes, add the raw chicken, soy sauce, lemon juice, pepper and chilli flakes.

Cook for around 14 minutes. Make sure chicken is cooked all the way through before serving.

Serve with rice or noodles.

	Macronutrient breakdown (per serving)
Calories	367 kcals
Carbohydrates	24g
Protein	45g
Fats	8g

# HEALTHY HOME COOKING RECIPES

Snacking is often an area where people can struggle to maintain healthy food choices. Why not try this quick and easy recipe for no-bake flapjacks? There is also a list of other simple healthy recipes you can try at home at the back of this guide.

Here is a quick and easy protein balls recipe for you to try at home.



### Ingredients

- **600g** oats
- **300g** protein powder (whey)
- **3 heaped tablespoons** (big spoon) peanut butter
- **3 heaped tablespoons** honey
- **200ml** full fat milk (reduce if necessary)

Combine all ingredients in a bowl, adding the milk a bit at a time until the mixture is easy to roll into balls (roughly trying to get 30).

Add more oats if you add too much milk.

Roll balls in protein powder or desiccated coconut to finish.

You can add in other flavours to complement the balls such as chopped nuts/seeds/dried fruit - be aware these will add to the nutrition (below).

	Macronutrient breakdown (per ball)
Calories	<b>367 kcals</b>
Carbohydrates	<b>24g</b>
Protein	<b>45g</b>
Fats	<b>8g</b>



# COLOUR IN YOUR OWN EVERTON FOOTBALL CLUB CREST

Here your task is to colour in the famous Everton crest in your distinctive way using your own unique colour schemes and design. If you haven't got coloured pen's or pencils, you could shade it in using a pen or pencil.



Feel free to share your club crest on your social media tagging in @EitC and sharing the hashtag #welcomethroughfootball

# DESIGN YOUR OWN EVERTON SHIRT

Have you ever wanted to design your own Everton shirt? Well now is your chance. Be as creative as possible to experiment with colour schemes, design and shirt sponsor. Submit your design to be in with a chance of winning some Everton goodies. You can take a picture of your design and send it by email or post it using the envelope and postal address details at the back of the activity pack.

Good luck!



Feel free to share your Everton shirt on your social media tagging in @EitC and sharing the hashtag #welcomethroughfootball

# 'IF YOU KNOW YOUR EVERTON HISTORY'

How well do you think you know the mighty Blues? Everton Football Club is famous for its rich history, but here are some things you may not have known about the Club...

1. The tower in Everton's crest is actually Prince Rupert's Tower, located in the Everton district of Liverpool. An iconic structure in the heart of the club's home, the tower was first adapted into the Everton crest by team secretary Theo Kelly in 1938.
2. Everton have remained in the top division since 1954 and were founding members of the Premier League in 1992.
3. Dixie Dean scored a record 60 league goals in the 1927/28 season. Dean's 60 goals were finished off with a hat-trick on the last day of the season against Arsenal.
4. Everton are the fourth most successful team when it comes to top-flight titles, having won nine in their history. Their last championship success came during the 1986/87 season.
5. The Toffees experienced the biggest rise in Premier League finishing position from one season to the next - finishing 17th in 2003/04 and then fourth in 2004/05.
6. Everton hold the record for the most seasons in England's top tier, at 111 seasons out of 114 as of 2014/15. The club spent 1930/31 and 1951-54 outside of the topflight.
7. Everton were the first club to issue a matchday programme at home fixtures.
8. While they have won the FA Cup on five occasions, Everton hold the record for the most losses in a final, having been beaten eight times.
9. The first ever penalty shootout in the European Cup was between Everton and Borussia Monchengladbach, with Everton winning 4-3.
10. The club was founded in 1878, as St Domingo's FC so that people from the parish of St Domingo's Methodist Church in Everton could play sport year-round. A year later, the club was renamed Everton, as people outside the parish wished to participate.

# MANAGERS CHALLENGE

Here your job is to look at the photograph below and then using the box provided describe what you think is going on and why, as well as the names of the players involved?



