



your update

Activities and inspiration
for men in prison:
Christmas 2020

The Christmas issue

Welcome, we have designed this magazine to help people get through the next few weeks and beyond. 2020 has been a strange and stressful year for everyone and, to be honest, it will be a relief for many to leave it in the past and look forward to more a more positive 2021.

Of course, it won't be like flicking a switch when 2021 arrives, but we can all start thinking about and planning the positive changes we can make in our lives. This magazine includes articles written by ex-prison residents, puzzles, exercise workouts and that all essential Christmas Highlights TV Guide... and more! Enjoy!

Take care, HMPPS Psychology Services



A message from Gethin Jones

Creating an exercise routine helps your mind and spirit

How do we stay mentally and emotionally healthy during times of difficulties? It is easy to stay positive when life is going your way. It is harder to do when your life is disrupted. Everyone in the world needs routine to help them survive and when a routine is taken away, we all start to struggle.

At this time the whole planet had lost its routine and many people are trying to deal with what is a new normal. It is right now that you, me and everyone else needs to create a new routine.

The number one and best thing to put in a routine is exercise. Exercise is so important as it pumps blood around your body, sets off endorphins and makes you feel good when you hit a goal.

There are many of you reading this now that have always maintained your physical fitness. You may do this because it gives you purpose and helps you through the day. Due to lockdown the gym is not a place that you can visit so it's about adapting. Your cell is your new gym. You just have to be creative in



your thinking.

Over the years I did lots of work outs in my cell, Burpees, Squat thrusts, sit ups, Dips (on pipes or chair) press ups (wide, close normal or the handstand Commando), Squats. I would use my bed, single or bunk to create exercises too. You can even fill a kettle and see how long you can hold it outstretched, the list goes on and on.

Physical wellbeing is a great way to develop mental wellbeing as the endorphins link to happy thoughts and happy thoughts lead to happy emotions. Remember the first time you did that set of press ups or pushed that weight on the bar. You jump up with a 'Yes' I smashed it. You walk back to the wing with an



extra spring in your step. You have an extra level of confidence.

Exercise builds resilience both mentally and physically. It helps you to see what you can achieve when the head says you can't. If you have been to the gym before you get what is called muscle memory. This is because the body and mind remember and knows what needs to be done.

Mental resilience is the same, it is when the mind remembers a time when we struggled, and it also remembers how we succeeded. You then kick into this resilience and this is how you survive. It is now a great time to create a routine that will help you and those around you.

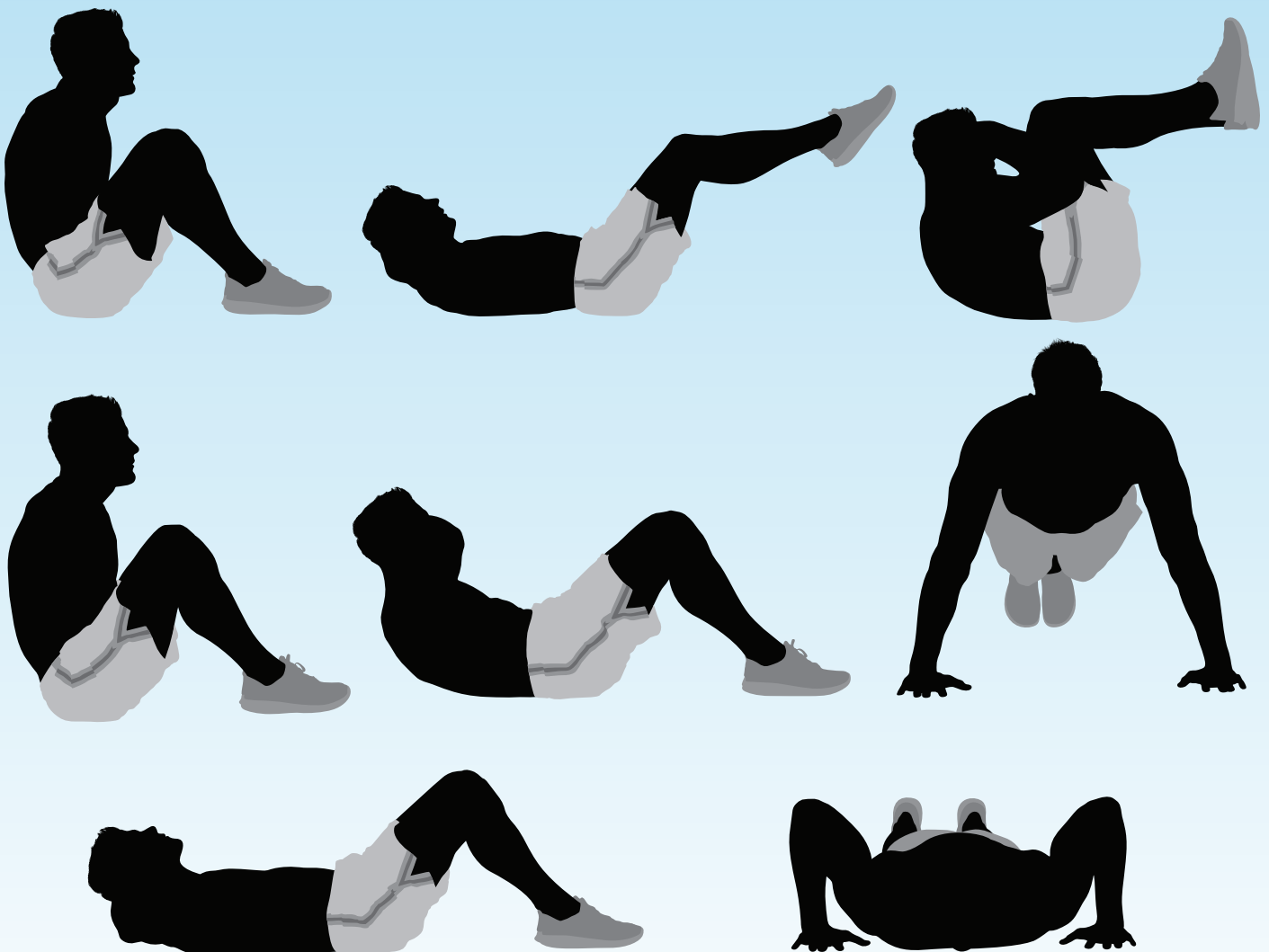
My top tip today is...

