



Mental Health Matters Wales

Activity Packs

Transport

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.

The Benefits of these Activities include but are not limited to

- **Better Communication** Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.
- **Improved Coordination** Activities can delay the loss of muscle control.
- **Relaxation** It is a wonderful distraction from the blues, chronic pain, and other stressful situations.
- **Pride** There can be immense satisfaction and pleasure taken from drawing projects.

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services



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Transport

Where would we be without transport? Thousands of years ago, people became tired of walking everywhere so started to use donkeys and horses to travel and to transport things on land. Around 3,500 BC, the wheel was invented, and revolutionised the world. Transport enables communication, trade and many other forms of exchange between people, that in turn establishes and strengthens our civilizations, playing an important part in economic growth and bringing the world together.

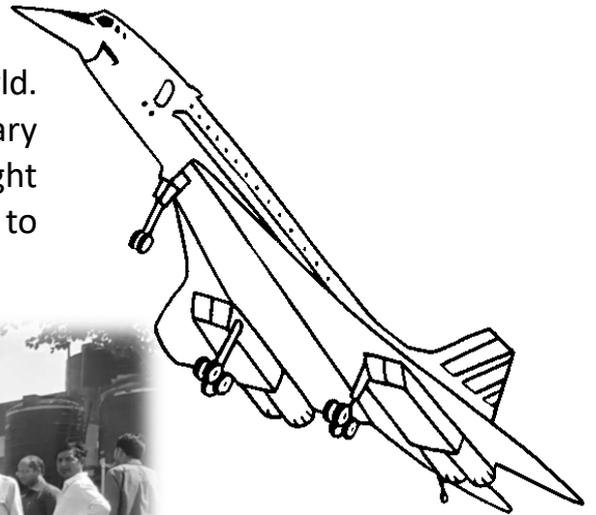


FIVE

Facts about

Transport

The Concorde was the fastest plane in the world. Its fastest transatlantic crossing was on 7th February 1996 when it completed the New York to London flight in 2 hours 52 minutes and 59 seconds – compared to an average of six hours on a standard plane.



There are over
60,000 people
in the air over the USA
at any one time!



