

J2 Agenda

Time out EXTRA

who, what, where, when?

WHO was the actress married to musician Jean-Michel Jarre from 1976 to 1996?

WHAT is the nationality of racing driver Narain Karthikeyan?

WHERE in Africa are the provinces of Gauteng, Limpopo and Mpumalanga?

WHEN did Harry Redknapp become manager of Queens Park Rangers?

remember when...

The following events all occurred in a year in living memory. Can you guess the year?

1. Sean Connery starred in Thunderball
2. The Walker Brothers had a UK No 1 single with Make It Easy On Yourself
3. Train robber Ronald Biggs escaped from prison
4. Author JK Rowling was born

impossipuzzles

Gail brought in a paper bag. "I got the iced buns you like," she said. "Here's the change from the £2 you gave me."

"That's nice," replied her mother. "But I thought you would get those others at 17p each."

"You didn't tell me." Gail shook her head. "Anyway, they would have cost 25p more for the same number."

How many had she bought?

wordwise

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

VITTA

- A. Pertaining to calving
- B. Tubelike cavity found in plants
- C. Tenacious of life

who am I?

An actor, I was born in Blackburn in 1942. I made my motion picture debut in the 1962 film *The Wild And The Willing* and went on to play the popular TV character Lovejoy in the 1980s and 90s. I am best known in the US for my star role in the series *Deadwood*.

10 questions

1. Renal medicine concerns which part of the body?
2. Who won the inaugural Premier League season in 1993/3?
3. Where in the North East is Benezal Crag?
4. Which writer created the sleuth Lord Peter Wimsey?
5. Which of the following metals is a magnetic one – copper, zinc or iron?
6. Who is the MP for Gateshead?
7. The hits of which singer include *Hot Stuff* and *State of Independence*?
8. The Julian Alps extend from Italy to which country?
9. According to the legend, why did Lady Godiva ride naked through the streets of Coventry?
10. Which part of a European goldfinch is yellow?

answers

WHO WHAT WHERE WHEN: Charlotte Rampling; Indian; South Africa; 2012

REMEMBER WHEN: 1965

IMPOSSIPUZZLES: Five buns at 12p each

WORDWISE: B

WHO AM I: Ian McShane

10 QUESTIONS: 1 Kidneys, 2 Manchester United, 3 Tynemouth, 4 Dorothy L Sayers, 5 Iron, 6 Ian Mearns, 7 USA, 8 Slovenia, 9 To persuade her husband to drop a tax he was imposing, 10 A section of its wing



> Tony Wright and Paula Edwards from Forward Assist

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buddy system to support one another rather than group meetings. Another was for the government to set up a Veterans Army of volunteers to not just help themselves, but help the country deal with this crisis.

Paula Edwards, women veterans project lead at Forward Assist, said the group had 1,000 male veterans and 200 female veterans registered with it.

"We provide support and guidance to former servicemen and women who experience difficulties in adjusting to a new life as a civilian, by offering inter-generational support to veterans and their families," explained Paula.

"Forward Assist has specialist expertise in working with unemployment, homelessness, involvement in the Criminal Justice System, family breakdown and/or chronic social exclusion.

"We know that many of the veterans we engage with experience difficulty accessing support in relation to issues around adjustment, transition and identity." Paula said since the

lockdown she had been in contact on a daily basis with veterans either through phone calls, Zoom or Skype.

She added: "I am hearing a lot of veterans saying 'I feel very alone, I'm very anxious and scared'."

"I am getting a lot more calls about veterans suffering from suicidal ideas.

"This demonstrates one of the main reasons people can suffer in isolation, as personal and professional relationships can help them cope with mental health difficulties easier."

She said the Covid-19 outbreak has the potential to increase stress and anxiety, both because of the fear of catching the virus, and because of uncertainty about how the outbreak will affect everyone.

While some veterans will be coping by getting support from their family and friends, many live on their own with very little contact from the outside world.

"Services that were there to support veterans have closed their doors or don't have the professional experience to be able to adapt and offer

good quality support via telephone/video contact," she said. "The one constant thing in our lives is change. Many of the veterans we work with struggle with being able to adapt to change.

"Most veterans we come into contact with do not have the resilience to deal with life's twists and turns, and struggle to manage these challenges in a positive way.

"I am concerned this will lead to many more choosing to end their lives.

"I am also worried that people will become volunteers without being trained to deal with complex mental health problems, or having had necessary safeguarding and risk assessment training.

Tony added: "I am afraid this is going to unfold hour by hour and day by day, and there is no doubt people will be traumatised or re-traumatised by the experience of stepping forward to help others.

"That said, people are already working together to help the most vulnerable in society – and that is good."



> Veterans relaxing on an organised fishing trip