



Activity PACK

easter edition

#BeatTheBoredom



WELCOME to your personal MSV “Beat the Boredom” Activity Pack

We, at MSV, want you to stay active physically and mentally and enjoy a variety of activities that you can do on your own

This Easter/Spring themed activity pack includes ways to help you relax and stay active, we’ve also got some great ideas on preparing healthy hearty dishes to enjoy during the spring evenings

Don’t worry, we have also included your favourites... word searches, crosswords, Sudoku, quizzes, trivia and colouring. Please speak to your scheme manager if you need access to coloured pens etc. If you have any suggestions for future activities, we want to hear from you



ENJOY and STAY SAFE

SPREADING THE EASTER CHEER...



Easter Traditions



Bake a cake. Traditionally the cake would be made of **carrot flavour** in honour of the Easter Bunny



Traditional cuisine starts with the basics: ham or lamb chops, **deviled eggs**, and carrots



Eat hollow chocolate bunnies. R.M. Palmer confectioners, says they're hollow due to dental health. "If you had a larger-size bunny and it was solid chocolate, it would be like a brick; you'd be breaking teeth"



Fly Kites. Good Friday tradition initially in Bermuda, where a local schoolteacher used a kite to demonstrate Jesus's ascension into heaven for his students. Now an annual tradition



Wash your feet. This Christian Holy Thursday practice goes back to the Bible. In the Gospel of John, Jesus chose to wash his disciples' feet during Passover. Up until 2016, only men could receive the symbolic gesture



Hot Cross Buns with crosses as a religious reminder, the traditional Easter treat has been made and enjoyed on Good Friday or Easter Sunday for decades



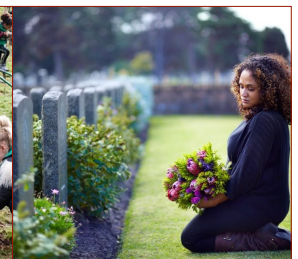
'Tap the Egg' (egg-knocking) game involves tapping your hard-boiled egg against other players' in an attempt to break theirs but keep yours intact



Pysanka is the old Ukrainian tradition of adding ornate designs to eggs using beeswax



Pay it Forward/ Giving Back. The long Easter weekend is a perfect time to show you care for your community. Includes litter picking, Woodland planting, soup kitchens



Jesus is said to have risen on Easter Sunday, so it's fitting that many make time to visit cemeteries on the special holiday and **visit loved ones past and present**



Beat the Boredom



'DANDY'LION

much love for the dandelion

The dandelion is the only flower that represents the 3 celestial bodies of the sun, moon and stars. The yellow flower resembles the **SUN**, the puff ball resembles the **MOON** and the dispersing seeds resemble the **STARS**.

The dandelion flower opens to greet the morning and closes in the evening to go to sleep.

Every part of the dandelion is useful: root, leaves, flower. It can be used for food, medicine and dye for coloring.

Up until the 1800s people would pull grass out of their lawns to make room for dandelions and other useful "weeds" like chickweed, malva, and chamomile.

The name dandelion is taken from the French word "**dent de lion**" meaning **LION'S TOOTH**, referring to the coarsely-toothed leaves.

Dandelions have one of the **LONGEST FLOWERING SEASON** of any plant.

Dandelion seeds are often transported away by a gust of wind and they travel like tiny parachutes. Seeds are often carried as many as **FIVE MILES** from their origin!

Animals such as birds, insects and butterflies consume nectar or seed of dandelion.

Dandelion flowers do not need to be pollinated to form seed.

Dandelion can be used in the production of wine and root beer. **ROOT OF DANDELION** can be used as a substitute for coffee.

Dandelions have sunk their roots deep into history. They were well known to **ANCIENT** Egyptians, Greeks and Romans, and have been used in Chinese traditional medicine for over a thousand years.

Dandelion is used in **FOLK MEDICINE** to **TREAT INFECTIONS** and **LIVER DISORDERS**. Tea made of dandelion act as diuretic.

If you mow dandelions, they'll grow shorter stalks to spite you.

Dandelions are, quite possibly, the **MOST SUCCESSFUL PLANTS** that exist, masters of survival worldwide.

A not so fun fact: every year countries spend millions on lawn pesticides to have uniform lawns of non-native grasses, and we use 30% of the country's water supply to keep them green. Sobering thought!

Bee Happy Gardens—Love the DANDYLION



GROW OF SEED AND SOUL...



Beat the Boredom



SPRING FUNGI



courtesy of www.discoverthewild.com

EDIBLE MUSHROOMS

Bay Bolete (Aug-Nov)
 Bearded Fieldcap (Apr – Sep)
 Beef Steak Fungus (Jul-Oct)
 Blusher (Jun-Oct) – Edible after cooking
 Cep (Aug-Nov)
 Chanterelle (Jun-Nov)
 Charcoal Burner (Aug-Nov)
 Clouded Agaric (Sep-Nov)
 Common Puffball (Jul-Oct)
 Common Yellow Russula (Sep-Nov)

Deceiver (Aug-Nov)
 Deer Shiled (April-Nov)
 Field Mushroom (Jul-Oct)
 Giant Polypore (Sep-Nov)
 Giant Puffball (July-Sep)
 Glistening Inkcap (March – Nov)
 Grisette (Jun-Nov) – Edible after cooking
 Hedgehog Fungus (Aug-Nov)
 Hen of the Woods (Jul-Oct)
 Honey Fungus (Aug-Nov)
 Horse Mushroom (Aug-Oct)

Jelly Ear (All year)
 Macro Mushroom (Jun-Nov)
 Meadow Puffball (Jul-Oct)
 Parasol (July-Oct)
 Poplar Fieldcap (Summer/All Year)
 Prince (Aug-Oct)
 Shaggy Inkcap (July-Nov)
 Shaggy Parasol (July-Oct)
 Saffron Milkcap (Aug-Oct)
 Slippery Jack (Sep-Oct)
 Trumpet Chanterelle (Sep-Nov)



Healthy Body Healthy Mind

LIGHT, FRESH & WHOLESOME



Tortellini Spinach Soup



PREP:
10 mins



EASY

COOK:
30 mins



SERVES 4

INGREDIENTS

1 bunch mature spinach (9–12 oz)
1 small bunch dill
1 tbsp plus 1½ tsp vegetable bouillon paste
(or 4 cubes bouillon)
(or 8 cups homemade vegetable stock)
(or low-sodium vegetable broth)
10 oz cheese, spinach, or mushroom tortellini
1–2 lemons
4 large eggs
1 tsp freshly ground black pepper
Kosher salt
Extra-virgin olive oil and Parmesan (for serving)

METHOD

Trim roots and leggy stalks from spinach, wash and spin/pat dry; coarsely chop. Coarsely chop dill. Bring 8 cups water to a boil. Add 1 Tbsp. plus 1½ tsp. vegetable bouillon paste, whisk to dissolve. Add 10 oz. cheese, spinach, or mushroom tortellini and cook 3 minutes (or according to package directions), then remove from heat. Cut 1 lemon in half and squeeze juice through your hand or a fine-mesh sieve into a small bowl. You should have ¼ cup; repeat with another lemon if you need a little more juice.