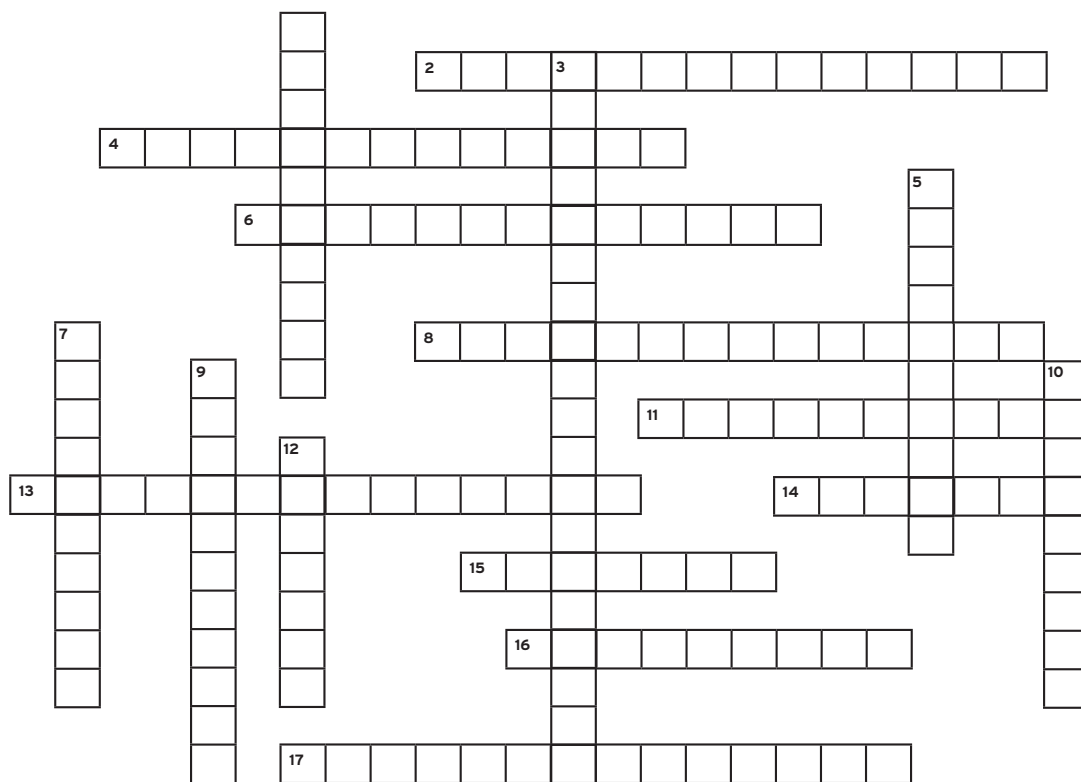
Write in here:

Feel free to try to copy the Yerry Mina goal celebration at your next 'Welcome Through Football' training session.



# FOOTBALL CROSSWORD

On this page you will find a football specific crossword for you to solve. Your task is to read the list of clues given at the bottom of the page and then fill in the correct answer in the correct spaces. Answers for this crossword are available at the back of the pack.



## Across

- ENGLANDS #1 STOPPER (2 WORDS)
- HEAD OF THE PACK (2 WORDS)
- HOME (2 WORDS)
- SCOTTISH RIGHT-HAND MAN (2 WORDS)
- BEFORE EVERTON, THERE WAS...
- LEFT-FOOTED LEGEND (2 WORDS)
- HE WILL TEAR YOU APART
- PUTTING THE 'BEST' IN MOTTO
- WE SING HIS NAME EVERYWHERE WE GO (2 WORDS)
- FANTASTICO! MAGNIFICO! (2 WORDS)

## Down

- AN ICELANDIC ATTACKER
- A SHEFFIELD SHOWSTOPPER (2 WORDS)
- FREE-KICK SPECIALIST (2 WORDS)
- FROM PORTUGAL WITH LOVE (2 WORDS)
- HE'S BRAZILIAN...
- BORN AND RAISED (2 WORDS)
- A SWEET NICKNAME