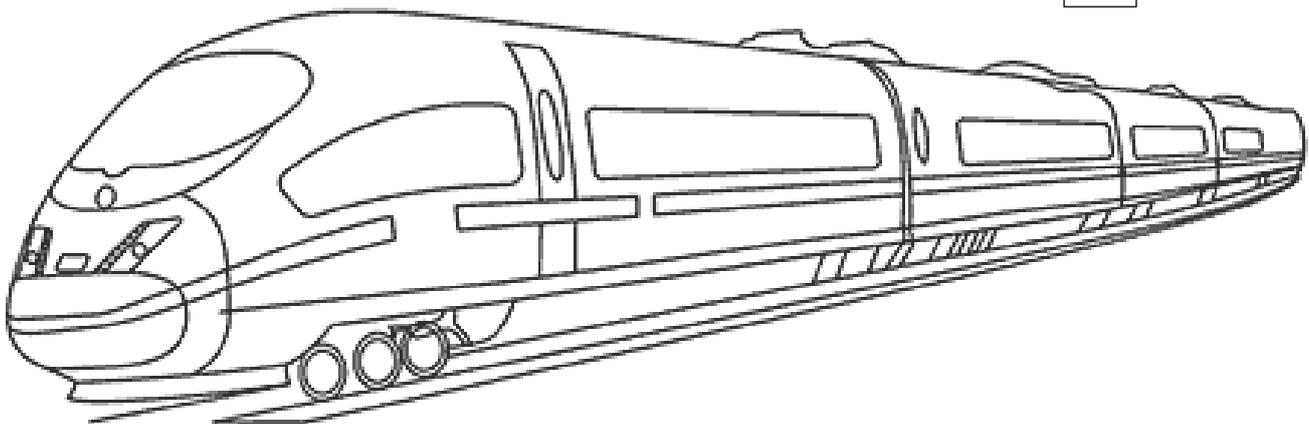
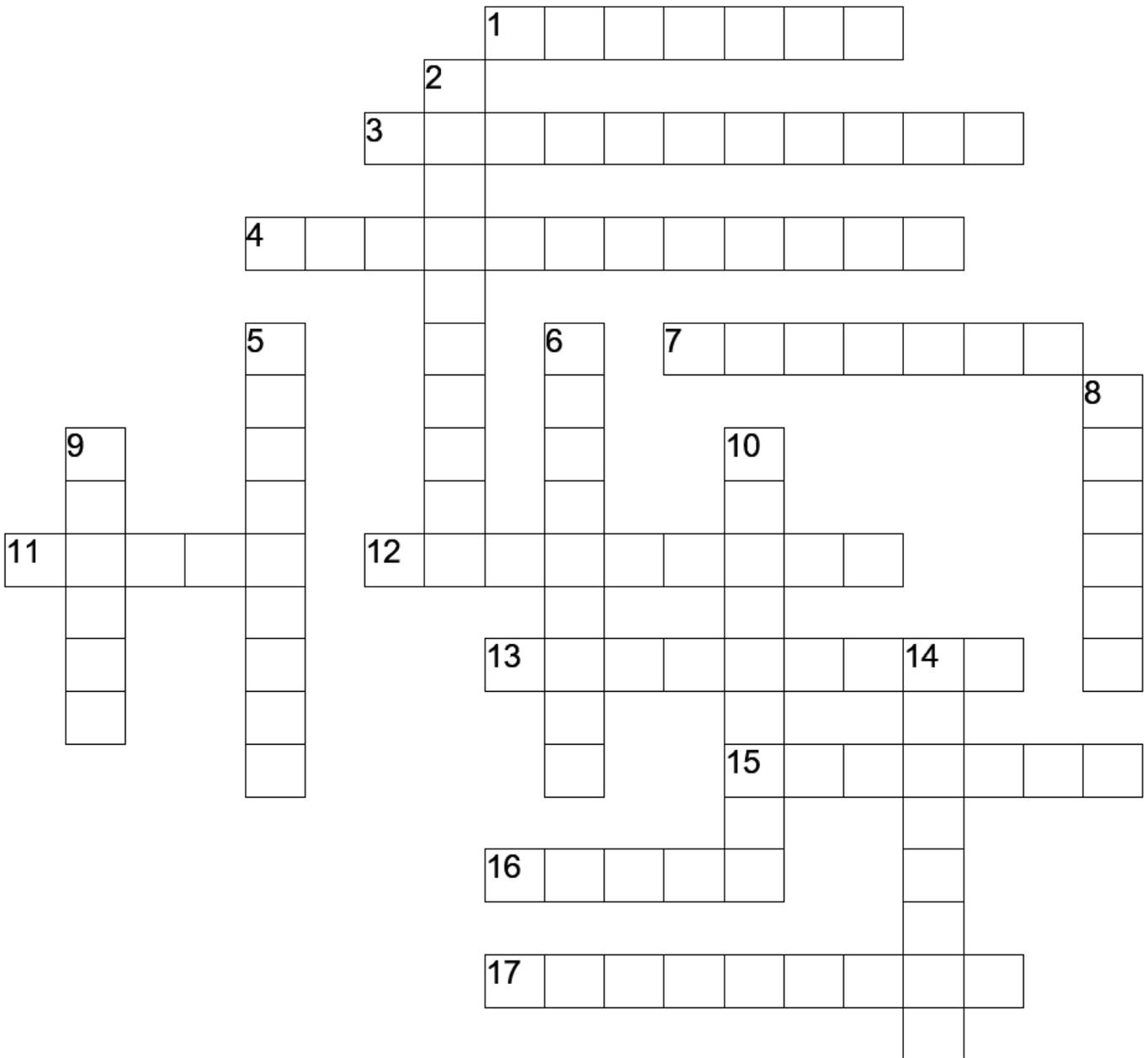
The Fairy Queen steam locomotive, built in Leeds in 1855, still runs daily in India

Only 60% of the subway system in New York City is underground. If all of the tracks which make up the subway system were laid to end to end it would stretch from New York to Chicago!