Whisk lemon juice, 4 large eggs, and 1 tsp. freshly ground black pepper in a medium bowl. Return broth to a gentle simmer. Scoop out about 1 cup and very gradually drizzle into egg mixture, whisking constantly. The egg mixture should be quite warm to the touch—if not, whisk in more broth. Whisking constantly, gradually pour warm egg mixture into broth in pot. Cook, whisking often, over medium heat, until slightly thickened, 5–7 minutes. (Do not let broth come to a full boil.)

Remove from heat and add spinach and chopped dill (the spinach will wilt immediately). Ladle broth into bowls with tortellini. Drizzle with extra-virgin olive oil and shave or finely grate Parmesan over. Sprinkle with a little pepper and top with remaining reserved dill sprigs.



Beat the Boredom



LIGHT, FRESH & WHOLESOME

As the weather starts to cool down, we want to warm up,
here are some hearty winter warmer ideas ...



Devilled Eggs



PREP:
5 mins

COOK:
20 mins



EASY



SERVES 8

INGREDIENTS

12 large eggs
¾ cup vegetable oil
1 large shallot, thinly sliced into rings
Kosher salt
½ cup mayonnaise
2 tsp Dijon mustard
1 tbsp fresh lemon juice
2 tbsp finely chopped fresh chives
2 tbsp finely chopped fresh parsley
1 tsp finely grated lemon zest

METHOD

Place eggs in pot, cover with water. Bring to a boil, remove from heat, and cover. Let sit 9 minutes. Remove eggs with a slotted spoon and transfer to an ice bath.

Heat oil in a small saucepan over medium-high. Add shallots and cook, stirring occasionally, until golden brown and crisp, about 5 minutes. Remove with a slotted spoon and transfer to paper-towels; season with salt and let cool.

Peel eggs and halve lengthwise. Pop out yolks and place in a medium bowl; reserve whites. Add mayonnaise, mustard, and lemon juice to yolks and stir with a fork or whisk until very smooth; season with salt and more lemon juice, if desired.

Toss chives, parsley, lemon zest, reserved shallots in a bowl; season with salt.

Scoop egg yolk mixture onto egg whites. Top with shallot gremolata before serving.



EASTER TRADITION



Fill with your favourites (butter and jam, marmite OR toast bun and fill with cooked bacon)



Hot Cross Buns



PREP:
1 hour

COOK:
45 mins



EASY



SERVES 6-8

INGREDIENTS

- 1 c. plus 1 tablespoon milk, warmed to 110°F
- 1 package dry active yeast
- 3/4 c. plus 1 teaspoon sugar
- 2 1/4 c. all-purpose flour
- 2 c. bread flour
- 1/2 c. black raisins
- 2 tbsp. candied lemon peel, 1/4-inch pieces
- 2 tbsp. candied orange peel, cut 1/4-inch
- 1 tsp. salt
- 1/2 tsp. cinnamon
- 1/4 tsp. ground nutmeg
- 1/8 tsp. ground cloves
- 4 tbsp. unsalted butter, melted
- 2 large eggs
- 1 large egg yolk
- 2/3 c. confectioners' sugar
- 1/4 tsp. vanilla

METHOD

Make the dough: Coat a large bowl with oil. Combine 1 cup milk, yeast, 1 tsp sugar in a small bowl and let stand until bubbly. Combine flours, remaining sugar, raisins, candied peels, salt, spices in large mixing bowl. Add the butter, 2 eggs, and the yeast mixture and continue to mix until a sticky dough forms (3 mins). Transfer the dough to a lightly floured surface and knead by hand until smooth (10 mins). Form dough into a ball, place it in the prepared bowl, and turn to coat all sides with oil. Cover with a clean, damp kitchen towel and let rise in a warm, draft-free place until it doubles in volume (1 hour).

Shape the buns: Line baking pan with parchment paper. Punch the dough down, transfer to a lightly floured surface, knead for 3 minutes. Divide the dough into 12 equal-sized pieces (3 1/2 ounces). Shape into a ball and place about 1 inch apart in three rows of four on the prepared pan. Cover and let rise until the buns double in volume and touch one another (1 1/4 hours).

Bake the buns: Preheat oven to 500°F. In a small bowl, combine egg yolk with 1 tablespoon water. Using a pastry brush, lightly brush the mixture on the top of each bun. Place buns in the lower third of the oven and reduce oven temperature to 400°F. Bake until golden brown (20 mins). Transfer to a wire rack. In a small bowl, combine the confectioners' sugar, remaining milk, and vanilla. Stir until smooth. When cooled slightly, drizzle a horizontal line across each row of buns followed by a vertical line to form a cross.



Beat the Boredom



FIERY GINGER



Ginger Snap Grumpy Cats



PREP:
40 mins

COOK:
15 mins



EASY



SERVES 17

INGREDIENTS

150g self-raising flour
1¼ tsp bicarbonate of soda
2½ tsp ground ginger
70g caster or granulated sugar
¼ tsp salt
75g unsalted butter, melted
3 tbsp golden syrup

For the royal icing:

1 medium egg white
180-240g icing sugar
Orange and black gel food dyes

METHOD

Line two large baking sheets with baking paper. Add the flour, bicarbonate of soda, ginger, sugar and salt to a large bowl, and stir until combined. Pour in the melted butter, add the golden syrup and stir until the mixture forms a soft dough.