# YOUR COVID-19 EXPERIENCE

We would like to encourage you to share how you have spent your time during the pandemic and how you have coped during lockdown. We want to hear what your experiences have been like as you reflect on life over the past few months and weeks. By sharing your insight we hope it will inspire others to share their experiences and help build connections through common experiences that we have all shared. You can express your frustrations, highlights or anything that have impacted you and you can express this in any way you want to. Please feel free to share as much or as little as you would like about your own personal lockdown experience, we have put together some Do's and Don'ts below to give you a few suggestions to help structure your submissions.

We will select a number of these submission to feature in the next edition of the 'Welcome Through Football' Activity pack, for you all to see. You choose to add your name or submit anonymously without identifying yourself.

## Do's

- Mention people who have helped you during lockdown.
- Any funny stories/memories to share?
- What did you get up to during lockdown?
- Who did you spend lockdown with?
- How have you kept active during lockdown?

## Don'ts

- Use foul or abusive language
- Include your address or phone number or any personal information

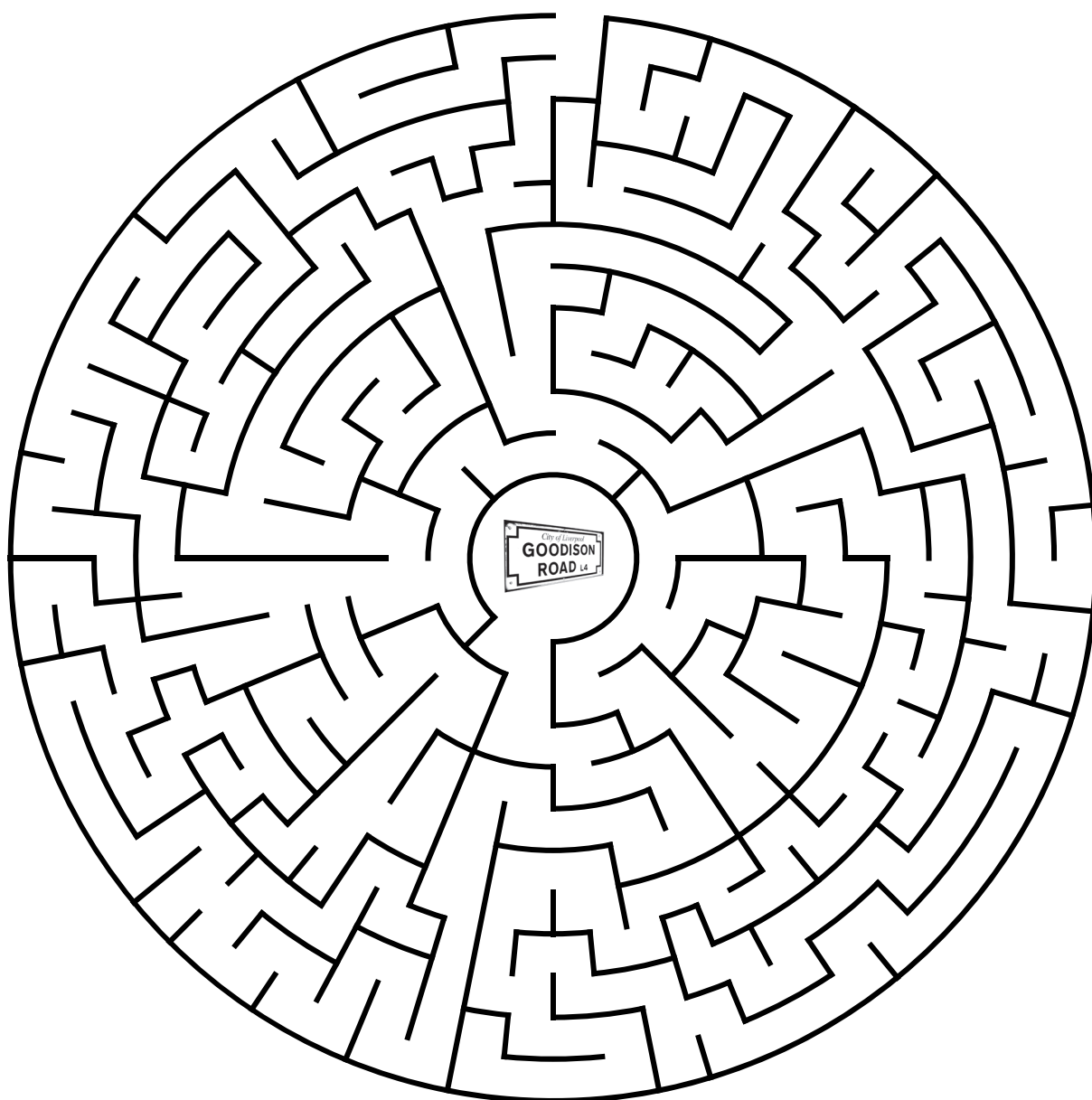
# YOUR COVID-19 EXPERIENCE

Use the template below to share your experiences of the pandemic. It can be a story, poem, picture or photo.



# GOODISON MAZE

Can you help Carlo Ancelotti find his way back to Goodison Park?



# FOOTBALL LANGUAGE

Football is the global game and unites people from all different backgrounds, countries and ethnicities. Even if players speak different languages, the universal language of football has the ability to cut across cultural differences and speaks to people's shared passions and common goals. Few things unite people quite like football does but there are many different ways to say the same thing on the pitch and English football has its own unique 'football language'. Below you will find a list of common English football phrases - your job is to identify what the correct explanation of the phrase is.