The World's First Speeding Ticket was issued on January 28th, 1896 in Paddock Wood, Kent in England to a driver named Walter Arnold. Since the constable didn't have one of the early motorized vehicles, he had to give chase on his bike!

Planes, Trains & Automobiles Crossword



Planes, Trains & Automobiles

Crossword Clues

Across

1. Opened in 1994, what is the Channel Tunnel commonly known as?
3. Albert Gunton made headline news in 1952 by jumping his double decker bus across the opening of which British landmark?
4. What did Ford invent to make car production faster and more streamlined?
7. The main types of what sort of air transport are Non-Rigid; Semi-Rigid and Rigid?
11. Which Czech car company was founded in 1895 as Lauren and Klement?
12. Which UK airport is the 4th busiest after Heathrow, Gatwick and Manchester?
13. The M11 is a 52 mile long Motorway linking which city to North East London?
15. Which city's metro-underground is the only one in the UK that runs completely underground?
16. Dennis Anthony Tito was the first tourist to visit what distant destination?
17. What breed of dog is also the name of the North American intercity bus carrier originating in 1914 in Minnesota?

Down

2. The acronym ACV means Air-Cushioned vehicle. What is this vehicle commonly called?
5. What form of transport, derived from the French for "carriage with wooden benches" was common for work outings in the early 1900's?
6. Which Ocean Liner retired from service December 1967 and was sold to the city of Long Beach, California? RMS what?
8. Strangely, which Inventors last breath did Ford have stored in a test tube which can still be seen in the Henry Ford Museum?
9. Which taxi-service in Bangkok gets its name from the sound of its engine sputtering?
10. The ferry MS Herald of Free Enterprise capsized moments after leaving which Belgian port in 1987?
14. Henry Ford was the first person to build a car powered on what fuel?

Transport Word Grid

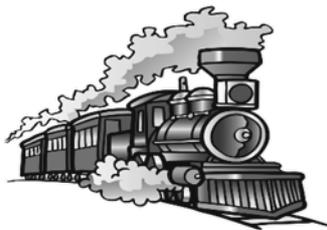
How many individual words of 3 or more letters can you make from the letters in TRANSPORT?

T	R	A
N	S	P
O	R	T

All Things Travel Word Scramble

Unscramble the letters to find these transport words and phrases

1. RMOTAWOY _____
2. GGEAAR _____
3. IAORRPT _____
4. BUS OTSP _____
5. BUELOD DERCEK SUB _____
6. OHERTCPILE DPA _____
7. NERCGMEYE SEERCISV _____
8. OARKBNDEW HICVLEE _____
9. LAEMBTITE _____
10. TKCESIT _____
11. UNRAYW _____
12. ARROHBU _____
13. RCA RAKP _____
14. LRPETO SNATOTI _____
15. UFEL TNAK _____
16. OPSPASTR _____
17. REAPEDRUT _____
18. IRLAVAR _____
19. DAOR PAM _____
20. VEIRESC INOSTTA _____



Car Manufacturers

Word Search

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

Audi BMW Bugatti Buick Cadillac Chevrolet Chrysler
Citroen Dodge Ferrari Ford Honda Hyundai Jeep
Jaguar Landrover Lamborghini Mitsubishi Mazda
Mercedes Benz Lexus Nissan Peugeot Porsche
Renault Suzuki Toyota Volkswagen Volvo

Transport Poems

These two poems come from the late 1800s.

In the first, Robert Louis Stevenson takes us on a railway journey with the poem's rhythm evoking the movement of a train.

The second comes from Amy Levy who embraced the freedoms that the new omnibus – the forerunner to our modern buses – allowed to unaccompanied women travellers



From a Railway Carriage

Robert Louis Stevenson

Faster than fairies, faster than witches,
Bridges and houses, hedges and ditches;
And charging along like troops in a battle,
All through the meadows the horses and cattle:
All of the sights of the hill and the plain
Fly as thick as driving rain;
And ever again, in the wink of an eye,
Painted stations whistle by.