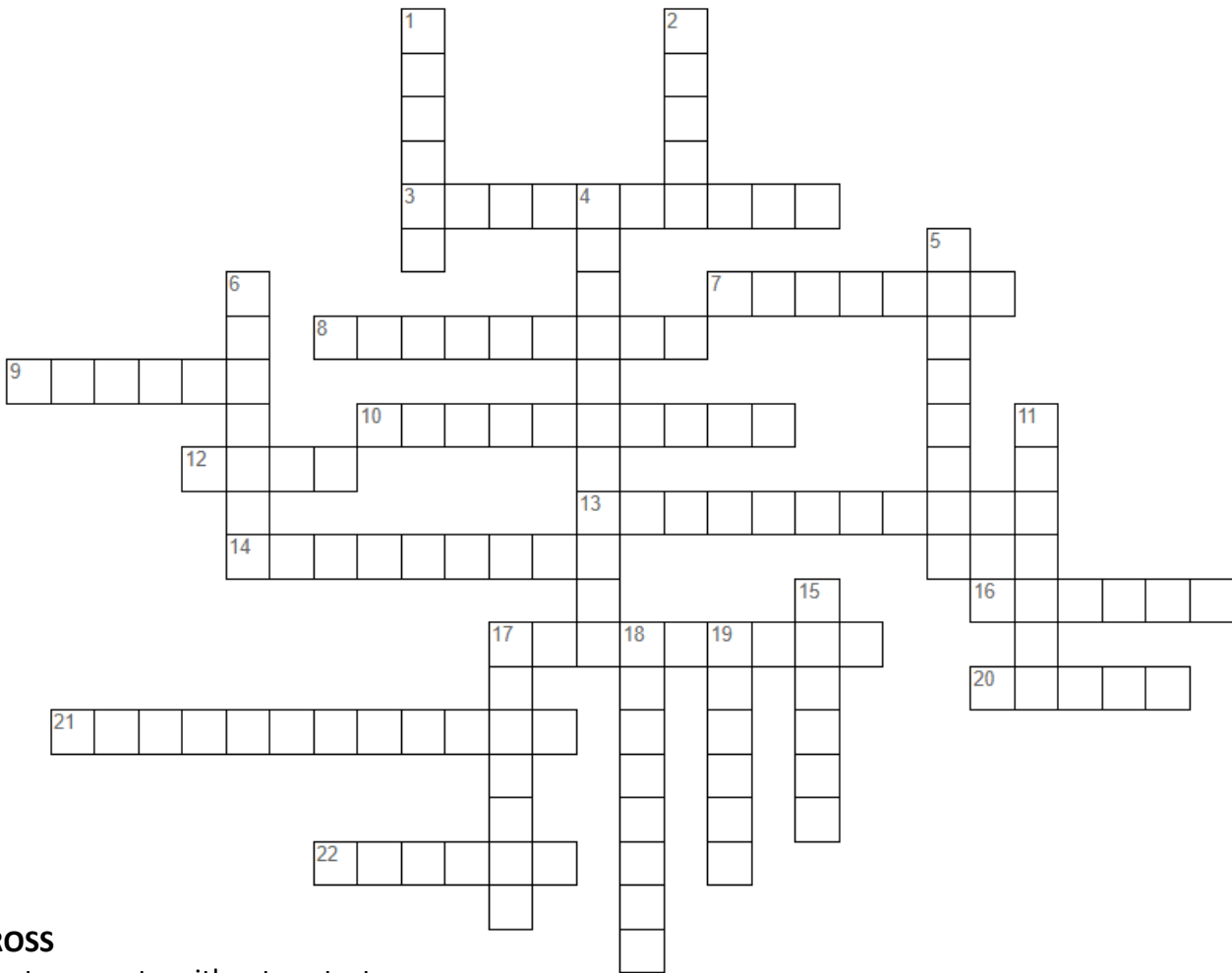
Roll the dough into a 25-cm long log shape, then cut into 16 equal pieces. Roll each piece into a ball and place on the prepared baking sheets, spaced at least 5cm apart. Flatten each ball slightly with the back of a spoon – they will spread during baking. Chill in the fridge for at least 30 minutes, or in the freezer for 10 minutes. Meanwhile, preheat the oven to 170C/gas mark 3.

Bake for 12-15 minutes until cracked on top and deep golden in colour. Leave on the baking sheets for 10 minutes to firm up, then carefully transfer to a wire rack to finish cooling. While the biscuits cool, make the royal icing. Whisk the egg white with 180g of the icing sugar together in a large bowl until smooth, then gradually keep adding icing sugar and whisking to combine until the consistency is thick enough to pipe. If you lift a spoon out and drizzle over the top, the trail should hold for about 15 seconds before disappearing.

Leave a third of the icing white, then divide the remaining icing between two bowls. Dye one portion orange and the other black using gel food dyes. Transfer the different icing colours to piping bags, cutting a small tip in each. Pipe angry ginger tom cat faces onto each cookie and vary your designs, so that each cat is quirky and unique. Store in an airtight container for one to two weeks.



INTERLOPERS CROSSWORD



ACROSS

- 3 to agree to without protest
- 7 extend
- 8 one who takes goods by force
- 9 to shackle or bind one's arms
- 10 expression of sympathy with a grieving person
- 12 to quiet down, subside; a temporary calm or stillness
- 13 sheer, steep
- 14 to settle a controversy or disagreement
- 16 to gather or assemble
- 17 to remove a person from his/her possessions or property; oust
- 20 having little or no importance or consequence; caused by mean spiritedness
- 21 harmful, destructive
- 22 condition of extreme hardship; danger

DOWN

- 1 a noisy quarrel; a public fight
- 2 having a genuine or pretended religious devotion
- 4 person who violates or interferes with the rights of another, such as trespassing
- 5 a serious determined effort
- 6 sluggish; weakness; fatigued
- 11 to argue; to debate; to call into question
- 15 a mixture of things not usually found together
- 17 a drink or potion; amount taken in one drink
- 18 to trespass on private property to hunt or fish
- 19 aid; help; relief