**1. If asked to make "a header," would you know what to do?**

- A. Yes! Hit the ball with your head!
- B. Yes! Get ahead in the score!
- C. Yes! Pass the ball to the furthest forward player!
- D. Yes! Kick the ball into someone's head!

**2. What do people mean when they say a "breakaway"?**

- A. It's when someone falls and breaks their leg.
- B. It's a moment when a player with the ball has nothing but clear space between him and the goalie.
- C. It's when one player leaves a pack of players to distract the goalie.
- D. It's when the ground under a player's feet rips away.

# FOOTBALL LANGUAGE

## 3. What is “marking”?

- A. It's when a player has a bounty put on them.
- B. It's standing next to a player so he doesn't have lots of space.
- C. It's when a player falls and dirties their kit.
- D. It's when a player makes a mistake in their trousers.

## 4. What is someone describing when they say something happened “off-the-ball”?

- A. When mud stuck to the ball gets into someone's eyes.
- B. The action taken immediately after a header.
- C. Action happening with players who do not have the ball.
- D. Kicking thin air.

## 5. “Trapping” means you are doing what?

- A. Stopping the movement of the ball with your foot.
- B. Cornering a player on four sides.
- C. Tripping a player out of the playable area of the pitch.
- D. Forcing a player to kick the ball out of bounds.



# SPOT THE DIFFERENCE

Pay close attention to the two images below and try to spot the five differences between them. A point is awarded for each correct answer given.



Answers can be found at the back of the booklet



# MENTAL HEALTH SUPPORT AGENCIES

Please find below a list of key contacts for mental health support services that are available to yourself or people you may be supporting. If you have concerns that someone is in crisis or is having thoughts about harming themselves or others:

- \*Encourage them to present at their nearest Accident & Emergency department.
- Call 999 and ask for an ambulance if you can't get to A&E

*\*Mersey Care have a dedicated mental health team working 24 hours a day at the Royal Liverpool Hospital.*

If you or someone you are supporting needs support right now, but doesn't want to go to A&E, here are some other options to try:

**Shout:** Can help with urgent issues such as: suicidal thoughts, abuse or assault, self-harm, bullying, relationship challenges. For support in a crisis 24/7: Text Shout to 85258

Website: [www.giveusashout.org/](http://www.giveusashout.org/)

**Samaritans:** Provide confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

Free phone: 116 123, 24/7, Email: [jo@samaritans.org](mailto:jo@samaritans.org) or visit: [www.samaritans.org](http://www.samaritans.org)

**Chasing the Stigma:** Offer a free crisis support messenger, text HOPE to 85258

## **NON-CRISIS SUPPORT**

If it is not an emergency but you or someone you are supporting is feeling unwell and wants advice and guidance, in the first instance encourage them to make an appointment with your/their GP, who will talk to them/you and may refer them/you to specialist help.

**SANEline:** A national out-of-hours helpline offering emotional support, guidance and information to anyone affected by a mental health problem, including family, friends and care. Telephone: 0300 304 7000 - 4.30pm to 10.30pm, everyday [www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

**Hub of Hope:** A free website and app that provides details of various local and national organisations that provide support around mental health: <https://hubofhope.co.uk/>

**Talk Liverpool:** A free NHS service offering quick and easy access to talking therapies, practical support, and employment advice. Aims to help people if you are feeling stressed, feeling low in mood (depressed) or very nervous (anxiety). The service is available through GPs in Liverpool, a range of voluntary sector organisations and by self-referral either online [www.talkliverpool.nhs.uk](http://www.talkliverpool.nhs.uk) or by phone (0151 228 2300)

**“Let’s Keep Talking”:** A free confidential telephone support service for the covid-19/ coronavirus crisis available to anyone to speak with trained therapists to just listen, maybe ask a few questions and hopefully help you feel less alone with your difficulties. Call: 0800 090 2470, text Kate on 07894 612 249 or email [suzi@psychological-therapies-unit.co.uk](mailto:suzi@psychological-therapies-unit.co.uk) (please include your phone number in the message).

## **PRACTICAL SUPPORT NEEDS**

### **FINANCIAL ISSUES**

**Citizens Advice Bureau:** For any concerns with benefits, work, debt and money, housing, law and courts, immigration or health. Call: 03454 04 05 06 Monday to Friday, 9- 5pm or visit: <https://www.citizensadvice.org.uk/>

**The Money Advice Service:** For advice about money and benefits. Call 0800 138 7777  
Helpline open: Monday to Friday, 8am to 6pm

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### **DRINK AND DRUG ABUSE**

**Drinkline:** If you are worried about your own or someone else's drinking, you can call this free national alcohol helpline: 0300 123 1110 (weekdays 9am-8pm, weekends 11am-4pm).

**Frank:** Helpline for anyone concerned about drug or solvent misuse. Advice and information for drug misusers, their families, friends, carers. (Formerly known as the National Drugs Helpline). Call: 0300 123 6600

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### **VICTIMS OF CRIME**

**Victim Support Helpline:** Free and confidential support 24/7 for victims of any type of crime. Call: 0800 328 3623

**Broken Rainbow:** Support for LGBT+ victims experiencing discrimination. Open Mondays 10am-8pm, Tuesdays 10am- 5pm, Wednesdays 10am-5pm, Thursday 10am-8pm and Friday 1pm-5pm. Call: 08452 604460

## HOUSING

**Shelter:** Professional advice and guidance for specialist housing advisors:  
0808 800 444

**Mind Infoline:** Information line to answer questions about types of mental health problems, where to get help, drug and alternative treatments and advocacy open 9am to 6pm, Monday to Friday. Call 0300 123 3393 Or email [info@mind.org.uk](mailto:info@mind.org.uk) Text: 86463

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## LEGAL

**Mind Legal line:** Provides legal information and general advice on mental health related law. Open 9am to 6pm, Monday to Friday (except for bank holidays).0300 466 6463

Email: [legal@mind.org.uk](mailto:legal@mind.org.uk) Post: Mind Legal line, PO Box 75225, London, E15 9FS

**Duncan Lewis Solicitors:** Assisting those suffering from mental health problems who are being compulsorily detained under the Mental Health Act 1983.