Why not set a daily challenge to your mates who you can speak to from the window?

Let's say right between 10am and 4pm you need to do 500 press ups that works out about 84 an hour and if you did 20 every 20 minutes you would smash it.

You can then set new challenges, change the exercise or increase the numbers.

Before you say it I will - 'What if they cheat'? In truth they are cheating themselves not you. If you do it right you have helped yourself, emotionally, physically, mentally and developed resilience and a knowledge that you can be honest to yourself and not cheat and that my friend is priceless.

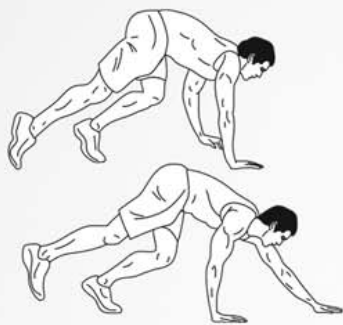


Improve your life by keeping active

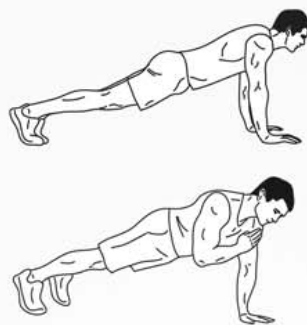
Always remember to warm up, cool down and stretch before and after exercise. Try marching on the spot for 1 minute before and after you exercise and afterwards stretch each muscle you have felt burn. It pays off as you'll feel better tomorrow!

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



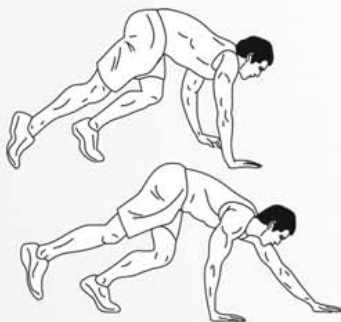
10-count bear crawl



10 shoulder taps



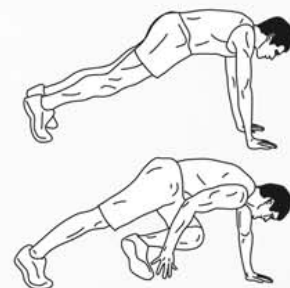
10 plank rotations



10-count bear crawl



10-count plank hold



10 climber taps



10-count bear crawl



10-count stretch #1



10-count stretch #2

General knowledge quiz!

Go on, test yourself! Answers on back page...