WORDSEARCH

A J V P Z B W Q Q U S C G P Y Z V U E W
W Z U T U L I P S Y F L O W E R S P S R
T P P U M T L H O T C R O S S B U N D C
E A S T E R I D Y Y I U U W O C Y F H H
E H E R N M D C E R D H U N T D P O R R
T N R S K Y O H D F D N S L A O C P A Z
J G Z X E U F I A K E Z A K L O F A O S
E M Y F H M F C R Y C G R C L E T O W H
R V J L L Y A K A A O I O A Y F D G H F
N B T M I N D G P D R P T W M I I N S T
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F A A G W F A I Z U T B T D A W G R Q Z
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K T O H B B Q O D Y D J E O L E T N P Y
O E N I W D B L W Q K U O L G O A N A L
U Q T M K N R O B W E N I G E Z W O H N
L I R P A U R V L F M K S Q R C W B Y J

WORD LIST

APRIL
BASKET
BONNET
BOUQUET
BUNNY
CANDY
CELEBRATION
CHICK

CHOCOLATE
DAFFODIL
DECORATE
EASTER
EGGS
FAMILY
FLOWERS
GAMES

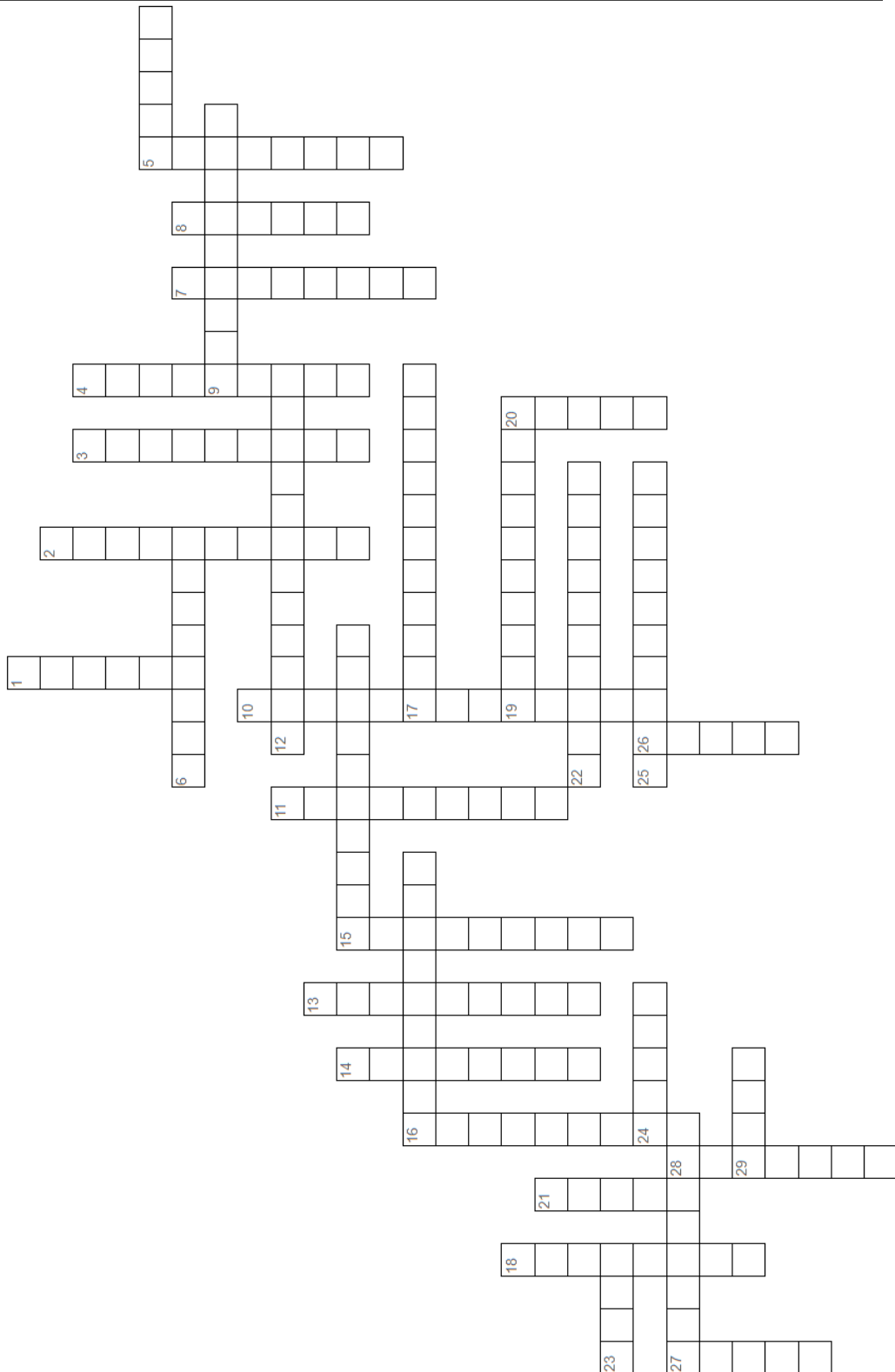
HAPPY
HOP
HOT CROSS BUN
HUNT
LAMB
NEW LIFE
NEWBORN