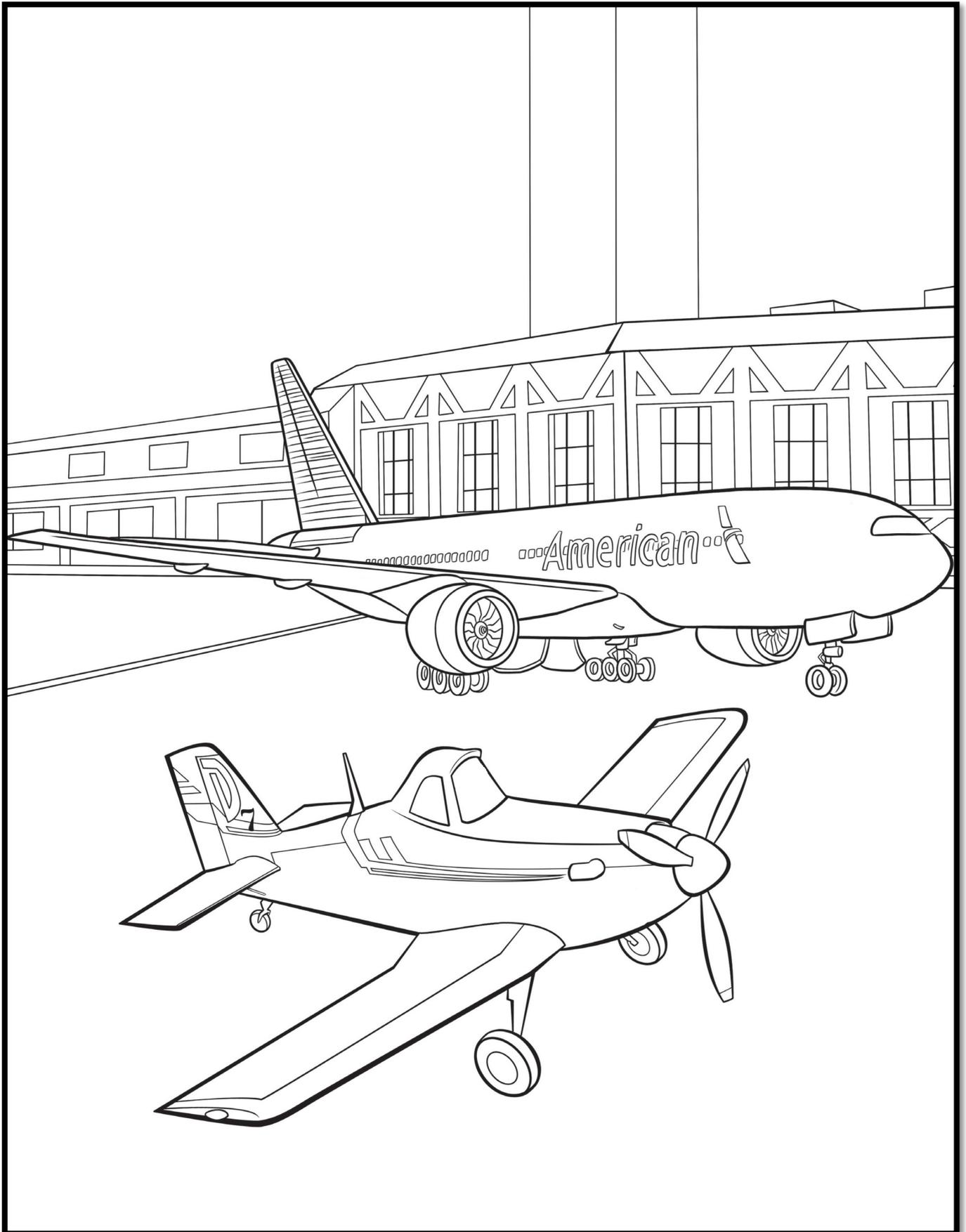


