



# Mental Health Matters Wales

## Activity Packs

# Maritime

### 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

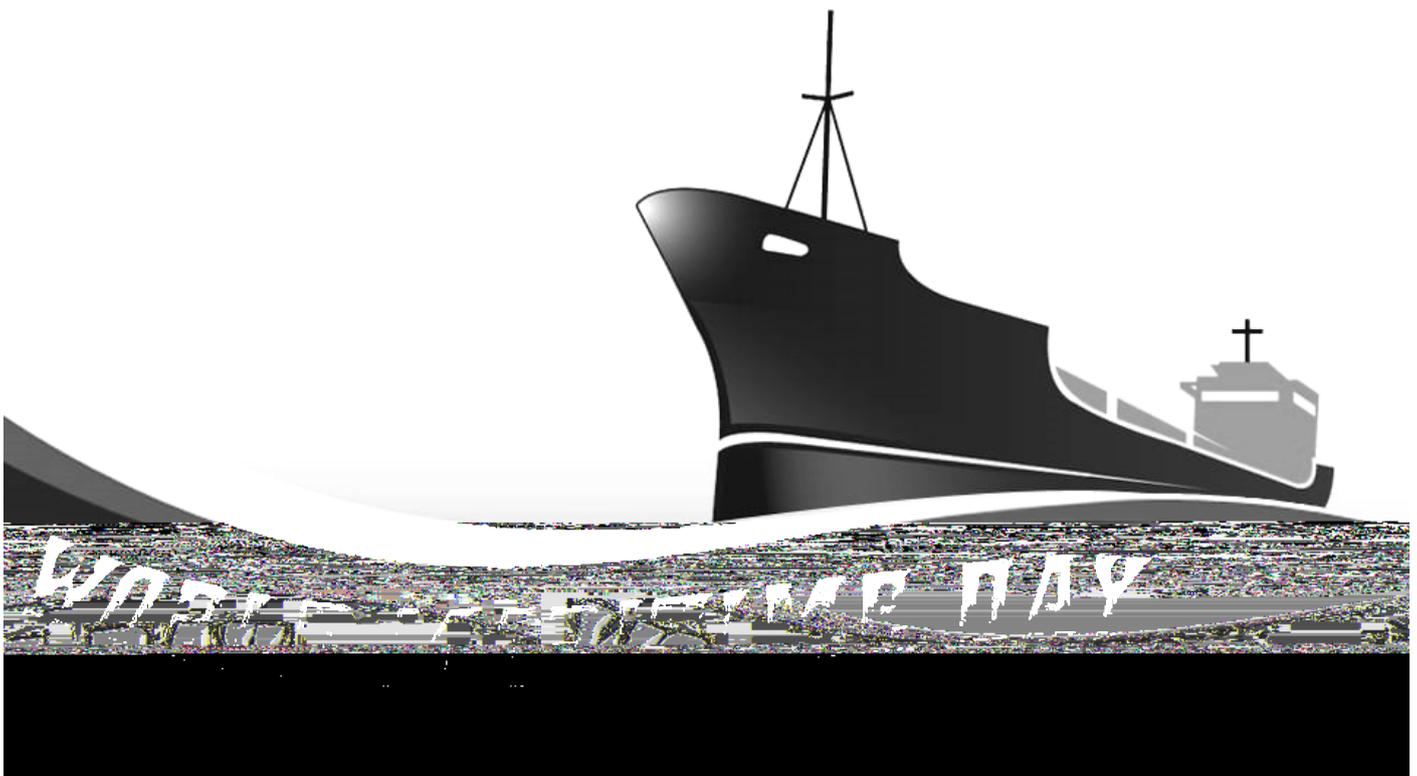


## Mental Health Matters Wales Activity Packs

# Maritime

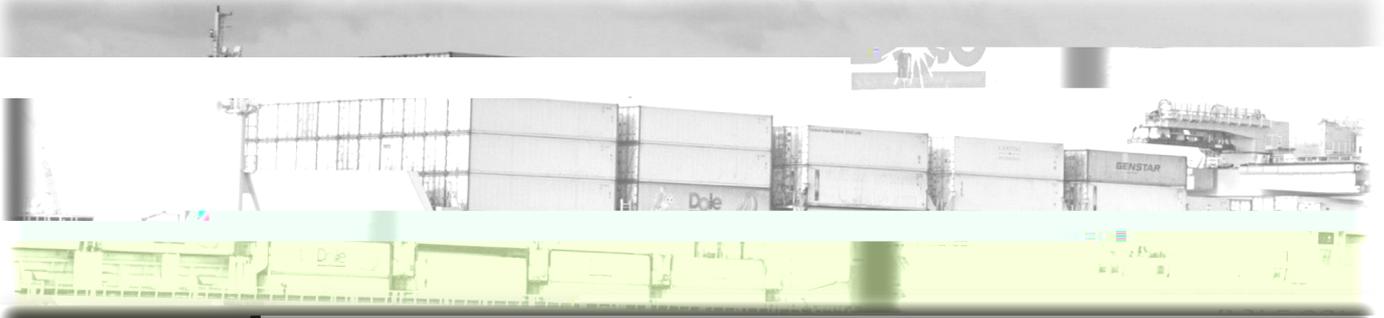
Shipping goods makes the world go round!

The United Nations created World Maritime Day every 26th of September to celebrate the international maritime industry's contribution towards the world economy.



# FIVE

## Facts about Shipping



A Large Container Ship can store around 745 million bananas. The bananas you eat could have come from Africa or South America.