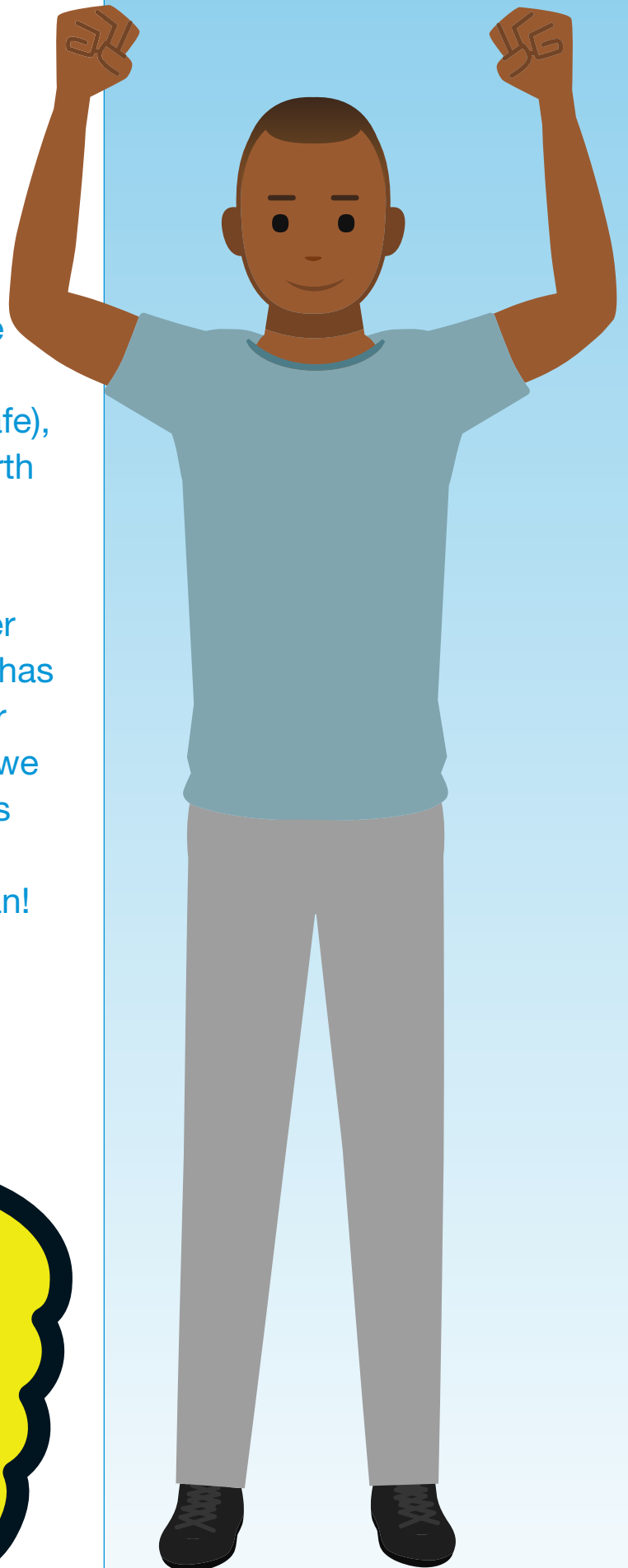


1. Which British TV show recorded the largest audience for a single episode with over 30 million viewers?
2. What is the highest-grossing box office film of all time?
3. How many films have Kate Winslet and Leonardo DiCaprio starred in together?
4. What is the capital of Barbados?
5. What was the first single to be released by the band Oasis?
6. Glossectomy is the removal of all of or part of which body part?
7. What company is also the name of one of the longest rivers in the world?
8. What in the animal kingdom is a doe?
9. What is Sheldon Cooper's one-word catchphrase in The Big Bang Theory?
10. Which Stephen King novel takes place mostly in the fictional Overlook Hotel?
11. What do Lord of the Rings author J.R.R. Tolkien's initials stand for?
12. Which planet is nearest the sun?
13. Where is the smallest bone in the human body located?
14. How many hearts does an Octopus have?
15. Name the hottest chilli pepper in the world.
16. Which city will host the 2028 Olympic Games?
17. How many different teams have won the Premier League since the start of the inaugural season in 1992/93?
18. If you completed the Three Peaks challenge, which three UK mountains would you have climbed?

Do good and feel good

Research tells us that being able to help other people helps us to feel better about ourselves too. When we find ways to help each other, however small, we are more likely to feel like we belong to a community (which helps us feel safe), that we matter, and that we're worth something.

Have a go at thinking about some ways in which you could help other people. Each and every one of us has something to give, whether it's our time, our ideas or a special talent we can share.....see Martin Sullivan's article later and see what helping yourself and others can really mean!



Jay Blades from BBC's Repair Shop

'I left school with no qualifications whatsoever - my qualifications came from the streets. It came from surviving and being able to make money. I was resourceful, my uncles and extended family were also naughty so I was learning from the best.'

'I'm a 6ft 3 black guy, gold tooth, a little bit naughty in the past, 2 shows on the BBC and I'm mingling in a white middle class profession which is craft and restoration. I don't fit. Rather than make it obvious that I don't fit I have to learn, understand the craft, respect the history, learn the knowledge and then spit it out when people ask me to.'



You might recognise Jay Blades from the BBC show “The Repair Shop” (The Repair Shop at Christmas. Boxing Day, 6.45pm. BBC1). We spoke to Jay Blades to find out about growing up in Hackney supplying “products”, turning his life around aged 29, and how he fell into restoring furniture through his work supporting youths who were involved in crime.

What is your specialist area of knowledge?

Craft world: I'm a furniture restorer and I up-cycle furniture and redesign rubbish. If someone doesn't want it, I come up with another idea to make it beautiful and desirable. Before this I was a Community worker. I love community work. That's the reason I am in the TV world to continue the

community work.

Where did you grow up?

In Hackney in a council estate, N16 was my manor, so all in flats, single parent and just me and my brother there. Growing up in the 80s was extremely naughty.

I didn't get in trouble with the police, a number of people trained me and said you just have to be very clever and stay away from them and if you did things in a certain way it didn't happen.

What changed?

I think when I was 29 I realised. When I was 13 or 14 I said I want to be the first black millionaire naughty person. It didn't happen at 29 but a number of my friends were passing away and dying through the activities they were doing. They hadn't

changed their actions, things had moved on and the street was completely different to when I was growing up in the 70s. There was almost no honour, there was a blatant disrespect to the industry. The industry that we were involved in had rules, and codes, you knew where you stood, but things started to change.

It was a very naughty industry where you supplied a product and you were not allowed to supply that product. I'm from a certain time, where we don't say things, if that makes sense. And if you said something that means that you would be incriminating yourself and admitting guilt. So one of the things I always explain is that you're not a criminal unless you are caught. It's a code, you don't talk it, you don't say it and when I say I was naughty, means very naughty.

What was the change?

There was this new thing called county lines going on before it became a certain thing, I'd already moved out of the area. I needed to do something that challenged me, I wasn't challenged enough.

So I didn't do great at school and decided to go back. I rang a university up and they said people normally study what they are interested in. I said a bit of fashion, textiles and they said what else? I told them I'd grown up on a council estate and know a two or three things about crime and they said oh you can study criminology. I didn't even know what that was. They said you study people from poorer areas and ask why they do it. I signed up straight away.

It was only when I started that I realised it was all about reading and regurgitating those books. But then I had a test to find out whether I was dyslexic and I was. Apparently I had the reading ability of an 11 year old.

I set up my first charity that was called street dreams with my ex-wife. And that was supporting young people away from a life a crime and get them to do something positive. But then funding started drying up and I needed to create my own revenue. I went back to the community and said is there anyone that can teach me and the young people how to upholster a chair, how to re-cane a chair, how to paint. And we was inundated. And that's how my love for furniture restoration came about. It was a need to support young people so that they were ready for the job market.

What does gaining knowledge mean to you?

Basically it means being a sponge. Observing and taking on as much as you can. The problem, when I was growing up in the poor areas, I could only absorb what was around me. It was N16 Hackney, their way, once you've absorbed that there no more to absorb, so if you stay in that bucket, you're always going to see the same things. And what I had to do was take myself out and go into different environments.

Whenever I go into different environments I'm always taking it on board, absorbing everything.

What advice would you give to people currently inside prison?

Start to plan. Even in lockdown you might have a piece of paper, a book you can write some stuff down - I strongly believe that planning is underrated. Not enough people do enough planning. What you can do is plan to avoid disappointment. What that basically means is, when you take on a task, the thing that holds you back, is the disappointment at the end. You don't want to disappoint someone or let yourself down. But if you plan correctly,

you'll be able to execute more effectively. Something as simple as putting a shelf up. If someone wants to put a shelf up they have to do a list and plan, have I got a drill, a rawlplug and spirit level, and have I got the time? It's simple, if you don't have one of those elements, you are going to fail and you're going to be disappointed. You'll be unable to achieve that task. It's all about planning. You can't be in different environments but you can plan effectively to get out of your situation, not prison obviously, but the kind of cycle that some people might be in.