PARADE
RABBIT
SPRING
SUNDAY
TRADITION
TULIPS
YELLOW

Homemade
GIFTS MADE EASY



COMMERCIAL COOKERY CROSSWORD



ACROSS

- 5 A selection of small dishes served in the Mediterranean and Middle East as an appetiser.
- 6 A round dried bread base used in the preparation of canapés
- 9 Cooked in a sealed greaseproof paper or foil envelope.
- 12 a small savoury dish, typically one served as an appetizer,, French *dœvrə*) an additional dish served as an appetizer, usually before the main meal
- 15 Thick slices of grilled bread, drizzled with garlic and olive oil and served warm. Often topped with chopped tomato and fresh basil and/or other ingredients such as Spanish onion, chargrilled vegetables and olives.
- 16 Adjust a measuring instrument to make it accurate.
- 17 French term translates 'everything in its place'. Refers to all preparation tasks carried out before cooking begins, such as peeling, cutting, dicing, boning meat, marinating, preparing garnishes and weighing ingredients.
- 19 French term which means a little bit of food which is served before the meal to stimulate the appetite. typically without charge at restaurants. *amuse mouth*
- 22 Finely sliced or shredded green leafy vegetables, usually lettuce or spinach. Mostly used as a base for serving food or as a garnish.
- 23 Contains details of the hazards associated with a chemical, gives information on its safe use, effects of exposure, correct disposal and first aid.
- 24 Spanish cuisine, a variety of snacks, canapés or finger food, usually served with drinks as a pre-dinner appetiser.
- 25 The temperature range between 5 °C and 60 °C, within which bacteria grows best.
- 27 This is a very small diced cube, sized between 1-3 mm square. Often used as a garnish for consommé. Typical vegetables used are carrot, onion, turnip and celery.
- 29 The chef who is second-in-charge to the head chef in a kitchen
- 4 Multiple portion appetiser. Variety of olives, cured meats, salami/other sausages, semi-dried tomatoes, cheeses, marinated, pickled or chargrilled vegetables are common.
- 5 Roughly cut vegetables cooked in butter, with ham, thyme and bay leaf, finished by deglazing the pan with a little Madeira or wine. Usually includes onion, celery and carrot. Used to add flavour, especially when braising large pieces of meat.
- 7 Mixture of roughly chopped veg used as the flavour base for sauces or other dishes. Usually includes onion, celery and carrot.
- 8 A small light pancake made from buckwheat flour.
- 10 The introduction or occurrence of a contaminant in food.
- 11 This is diced cube 5 mm square. Root vegetables are suited to this cut, e.g. carrot, turnip, swede.
- 13 indicates when a product must be consumed by. After this date, it may no longer be safe to eat and must be discarded. Under food safety regulations, you are not allowed to sell food past its use-by date.
- 14 Long thin match-stick shaped pieces about 4 cm in length. Vegetables cut julienne are mostly used as garnish.
- 15 Food that is immersed in boiling water for a short time then refreshed in ice water to partially cook it
- 16 When the proteins present in some foods group together and become firm
- 18 Various thin shapes in order to cut economically, the shape of the vegetable will decide which shape to choose. All are cut thinly, about 1-2 mm thick.
- 20 Hazard Analysis at Critical Control Points. HACCP is a practical plan (or program) that enables food handlers to implement and maintain high food hygiene standards and comply with food regulations and legislation. HACCP is the most widely used food s
- 21 A Japanese word which means 'pleasant savoury taste'
- 26 Garlic flavoured mayonnaise
- 27 Sticks of vegetables approximately 5 cm long, 5 mm wide and 5 mm thick. Used as an accompaniment.
- 28 Sliced raw meat, usually fish. Only very fresh, top quality meats are used. It may be dipped into soy sauce or wasabi paste and served with pickled ginger

DOWN

- 1 a small piece of bread or pastry with a savoury topping, served with drinks at receptions or formal parties.
- 2 A short thin baton or stick, about 2.5 cm long and approximately 3 mm wide and 3 mm thick. Size may be varied depending on end use.
- 3 A container holding hot water into which a pan is placed for slow cooking or to keep food warm

DID YOU KNOW...



Striving to learn something new every day is a great way to keep your mind active. You'll be surprised how many facts you are capable of maintaining.

Information retrieval helps us exercise our brains...

- ⇒ a crocodile can't stick out its tongue
- ⇒ rubber bands last longer when kept refrigerated
- ⇒ women blink twice as much as men
- ⇒ ostriches don't bury their heads in sand
- ⇒ only female mosquitoes bite
- ⇒ Scotland has the most redheads
- ⇒ household dust is made of dead skin cells
- ⇒ the past tense for the English word 'dare' is 'durst'
- ⇒ hummingbirds can't walk
- ⇒ wind doesn't make a sound until it blows against an object
- ⇒ the naming of tropical storms and hurricanes officially began in 1953
- ⇒ India has the most post offices than any other country (over 100,000)
- ⇒ India is home to over 200 million cows
- ⇒ the Taj Mahal in India is made entirely out of marble
- ⇒ Bali has the worlds largest variety of flora
- ⇒ Bill Gates began programming computers at the of age 13
- ⇒ every single possible 3 character .com domain has been registered
- ⇒ the word 'uncopyrightable' is the is the only 15 letter word that can be spelled without repeating any letter
- ⇒ the word typewriter is the longest word that can be typed using only the top row of a keyboard





LAUGHTER IS THE BEST MEDICINE



It's a cracker ...!



1. What do rabbits say before they eat?
2. What did the Easter egg ask for at the hair salon?
3. Why don't rabbits get hot in the summer?
4. Why can't a rabbit's nose be 12 inches long?
5. Why did the bunnies go on strike?
6. Knock, knock! Who's there? Arthur. Arthur who?
7. Why couldn't the rabbit fly home for Easter?
8. What do you get if you cross a frog with a rabbit?
9. What do you get when you cross a bunny with an onion?
10. Where do rabbits go after their wedding?
11. Where does Dracula keep his Easter candy?
12. How can you make Easter preparations go faster?
13. What do you call an Easter egg from outer space?
14. Why don't you see dinosaurs at Easter?
15. How can you tell which rabbits are getting old?
16. How do you know a rabbit is in a good mood?
17. What did the magician say after the rabbit vanished?
18. What do you call a transformer bunny?
19. How does a rabbit throw a tantrum?
20. Knock, knock! Who's there? Howie. Howie who?
21. What do you call a forgetful rabbit?
22. Why does the rabbit bring toilet paper to the party?
23. What kind of beans never grow in a garden?
24. Why was the little girl sad after the Easter egg hunt?
25. What do you call a zen egg?
26. Who is the Easter Bunny's favorite movie actor?
27. Which side of the Easter Bunny has the most fur?



SUDOKU



Find the missing numbers. A number can only occur once in a row, column or square. To solve, look for open spaces where its row, column and square already have enough other numbers filled to tell you the correct value...

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

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

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

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





WORD OF THE DAY

Your mission is to use one of these words during your day...