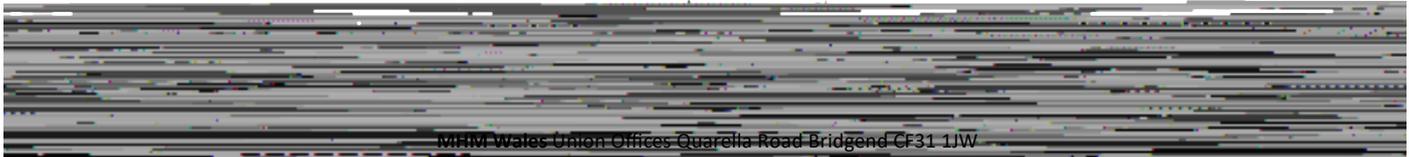
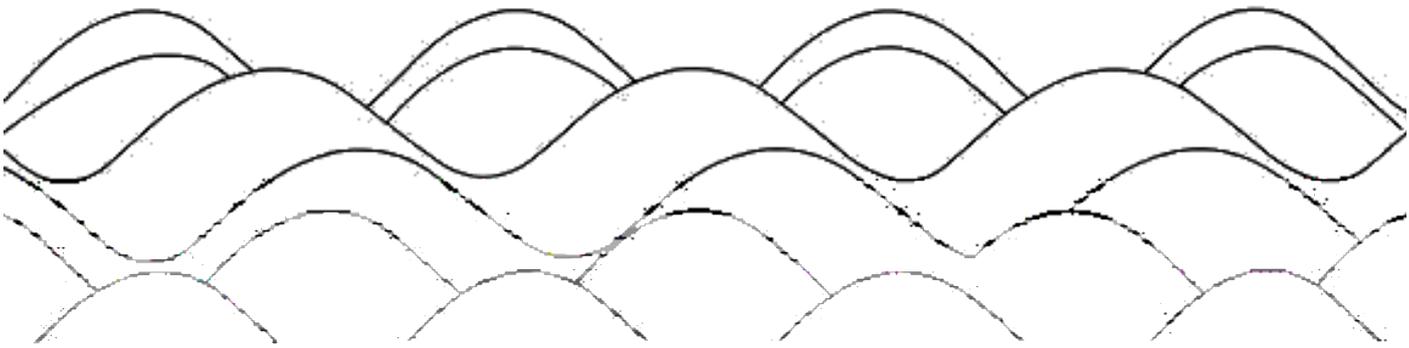
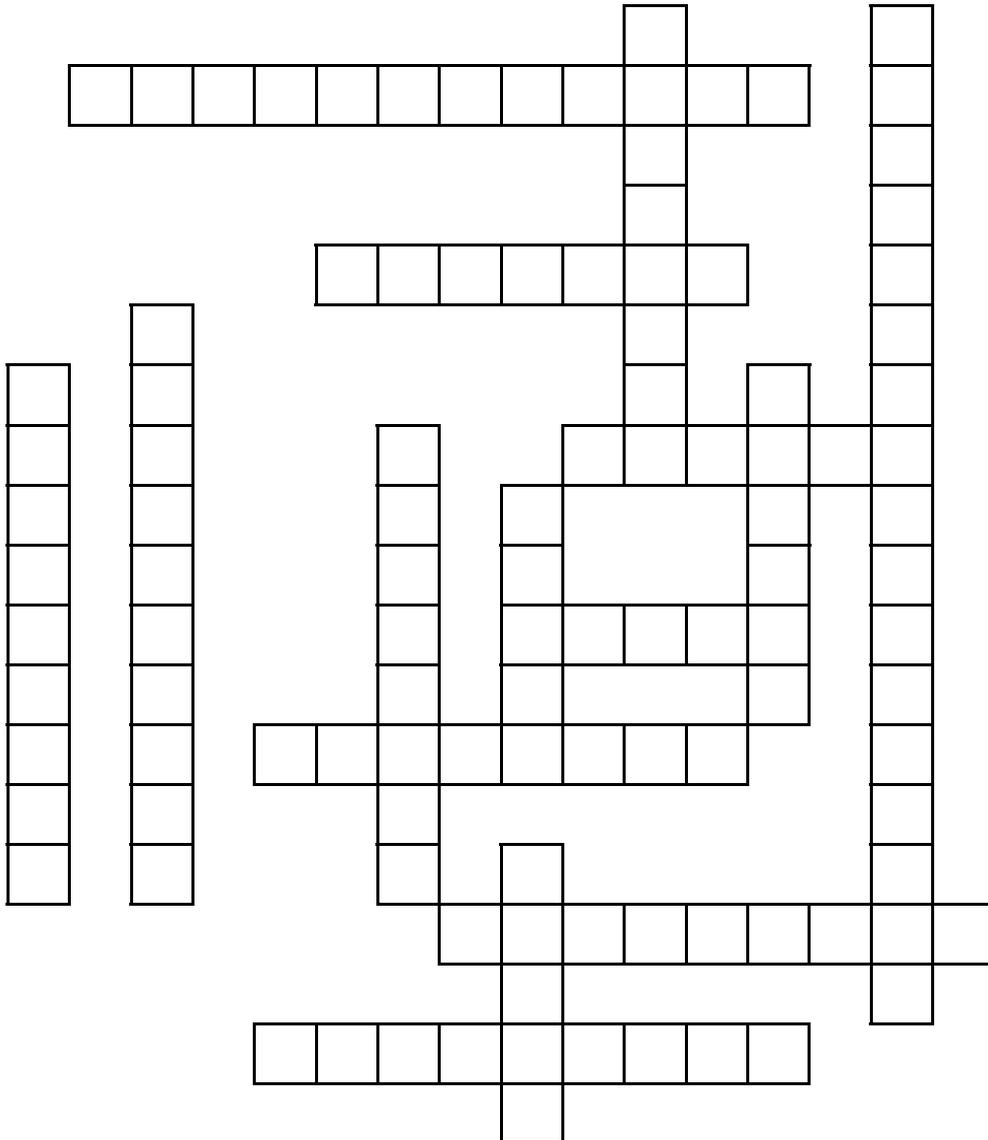
**96%** of all maritime security incidents globally were related to piracy and armed robbery. This threat in particular continues to be a key concern in all regions.

**Modern Pirates** favour small boats and take advantage of the small number of crew member on modern cargo vessels and transport ships. The highest risk of piracy in the world is in the Gulf of Guinea and Nigeria; abductions, attacks and seizing of ships is common in these areas by modern pirates.

**Women** were never welcomed aboard ships historically, as it was considered bad luck! Women now serve on every type of ship, but had to wait until 2013 to serve on submarines!

**Changing Names** of ships is bad luck. Irish polar explorer Sir Ernest Shackleton's ship 'Endurance' was originally called 'Aurora'. In 1914 he set off to Antarctica and the 'Endurance' became trapped in ice. He and six men survived in a 24-foot boat and travelled 600 miles across the treacherous waters until a Chilean ship rescued them.

# Maritime Crossword



# Maritime Crossword Clues

## Across

3. What was the name of Captain Cook's ship on his first voyage to Australia and New Zealand?
4. The ocean that surrounds Hawaii is called
9. Which ocean lies between Australia and Africa?
11. The rear part of a boat is called...
12. The Amazon River flows into which Ocean?
14. Which ship did Captain Bligh command?
15. The ship that transported the Pilgrims from England to Massachusetts in 1620 was called ...