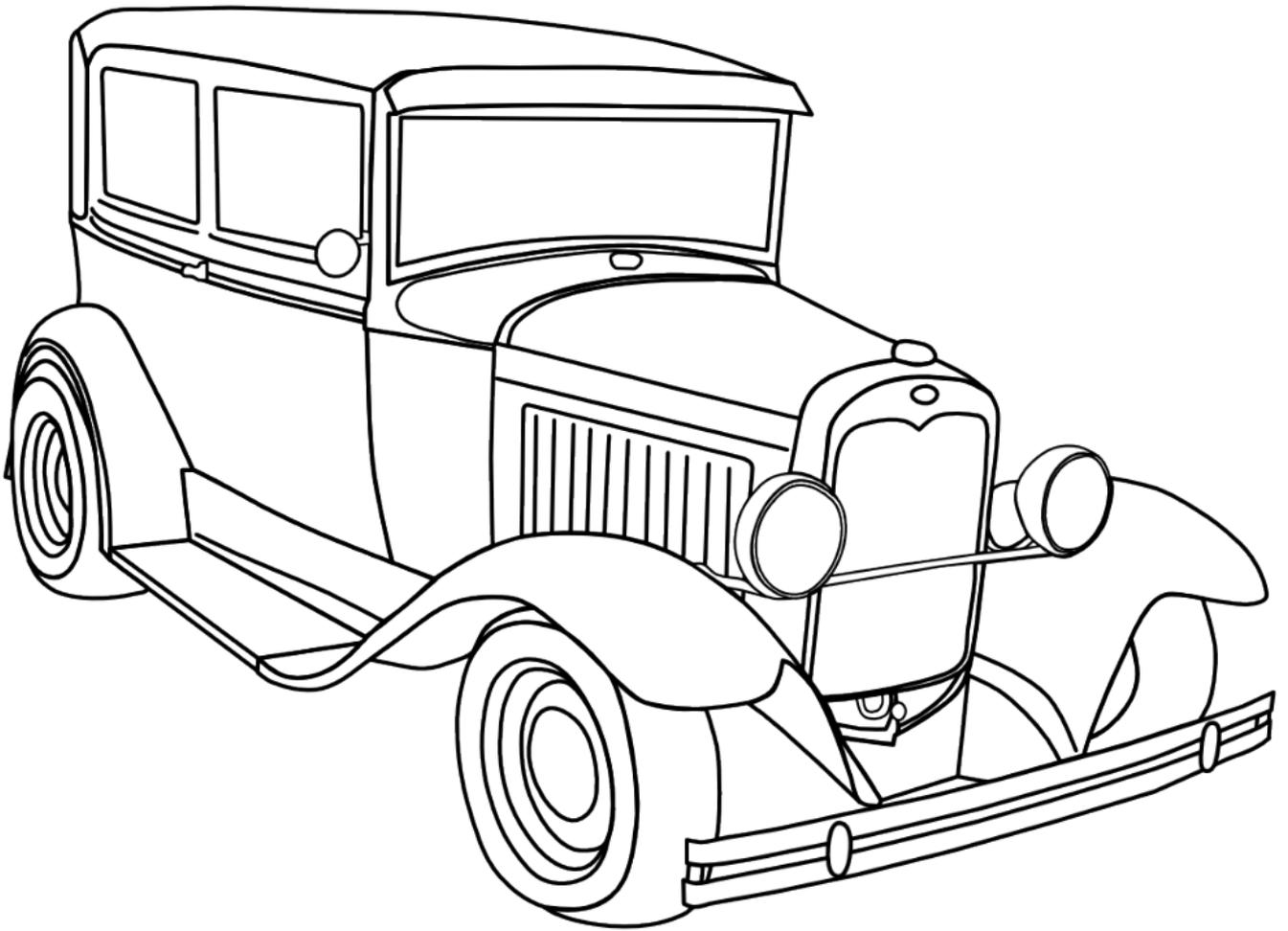