Visit: <https://www.duncanlewis.co.uk/mentalhealth.html> or call: 033 3772 0409

**Maxwell Hodge:** <http://www.maxwellhodge.co.uk/> Contact: Darren White

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## ONLINE EDUCATION COURSES

**Liferooms:** Offer vocational training, pathways advice and health and wellbeing related education courses. Call: 0151 478 6556 or email: [LifeRooms@merseycare.nhs.uk](mailto:LifeRooms@merseycare.nhs.uk)

**Evolving mindset:** Offer a range of free-to- access self-help courses delivered by qualified Trainers, Mental Health Nurses and Counsellors across Merseyside to educate and empower participants, by focusing on their mental well-being.

Visit: [www.evolvingmindset.co.uk](http://www.evolvingmindset.co.uk)

**Futurelearn:** Provide a free online mindfulness courses:

<https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>

**The 'Thrive' course:** A free online course to help support people to become more educated about their mental health and covers topics such as:

- The real science behind what stress is & how it affects you
- How to change your brain's response to stress
- How to calm your anxiety
- How to improve your mood
- How to develop resilience to mental illness

Accessible here: <https://thethrivecourse.com>

**Woebot:** A chatbot app that can help individuals think through situations with step-by-step guidance using methods from Cognitive Behavioural Therapy (CBT). It provides 100+ evidence-based lessons, exercises, and stories from their clinical team.

<https://woebot.io/>

**Open University courses here:**

<https://www.open.edu/openlearn/free-courses/full-catalogue>

**FA Talent ID course:** You will need to register for a free account if you haven't already got one: <http://www.thefa.com/learning/courses/talent-identification-courses>

**Mind:** You can sign up to various free online courses on the link below:

<https://www.eventbrite.co.uk/e/mental-health-training-for-the-sport-and-physical-activity-sector-webinar-tickets-98389370255>

<https://www.eventbrite.co.uk/e/volunteering-webinar-get-set-to-go-and-mental-health-champions-guide-tickets-99968574698>

**Reed:** Here is a link to access some other free online courses:

<https://www.reed.co.uk/courses/free>

**Everton in the Community, Blue Family:** You can also check out Everton's Blue Family campaign here which has loads of online resources from home schooling tips, to cookery and language classes to get involved with:

<https://www.evertonfc.com/bluefamily>

# ACTIVITY A-Z

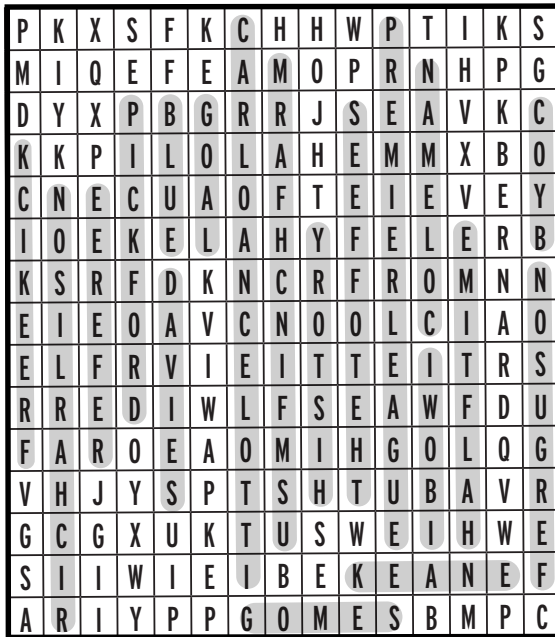
Explore our A-Z of activities to help you get active at home and outdoors. There is something for everyone at all levels and many are free and need no equipment.