## Down

1. Who was the God of the Sea in Greek mythology?
2. Which European general surrendered aboard the HMS Bellerophon on July 15th, 1815?
5. Where did the 'Rainbow Warrior' sink in 1985?
6. Name the British ocean liner that sank in 1915, hastening the United States' entrance into WWII
7. Mermaids are also known as ...
8. What sort of boat is used in the canals of Venice?
10. In Greek mythology, who was the captain of the ship 'Argo'?
13. What animal is 'Moby Dick' in Herman Melville's novel by the same name?

## Answers:

- 1) Poseidon 2) Napoleon Bonaparte 3) HMS Endeavour 4) Pacific Napoleon Bonaparte 5) New Zealand 6) Lusitania 7) Sirens 8) Gondolas 9) Indian 10) Jason 11) Stern 12) Atlantic 13) Whale 14) The Bounty 15) Mayflower

# Maritime Word Grid

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# Maritime Word Search

In 1823, cockney sailor and chancer James Porter was convicted of stealing a stack of beaver furs and transported to Van Diemen's land (the original name for Tasmania, Australia). There, he was sent to the Macquarie Harbour Island penal colony known then as 'hell on Earth'. No-one had succeeded escaping from Macquarie Island. James Porter tried twice, unsuccessfully. So, when authorities announced that the place would be closed down and prisoners transferred to the new penal station at Port Arthur, Porter saw an opportunity, and together with a few others, planned an audacious escape.

He seized control of the brig that prisoners were building to transport themselves to their new hell. The escapees sailed off into the open sea and towards Chile, a staggering 12,869 nautical miles away. They landed in Valdivia (Chile) and assumed new identities as shipwrecked sailors.

However, their new lives didn't last long; relentlessly pursued by authorities, Porter was arrested two years later, returned to England, tried and transported back to Van Diemen's Land. He was sentenced to death for piracy but the sentence was commuted and he was sent to a penal colony in Norfolk Island, which was even worse than 'hell on Earth'. Four years later, he absconded on a ship perhaps bound for New Zealand, no one is sure. Certainly, he was never heard of again.

James Porter was a typical 'Australian' larrikin whose ingenuity, gift of the gab and refusal to buckle under authority make him an irresistible anti-hero worthy of a place in Australian history.