How do you cope with difficult situations?

When everything flopped for me (relationship ended, charity closed), I was in a dark place. Even to this day I don't know how I pulled myself out. I was the man on the street from the age of 11, I was a father figure of a charity. So when I things were getting on top of me I couldn't talk to anyone because I was too strong for that. One day a friend of mine came along. He was a businessman I admired and I basically cried. What worked was showing my vulnerability, because it means accepting that you are not in control and you need help. What some people do is go back to behaviour they already know. Hold on I'll be the tough guy let me beat someone up, go and make some money off that person whereas just being emotional and saying I'm fucked at the moment and I need help.

It's like planning, when I knew I'd fallen down, I asked for help and he supported me. But that's not the only help. I would do counselling/meditation 2 days a week. I had to build myself back up. I was absolutely empty, there was nothing left, and I was a shell walking basically.

When it's tough now, how do you manage?

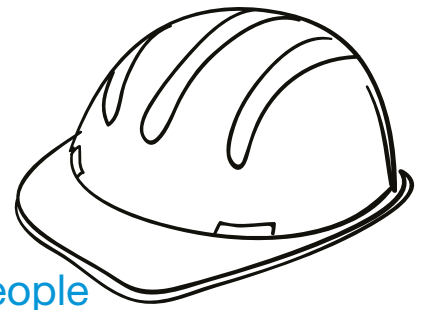
This is still a new me. When I fell down about 5 years ago, it's almost as if I've been reborn. So my whole life is learning again, so I'm learning how to keep myself on point. Situations I am dealing with now I had never anticipated. That everything is different, you have to have a different viewpoint, and ways of coping with that and the challenge is to keep obtaining knowledge. There is a saying, "knowledge has a beginning but has no end" so I'm constantly learning how to deal with myself, relationships, emotions, and different types of people.

What advice would you give people in the COVID19 lockdown?

Draw, write, plan and keep a routine going. Do some exercise etc. Also daydream about anything and everything. You want a positive outcome in your life, and visualise living positively, visualise existing in a place you never thought you could. I never knew growing up in that council estate, that I would have 2 shows on the BBC. Someone like me doesn't get this opportunity, normally you are a black person associated with music, sport or drugs. That's it. Never design, never restoration. Never BBC presenter, really! That don't make no sense, that's like nah that doesn't happen. So visualise it and it can potentially happen. We need to start thinking about our actions. When you throw a pebble in the water, when you do something negative it's going to have a ripple effect. Wake up a bit, slow down a bit, be nice to each other.

Many thanks to Jay Blades for agreeing to do this interview for us.

Safety Plan



A safety plan is for you to write down what might help you in a period of crisis. It can include things that you can do to help yourself, as well as things that other people can do, and reminders of where you can get support.

Try to complete this when you're feeling well, but remember it's never too late to start. If you feel comfortable doing so you can complete this with a member of staff, a peer worker, a friend, or talk this through with a member of your family or loved one.

When you're in crisis, reading what you've written below can help you to cope and get the support you need.

What are the warning signs that I am starting to find things difficult? (This could be something like not being able to relax or get to sleep, feeling panicky or anxious, feeling tearful or angry.)

What are the triggers that make me feel stressed? (This could be something like missing a call with your family.)

What have I done in the past that has helped? Do I have any good coping methods? How can I use these in the current situation?

What can I do to calm myself or relax? (This could be something like using a distraction pack or art supplies, or doing some exercise.)

What helpful things can I tell myself when I'm upset or stressed?

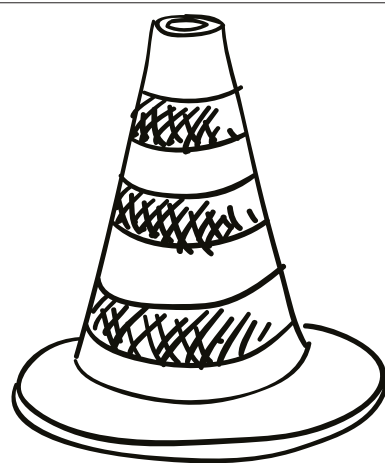
Are there people, places or things that could be helpful to think about?

What activities would distract me or keep me busy?

What can I ask other people to do that might help?

How would other people know I am struggling?

People who can support me



Family

Friend

Staff

Me

**Professionals
(e.g. GP,
Probation etc)**

**Other
people**

Top tips for keeping healthy in lockdown

1. Keep to a routine

You are already able to have some routine being in prison, but it's good to create your own routines too. Try to keep to regular bedtimes and wake up times. Schedule in times to get up and move about if you're sat down for long periods.

2. Build exercise into every day

Get up at least once an hour and move about. We've given you plenty of workouts in this issue to fit into your day!

3. Keep hydrated

Your body can't function properly if it isn't hydrated. You should drink between 6 and 8 glasses of water a day. Work having a glass of water into your routine at set points!

4. Avoid too much caffeine

If you drink too much caffeine later in the day, it'll affect how you sleep. It can also lead to irritability and feelings of anxiety. Why don't you try making sure you go caffeine free after lunch?

5. Slow down

If you take some time out of your day to take some slow, deep breaths, you can reduce your anxiety levels. Focus on the present moment and what you're grateful for. There is a mindful breathing exercise you could follow below.

6. Stay connected

At times, this can feel hard in prison, but especially now, it is important you contact your loved ones as much as you can to keep you feeling connected. If you are struggling in any way to get in touch with others – whether it be over call or letter, speak to staff about getting help with this. Everyone knows how important this is at the moment.

7. Be kind to yourself

It's natural to feel every emotion under the sun whilst we're coping with this difficult time. Be kind to yourself about this – accept each emotion for what it is, don't judge yourself for it. Be patient with yourself and hang in there.



Cardio blast:

10 high knee runs

5 jump tucks

10 burpees

10 jumping jacks

10 jumping lunges

10 mountain
climbers

Repeat as many
times as you like!