- A. Aerobics
- B. Body weight training, burpees, bicep curls
- C. Cleaning, crunches, chair-based exercises
- D. Dancing to your favourite song
- E. Exercises classes online
- F. Football with a rolled-up pair of socks
- G. Gardening, gymnastics
- H. Housework- like hoovering
- I. Interval training, skipping, running, walking or sprinting
- J. Jogging, jumping jacks, juggling
- K. Keepie-up's, karate, kettlebells
- L. Lunges, leg raises, lifting shopping bags
- M. Mow the lawn, musical chairs, marching on the spot
- N. Nature, getting out to your local park
- O. Online activities, obstacle course,
- P. Pillow fight, push up's, pilates
- Q. Qigong- (Chinese martial Art)
- R. Racing up the stairs
- S. Stretching, skipping, squats
- T. Tai Chi, tricep dips on the couch
- U. Upright rowing
- V. Volleyball using a balloon
- W. Walking, wall sit, weight training
- X. REST
- Y. Yoga
- Z. Zumba

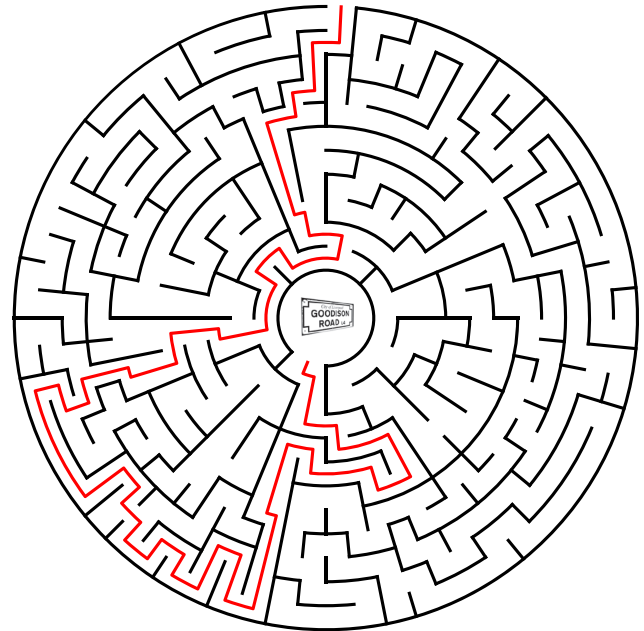
You can also check out the Rethink website for further information about looking after your wellbeing and physical health: <https://www.rethink.org/advice-and-information/living-with-mental-illness/wellbeing-physical-health/>

# ANSWER SHEET

## WORDSEARCH



## MAZE



## CROSSWORD

### ACROSS

2. JORDAN PICKFORD
4. SEAMUS COLEMAN
6. GOODISON PARK
8. DUNCAN FERGUSON
11. ST. DOMINGO
13. LEIGHTON BAINES
14. BERNARD
15. OPTIMUM
16. YERRY MINA
17. CARLO ANCELOTTI

### DOWN

1. SIGURDSSON
3. DOMINIC CAVERT-LEWIN
5. LUCAS DIGNE
7. ANDRE GOMES
9. RICHARLISON
10. TOM DAVIES
12. TOFFEES

## FOOTBALL LANGUAGE

1. If asked to make "a header," would you know what to do?
  - A. Yes! Hit the ball with your head!
2. What do people mean when they say a "breakaway"?
  - B. It's a moment when a player with the ball has nothing but clear space between him and the goalie.
3. What is "marking"?
  - C. It's standing next to a player so he doesn't have lots of space.
4. What is someone describing when they say something happened "off-the-ball"?
  - B. Action happening with players who do not have the ball.
5. "Trapping" means you are doing what?
  - A. Stopping the movement of the ball with your foot.



## FOOTBALL GEOGRAPHY



## SPOT THE DIFFERENCE



You can send your completed tasks and written work using the pre-paid envelopes to the following address and check out [www.evertonfc.com/community](http://www.evertonfc.com/community) for programme updates and more exciting activities to get involved with.

Everton in the Community  
The People's Hub  
Spellow Lane, Liverpool, L4 4DF