1. **feirie** [pronounced: feer-ee]
Healthy; strong
2. **scintilla** [pronounced: sin-til-uh]
A minute particle; spark; trace
3. **macédoine** [pronounced: mas-i-dwahn]
A mixture of fruits or vegetables often served as a salad
4. **humicolous** [pronounced: hyoo-mik-uh-luhs]
Of or relating to organisms that live in or on soil
5. **fructify** [pronounced: fruhk-tuh-fahy]
To bear fruit; become fruitful
6. **deuteranopia** [pronounced: doo-ter-uh-noh-pee-uh]
A defect of vision in which the retina fails to respond to the colour green
7. **hyson** [pronounced: hahy-suhn]
A Chinese green tea dried and prepared from twisted leaves, especially of the early crop
8. **purloin** [pronounced: per-loin]
To take dishonestly; steal; flinch; pilfer
9. **quaere** [pronounced: kweer-ee]
Ask; inquire (an imperative used to introduce or suggestion a question)





MSV FOCUS GROUP

Over the coming months we would like to set up a **WEBSITE Focus Group**. Together we will assess the customer journey from first point of CLICK. This will include accessibility, language and terminology used, relevance of information, how many clicks to get to your destination and so on. These informal group gatherings will take place in person and online via MS Teams. They are essential to get your opinions and feedback on a variety of areas which will enable us to provide you, our customers, with the best possible service. You don't have to be "tech savvy" to be part of the website focus group

We want to hear from beginners to advanced users *Together we can make a difference*

Email: ruth.shedwick@msvhousing.co.uk if you would like to take part





Join Rainbow Roofs our LGBT+ Customer Group

As a proud member of HouseProud, we have partnered with other North West housing providers to create our LGBT+ customer group 'Rainbow Roofs'.

Meeting once a month, the group focuses on raising the voices of LGBT+ customers and issues impacting them. So far the group have explored:

- Hate crime and its impact on LGBT+ people
- Housing for older LGBT+ people
- LGBT+ calendar of events
- LGBT+ training for MSV colleagues

ALL WELCOME We are looking for MSV customers to represent us at this important group, whether you identify as LGBT+, or are someone who wants to support the amazing work being done. We are especially looking for any younger members who would like to lend their voice on matters affecting and impacting them.

Could our next member be you?