Try these mindful activities if you feel you need a little more calm or focus in your life

5-4-3-2-1 exercise

If your emotions are becoming too much, look around you and name:

5 things you can see.

4 things you can touch.

3 things you can hear.

2 things you can taste.

1 thing you can smell.

4-2-6 breathing technique

Breathe in deeply for a count of 4 and expand your belly as you do.

Breathe in deeply for a count of 2.

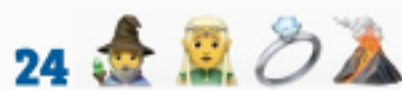
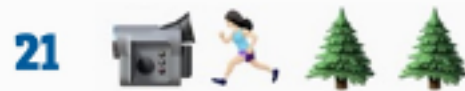
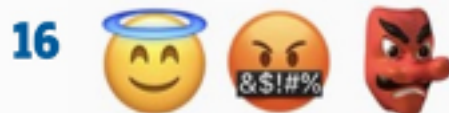
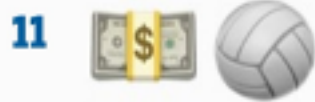
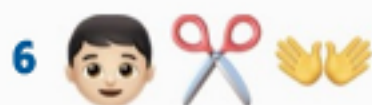
Slowly breathe out through your mouth for a count of 6.

Repeat for a few minutes.



Emjoi quiz – name the films

Some emojis sequences “spell out” the title, while others contain famous clues from the films. Answers on back page.



An interview with Martin Sullivan...

Martin took the time to talk to us about his life, his upbringing in Liverpool, his experience in both prison and secure hospitals, and he'd like to share his story with people who are in prison right now.



What was it like growing up?

"I didn't have an amazing upbringing, my mum was a sex worker, my dad left her, my brother was given to my nan, but my mum kept me. My mum was an alcoholic, had mental health issues and she'd kick me out at night and I'd sleep in the dog kennel. Although I thought my life was crap, it was my life, it was my home and I had friends in my street. But without any discussion with me, when I was 7 or 8, social services put me in a children's home for safety. My mum allowed me to smoke, but at that stage there was no crime, self-harm, no mental illness.

When I was in the children's home, you act the way people around you do, you like their trainers, you want a pair, you are influenced by your peers. I was self-harming, shop lifting, carrying knives, trying to outdo the other kids. I was once out for 2 weeks, I ran off, was out on the streets robbing and then they decided I needed to go to a secure unit. This was when I was about 12. I was carrying knives, drinking, but in that unit I got bullied badly. I came in, trying to be the big boy with the bigger lads and they'd just batter me. This went on for about 4 to 5 months, staff would split us up, but they would come back and batter me again without even saying anything. I went to another 2 secure children's home until they decided I needed to go to a treatment centre. This

was for kids who'd committed serious crimes. I wasn't trying to outdo anyone in there, but one Christmas day, I had an argument and battered staff so was remanded to prison."

What was your experience of prison and secure hospital?

During three different sentences, Martin described

moving around different prisons, being down different blocks, many assaults on staff, experiencing a lot of racism and having lots of fights with other men and losing a lot of them.

"By that stage I was high profile in the system and high profile in my home area. I had mental illness from a young age, but lots of doctors had different opinions, did I have bi-polar, schizophrenia, personality disorder, drug induced psychosis? I was very unwell. I'd slashed an inmate in reception and was in the hospital wing. A staff member called Jeff really helped me. He let me out of my room, he'd talk to me, let me have visits, and I trusted him. But I got really unwell and ended up hurting Jeff too. At this point I was transferred to a secure hospital. I had a life sentence with a hospital order with restrictions. They said get him well and then send him back to prison. I got well, went back to prison, but then stopped taking my medication and was really unwell again. I had more fights and serious self harm. So, I went back to hospital and was put on a different medication."

What changed when you were on the correct medication?

"Once they got me well, I realised I had no skills, no reading, no maths, no English,



so I started learning. Then I learnt about food hygiene, cleaning, all things I needed when I got out. I thought I'd always like to try plastering so on day release I went to Preston College, I'd had no education in my life and here I was getting a Level 1 and Level 2 diploma. Instead of going back to my room at night and just sitting there, I started to help clear away and clean at the end of the day at the college, I ended up getting student of the year. I then got a job in a café and it escalated from there."

How have you used your experience to help others?

"The police heard about me and knew about my previous with firearms and weapons. So I started working with them on a new initiative with kids called 'choose life not the knife'. It was so strange, I had the police come to my flat, not to arrest me or shoot me, but instead he said let's put a brew on. We then talked about how we could help each other. I now go into schools to talk about knife crime, county lines and stuff. I'm also writing a children's book about knife crime and hoping to get it published.

I also set up and ran a cleaning business to help other ex-offenders get work experience and I got a Positive Future

Award from the House of Lords.

Then I got a call from the hospital I used to be in, and asked me to come back as staff. I had an NHS induction, badge, uniform, keys, alarm etc. They've never employed anyone with my history. I saw people I'd been in hospital with before and they said what are you in for now Martin and I said no mate, I now work here, they were speechless and said how the hell did you do that?!

I'd sit on the bus going to work and I wanted everyone to see my NHS badge, I was so proud, so happy and felt so fortunate.

What advice would you give to other people who are in prison?

"If you are locked up a lot, use the time to educate yourself. Reading and learning, use the facilities they have to better yourself, it's not just a prison. Lots of people just want to chill on association and then go down the gym, but how will that help you on the outside?

I did a mental health awareness course, it helped me understand myself better, understand the stigmas with mental health and taught me how to cope, how I can change my life.

I did the life minus violence course and

other courses. On some courses, you write a letter to your victim, you never send it, but it's good to get your thoughts and feelings down. Still now I can't come to terms with what I did to Jeff. I can't say I'm sorry as I've said it before and not changed my ways. I need to prove I'm sorry and never do it again. Jeff would argue with doctors that I wasn't just a management problem, I was mentally ill. I feel ashamed, he had to retire because of his injuries, if it's tough for me, what's it like for him? When you are on the right medication and you are well, you look in the mirror and think 'Fuck what have I done.' People ask me what I would do if I saw Jeff, I say more than likely I would cry or be upset.