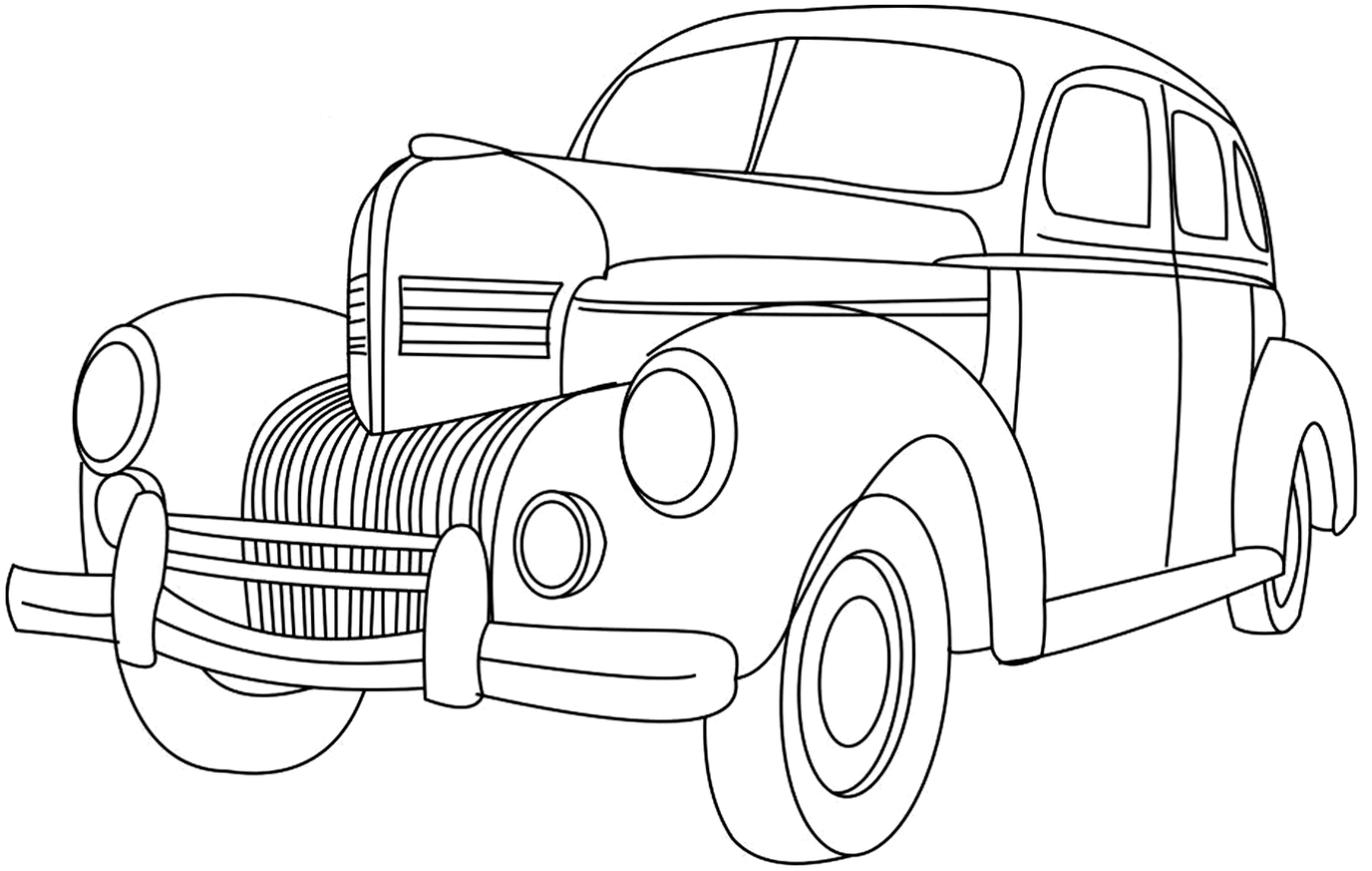
Ballade of an Omnibus