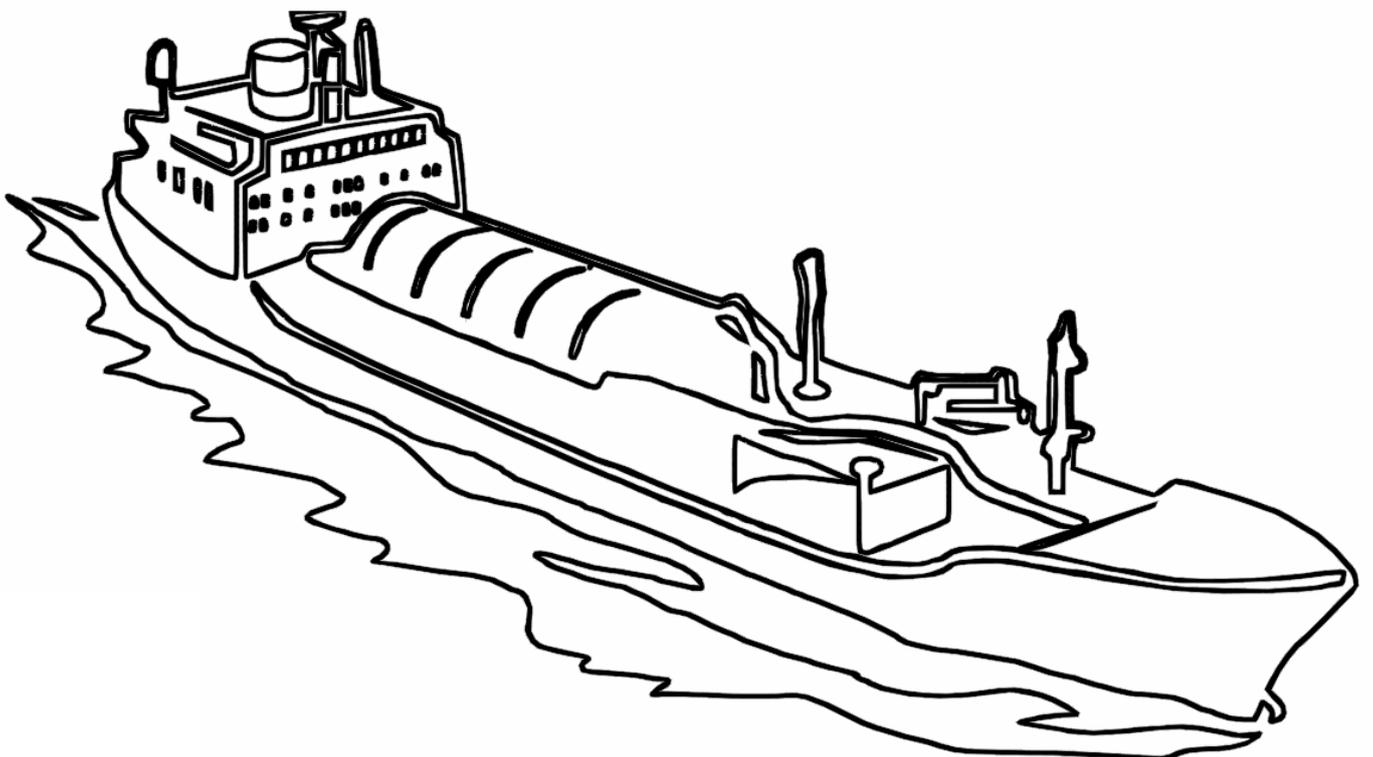
# Maritime Scramble

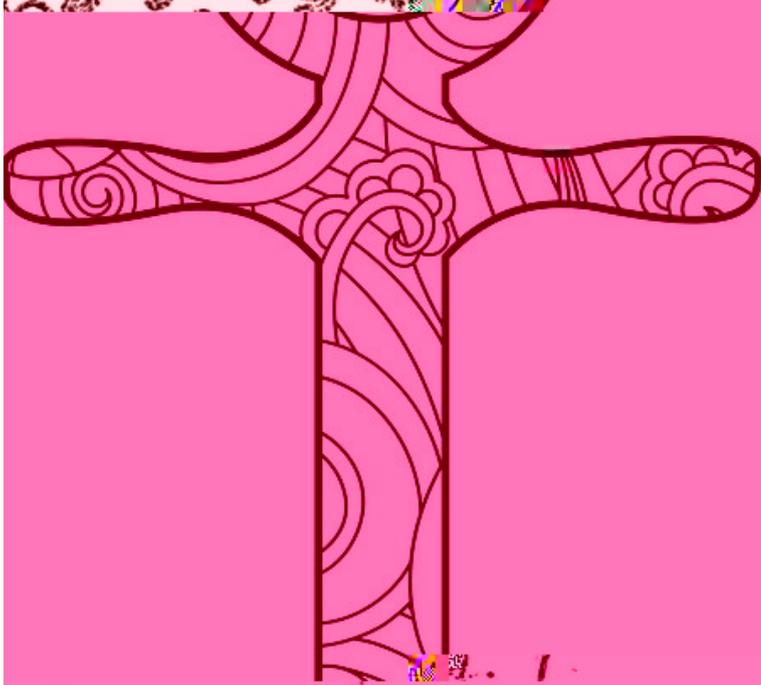
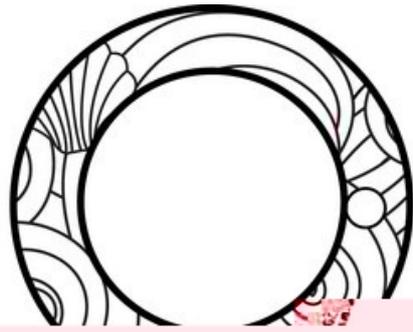
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| AAITNTLC           |  |
| DPIOOSNE           |  |
| AINLAIUST          |  |

**Answers:**

- 1) HMS Endeavour 2) Mayflower 3) Jason 4) Napoleon Bonaparte 5) Gondolas  
6) Stern 7) Sirens 8) The Bounty 9) Pacific 10) Indian 11) New Zealand 12) Whale  
13) Atlantic 14) Poseidon 15) Lusitania