There is a difference between saying you want to change and showing that you want to change. You see the turnover, people coming back into prison after a few months. Don't lie to yourself. People say, right I'm not coming back in, I'm going to get my shit together, it's easy to say that and then you get out and you forget what is felt like being in prison.

If you go on a course, it's not just a tick box, yes I've done it and then say to Probation you've done good. If you're not committed then there's no point. Look at it in a different way and be committed to your freedom, I think 50% is commitment and 50% is learning skills.

Take any chance to help other people. When I talk to other people and tell them my experience, it helps them because they have the same experiences. It makes you feel good about yourself, fucking hell look at all those people I've helped. People trust you quicker and can talk to you because of what you've been through. It's good for your self esteem, it invigorates me every day, I'm professional about it, but I guide and help in the best way I can.

Realise it can take a while to build up the

trust with staff, but ask if you need help. We get into reception, first night and asked very personal questions, just because they are wearing a uniform they are still strangers. People can say that behaviour is attention seeking, but knock on the office door and say I need attention, I don't know why I need it but I do and need help. Don't just see them as a prison uniform with keys, they have experience, they've seen a lot and can help.

Get your medication right and take it.

If I can do it, then you can do it...Fact.

Thinking about what Martin said...

Research tells us that being able to help other people helps us to feel better about ourselves too.

When we find ways to help each other, however small, we are more likely to feel like we belong to a community (which helps us feel safe), that we matter, and that we're worth something.

Have a go at thinking about some ways in which you could help other people. Each and every one of us has something to give, whether it's our time, our ideas or a special talent we can share".

Write down 3 ways in which you have helped someone this week:

1.

2.

3.

Positive Poetry for us all...

by Steph R (Forensic Psychologist, HMPPS/YCS)

If ever I mention writing poetry to people they often, understandably, imagine that it is hard and you have to be “creative”.

Like most things in life, you can start small and simple. In actual fact, it is often the small simple things that can mean more to people, such as a kind word or a thank you. This is why I wanted to introduce how to write a three line poem called a “Haiku” which is a Japanese style of poetry;

The first line should have five syllables, the second line should have seven

syllables and the final line is back to five. That is it. No other rules – we have enough of those in daily life. Just as a little reminder for those of us (like me) who have been a long time out of the classroom, a syllable is a single “unit” or the “sound” of a word or part word (spoken or written) e.g. snow and rain (1 syllable), sunshine and thunder (2 syllables) hurricane (3 syllables).

So why not give it a go? If it’s not for you, that’s fine of course, but you never know until you have tried.... Good luck!

It’s never too late
To learn from your past mistakes
And make some changes

If you’re feeling lost
Just remember to take things
One step at a time

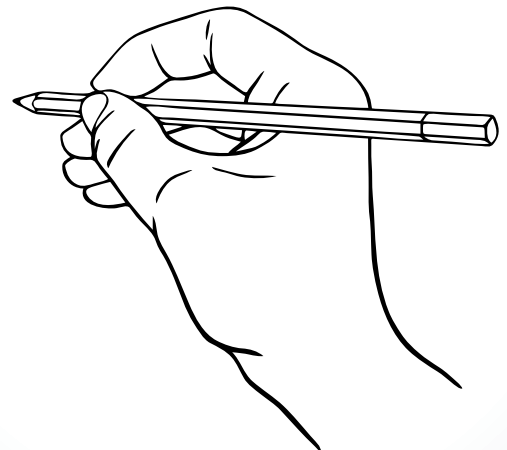
Locked down or locked up... by Steph R (Forensic Psychologist, HMPPS/YCS)

Whether it is cell bars or government “tiers”...
Rules and restrictions can impact our world.
Isolation and loss can bring their own fears.
As the changes to life, all unfold.

There are times when we have a limited choice,
Because of things beyond our control.
When it seems we have a quietened voice,
And the waiting is taking its toll.

But what we can try to choose is our attitude.
To not ignore, or shout, to not judge.
And we can find ways to show our gratitude.
To say thank you, to let go of a grudge.

We can choose to slow our breathing down
When anger or anxiety kicks in.



Greet the next person with a smile, not a frown.
Take our time, when we feel in a spin.

Whatever the size of our window,
We can look at the moon or the sun.
If we are stressed, because life seems in limbo
We can choose to reach out to someone.

So all that remains to say in this rhyme
Is that our life can go by in a blink.
And whether we're locked down, or locked up, at this time,
We have much more of a choice than we think.



TV highlights guide

DRAMA/SOAPS

Call the Midwife Christmas Special
Christmas Day, 7.40pm, BBC1

Doctor Who: Revolution of the Daleks
New Year's Day, 6.45pm, BBC1

Black Narcissus
Sunday 27 December, 9pm. BBC1
An adaptation of Rumer Godden's 1939 novel about growing tensions within a small convent of Anglican nuns.

Eastenders Christmas Special
Christmas Day, 9.10pm, & New Year's Special. New Year's Day, 8pm. BBC1

Emmerdale Christmas Special
Christmas Day, 6pm, ITV

Coronation Street Christmas Special
Christmas Day, 7pm, ITV

ENTERTAINMENT

Strictly: The Christmas Countdown
Christmas Day, 4.45pm, BBC1

Britain's Got Talent Christmas Spectacular
Christmas Day, 8pm, ITV

Big Fat Quiz of the Year 2020
Boxing Day, 9.05pm, Channel 4
Annual quiz hosted by Jimmy Carr

The Great Christmas Bake Off
Christmas Eve, 7.40pm, Channel 4

Blankety Blank
Christmas Day, 7pm, BBC1
Bradley Walsh hosts a special episode of the classic game show.

Taskmaster Festive Special
New Year's Day, 9pm, Channel 4

Michael McIntyre's Christmas Wheel
Christmas Day, 6pm, BBC1



The Repair Shop at Christmas
Boxing Day, 6.45pm, BBC1.