Contact Cath Coombe for more information

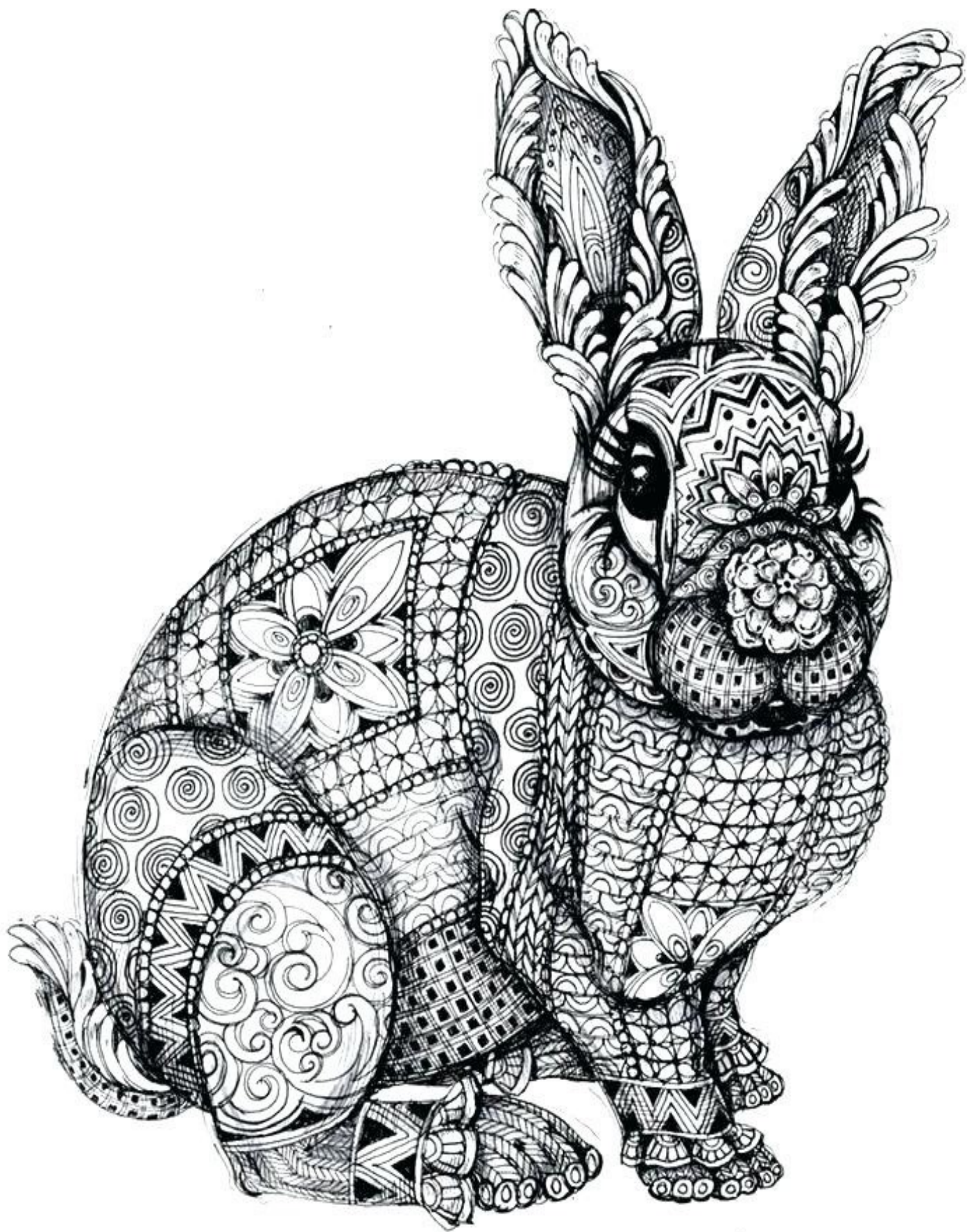
07876 841 977

Catherine.Coombe@msvhousing.co.uk



HouseProud







♥
**HAPPY
EASTER**



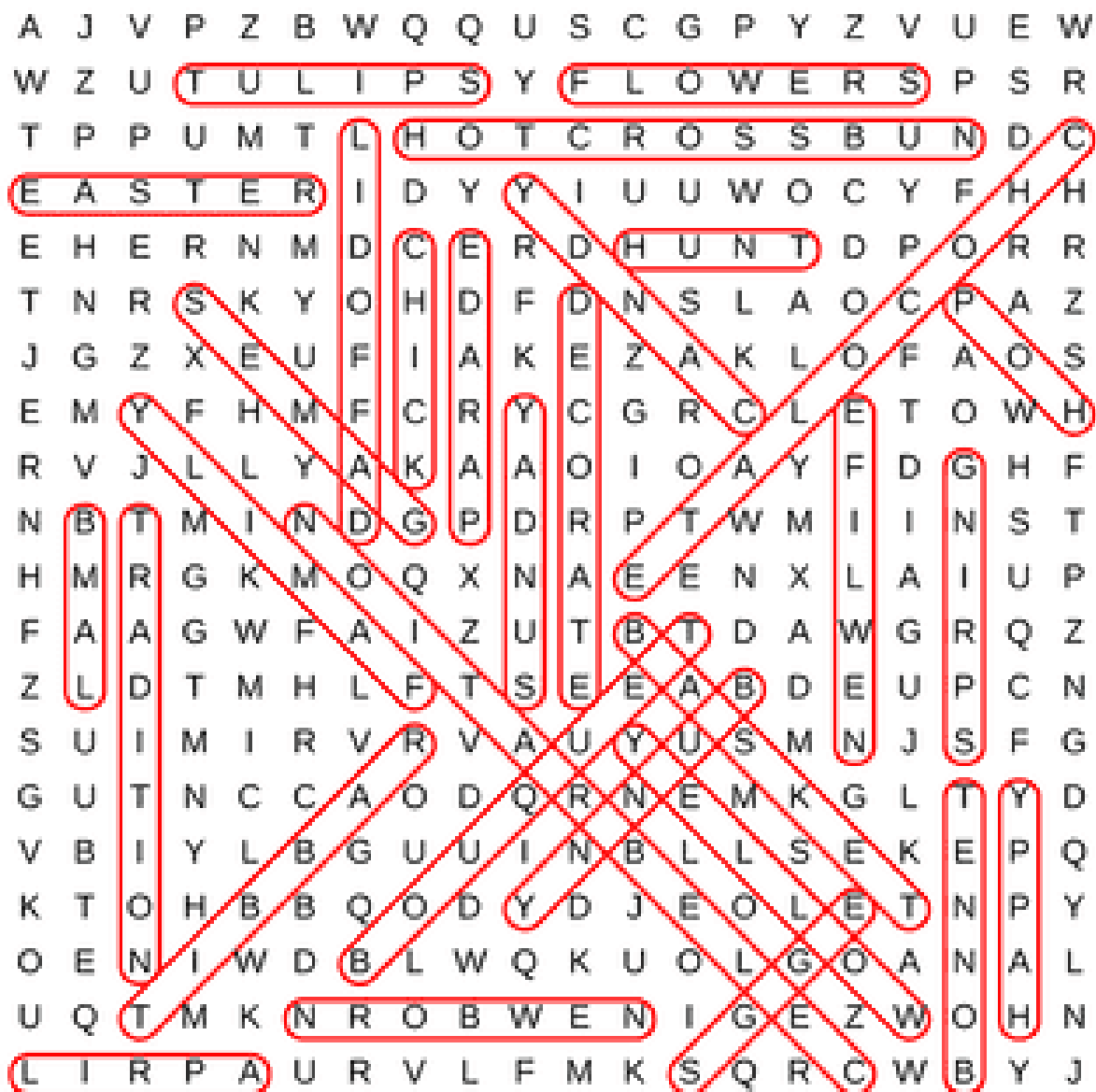
QUIZ ANSWERS

spoiler alert:
answers are from this point forward

1. "Lettuce pray."
2. A new dye-job.
3. They have hare conditioning.
4. Because then it would be a foot!
5. Because they wanted better celery.
6. Arthur any more Easter eggs to decorate?
7. He didn't have the hare fare.
8. A bunny ribbit.
9. A bunion.
10. On their bunnymoon.
11. In his Easter casket!
12. Use the eggs-press lane.
13. An egg-straterrestrial!
14. Because they are eggs-tinct.
15. Look for the gray hares.
16. He's hoppy.
17. Hare today, gone tomorrow.
18. Hop-timus Prime.
19. He gets hopping mad.
20. Howie gonna get all the Easter eggs?
21. A hare-brain.
22. Because he is a party pooper.
23. Jellybeans.
24. Because an egg beater!
25. An ommmmmmlet.
26. Rabbit De Niro
27. The outside.