# My Weekly Planner

MORNING

AFTERNOON

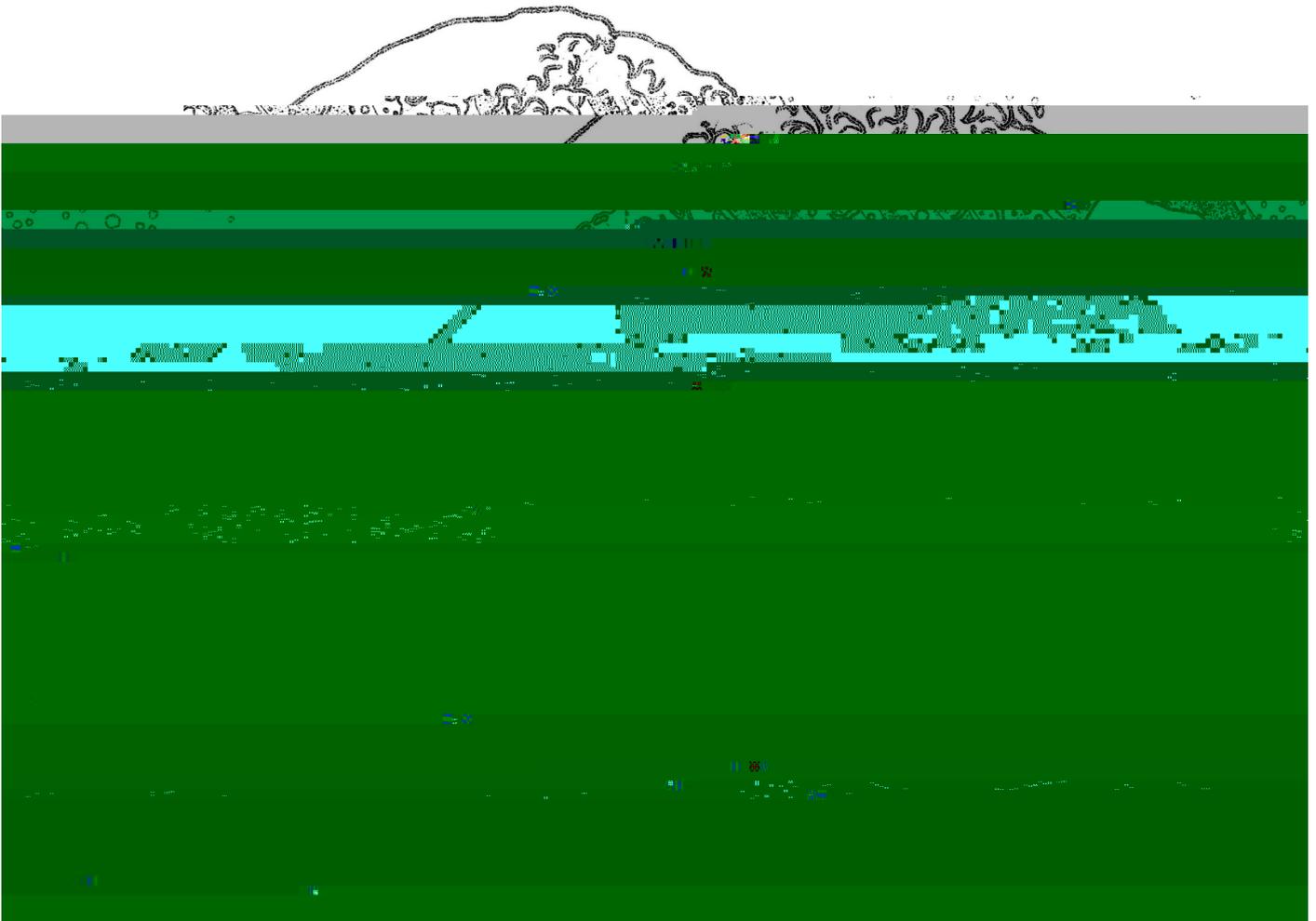
EVENING

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**HIGHLIGHTS OF MY WEEK**

**THINGS TO REMEMBER**

A  
Smooth Sea  
*Never Made a*  
Skilful Sailor



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