Top of the Pops New Year Special
New Years Eve, 4.20pm, BBC1

The Wall Versus Celebrities
New Years Eve, 6.40pm, BBC1

The Graham Norton New Year's Eve Show
New Years Eve, 10.25pm, BBC1

The Serpent, New Year's Day
9pm, BBC1

COMEDY

Mrs Brown's Boys Christmas Special
Christmas Day, 10pm & New Years Day, 10pm, BBC1

The Vicar of Dibley in Lockdown
Monday 21 December, 8.50pm, BBC1

Ghosts Christmas Special
Wednesday 23 December, 8.30pm, BBC1
A sitcom from the Horrible Histories team with a neat twist on The Christmas Carol story.

Gavin & Stacey Christmas Special
Christmas Eve, 8.40pm, BBC1

DOCUMENTARY

Dancing on Thin Ice with Torvill and Dean
New Years Day, 9pm, ITV
Mixing ice-skating with the dramatic effects of climate change.

Billy Connolly: It's Been a Pleasure
Monday 28 December, 9.30pm, ITV
Highlights of his astonishing career.

Victoria Wood: The Secret List
Christmas Day, 9.10pm. BBC2
Tribute to the late comedy legend, including sketches and unseen insights into her life.

Mortimer and Whitehouse: Gone Christmas Fishing
Wednesday 23 December, 6.30pm, BBC2

MOVIES

Robin Hood: Prince of Thieves
Sunday 20, ITV 4.40pm

Ben-Hur
Christmas Eve, Channel 4, 3.05pm

Some Like it Hot
Christmas Day, BBC2, 1.15pm

Coco
Christmas Day, 3.10pm. BBC1
Animated movie

I Give it a Year
Christmas Day, BBC1, 12.45am

Grease
Boxing Day, BBC1, 5pm

Home Alone 2: Lost in New York
Christmas Day, Channel 4, 5.30 pm

Chitty Chitty Bang Bang
Christmas Day, Channel 5, 3.10pm

Dunkirk
Boxing Day, 9.05pm, BBC1

Penguins of Madagascar
Boxing Day, 10.15am, BBC1

The Holiday
Boxing Day, ITV, 10.45pm

The Sound of Music
Sunday 27, BBC1, 3.45pm

Jurassic World
Sunday 27, ITV 4.40pm

The Karate Kid
Sunday 28, Channel 5, 11.30 am

Wonder Woman
Tuesday 29 December, ITV, 7.30pm

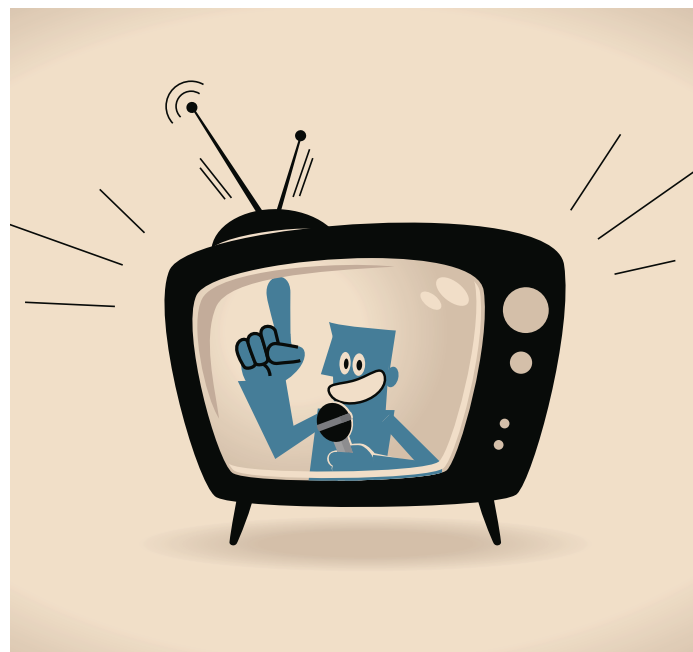
Mr & Mrs Smith
Wednesday 30 December, Channel 4, 12am