ANSWER

WORD SEARCH



WORD LIST

APRIL
BASKET
BONNET
BOUQUET
BUNNY
CANDY
CELEBRATION
CHICK

CHOCOLATE
DAFFODIL
DECORATE
EASTER
EGGS
FAMILY
FLOWERS
GAMES

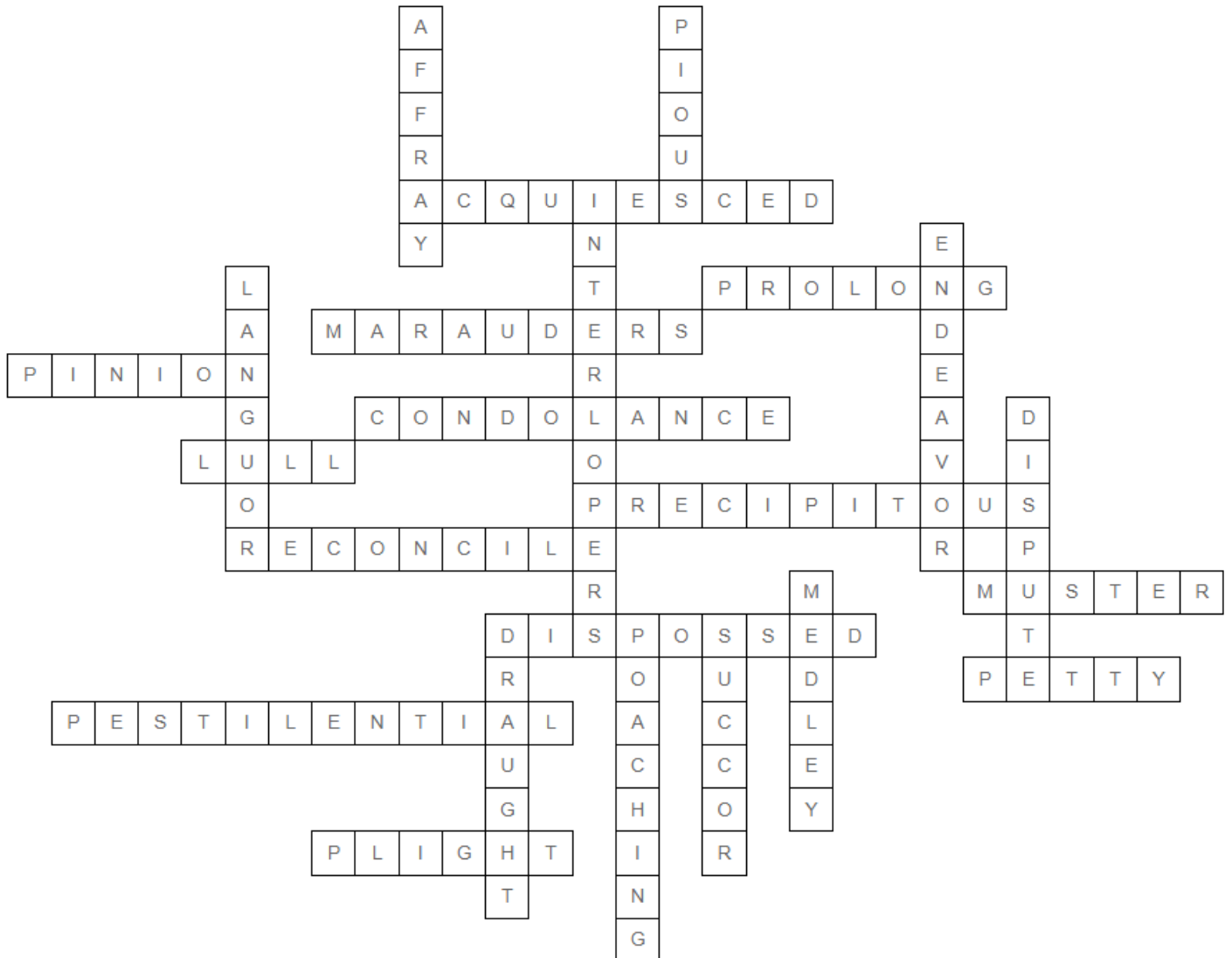
HAPPY
HOP
HUNT
HOT CROSS BUN
LAMB
NEW LIFE
NEWBORN

PARADE
RABBIT
SPRING
SUNDAY
TRADITION
TULIPS
YELLOW

Homemade
GIFTS MADE EASY

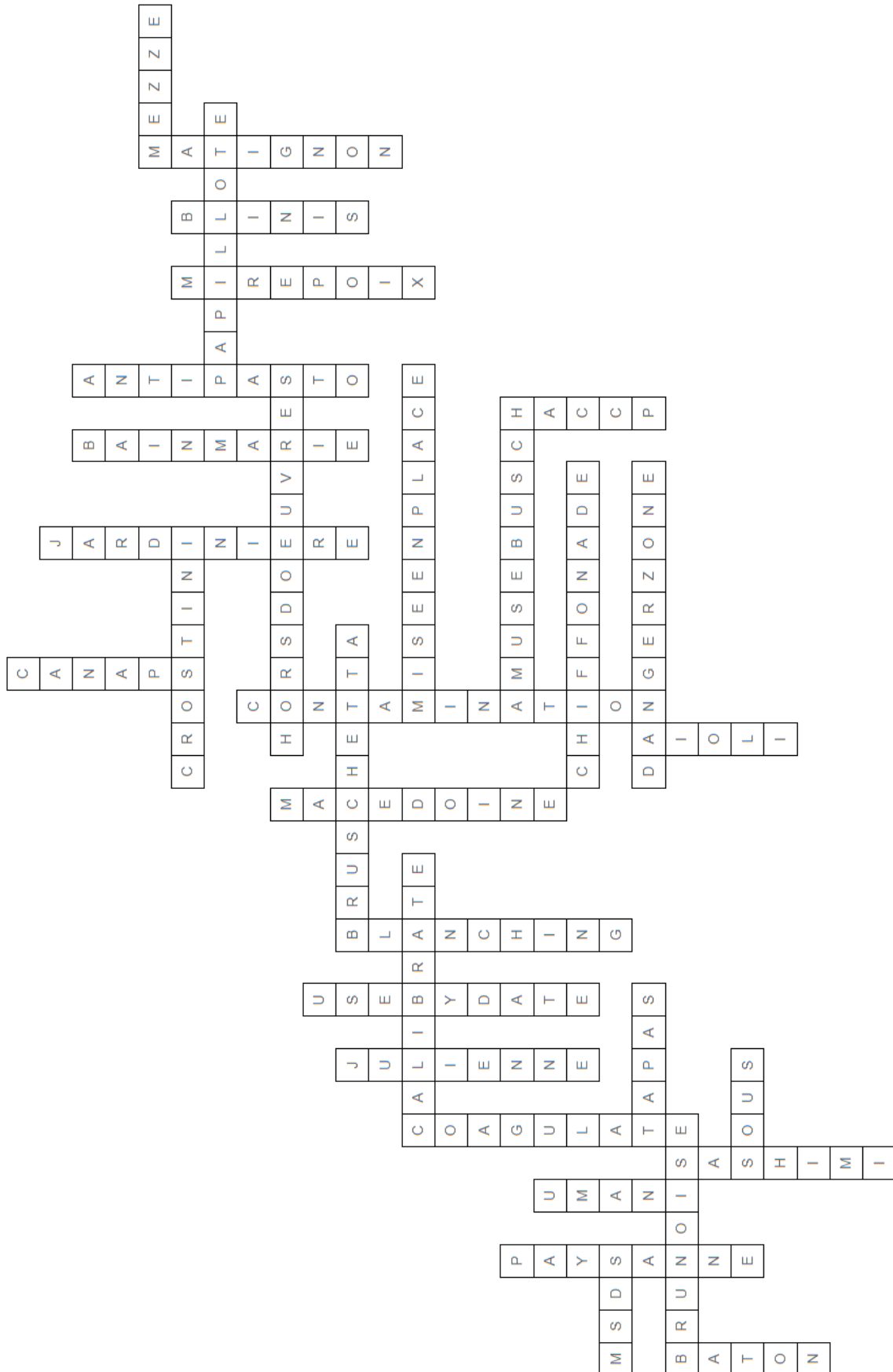
ANSWER

INTERLOPERS CROSSWORD



ANSWER

COMMERCIAL COOKERY CROSSWORD



ANSWER**SUDOKU**

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

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

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



Stronger Together