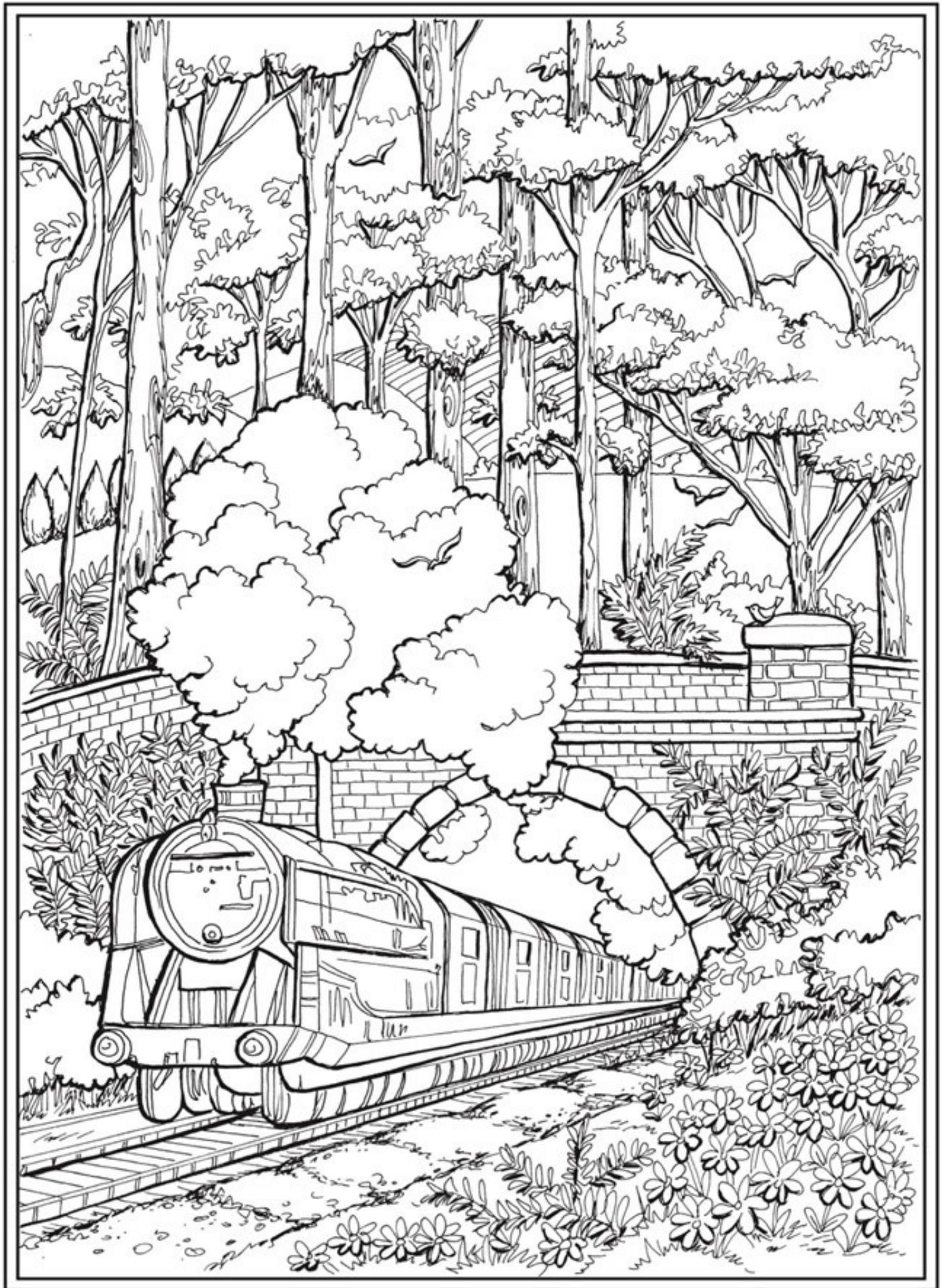
Amy Levy

Some men to carriages aspire;
On some the costly hansoms wait;
Some seek a fly, on job or hire;
Some mount the trotting steed, elate.
I envy not the rich and great,
A wandering minstrel, poor and free,
I am contented with my fate –
An omnibus suffices me.

Colouring Pages







My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

Life is like sailing.

You can use any wind
and go in any direction

- Robert Brault