Skyfall
New Year's Eve, ITV, 9pm

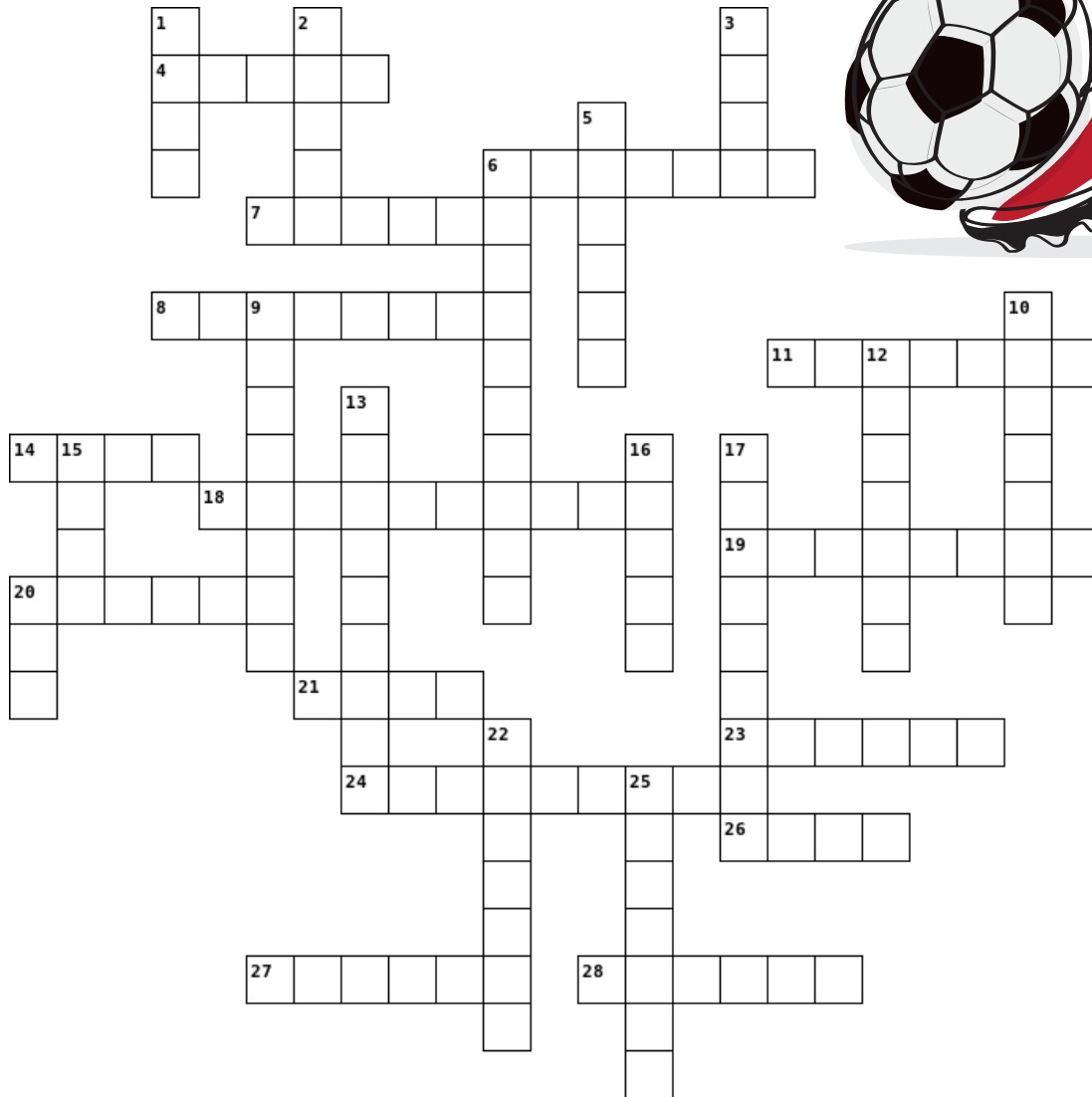
Diamonds are Forever
New Year's Day, BBC1, 4.30pm

Robin Hood: Prince of Thieves
New Year's Day, 4.30pm, BBC1.

The Greatest Showman
New Year's Day, Channel 4, 5.30pm



The football crossword



Across

4. How ____ do you use your left foot?
6. The referee points to the spot. It's a ____.
7. My shoulder hurts. I'm going to speak to the ____.
8. The two ____ shake hands just before kick-off.
11. Arjen Robben, Ryan Giggs and Nani are famous ____.
14. You should always ____ up before the game starts.
18. Brazilian player famous for his flip-flap.
19. The ____ has put his flag up. It's offside.
20. The referee gave a foul but I thought it was a good ____.
21. We can't score goals. We need to ____ a new striker.

23. That's a great save! He ____ the ball over the bar.
24. Claude Makélélé is a ____ midfielder. He plays in front of the back four.
26. Liverpool and Chelsea ____ one-all yesterday.
27. I think I've ____ a muscle in my leg.
28. The 2014 World Cup hosts.

Down

1. I thought he had found the bottom corner but the ball hit the ____.
2. He isn't in the starting line-up. He's on the ____ for this game.
3. He hit the ball with the outside of his boot and it ____ round the keeper.
5. He hasn't got ____ experience to be the England manager.

6. It's important for a midfielder to hold the ball and keep ____.
9. They got ____ last season so they are in the Premier League now.
10. The winners of the first World Cup.
12. If a player kicks the ball through an opponent's legs, he ____ him.
13. In 1982, Cameroon ____ for a World Cup for the first time.
15. That wasn't a penalty. The foul was outside the penalty ____.
16. His ball control is excellent. He's got a great first ____.
17. The goalkeeper came out for the cross and ____ the ball comfortably.
20. Some people thought Michael Owen was ____ short to be a striker.
22. When he turns like that, he ____ me of Johan Cruyff.
25. Their goalkeeper is ____ and will be out for three weeks.



Listeners

Who we are

We're prisoners, like you.

We're selected, trained and supported by Samaritans to listen to you in complete confidence.

We're here for anyone who might be stressed, upset, angry, worried or having a difficult time.

We're here to listen to you and to support you.

SAMARITANS

Speak to a Listener or ask for the Samaritans phone



Listeners

What we do

- We can give you the time you need to talk privately about what's going on or what's on your mind. We keep everything you say between us. We'll never report anything to an officer, unless you ask us to.
- We're here for you, no matter where you're from, what you've done or who you are – we're here to listen to everyone, round the clock, every day.

SAMARITANS

Answers for the general knowledge quiz:

1. Eastenders (Christmas Day 1986), 2. Avengers: Endgame, 3. Two (Titanic and Revolutionary Road), 4. Bridgetown, 5. Supersonic, 6. Tongue, 7. Amazon, 8. A female deer, 9. Bazinga, 10. The Shining, 11. John Ronald Reuel, Q12: Mercury, Q13: Ear, Q14: Three, Q15: Carolina Reaper, Q16: Los

Angeles, Q17: Six (Man Utd, Man City, Chelsea, Arsenal, Leicester, Blackburn), Q18: Ben Nevis, Scafell Pike, Snowdon

Answers for the Emoji quiz

1. Silence of the Lambs, 2. Four Weddings and a Funeral, 3. Castaway, 4. E.T., 5. The Sixth Sense, 6. Edward Scissorhands, 7. Blood Diamond, 8. Psycho, 9. Les Misérables, 10. Brokeback

Mountain, 11. Moneyball, 12. King's Speech, 13. Finding Nemo, 14. Wolf Of Wall Street, 15. Blade Runner, 16. The Good, The Bad and The Ugly, 17. Raging Bull, 18. A Clockwork Orange, 19. American Beauty, 20. Casino Royale, 21. The Blair Witch Project, 22. Trainspotting, 23. Fight Club, 24. Lord of the Rings