

**Part 5: Multiple Choice**

Six months ago I made a rash promise. The leader of the youth club in our village rang me in March saying, "We're thinking of running a children's playscheme for a day in October half-term. Would you be prepared to help?" My response was "Sure, why not?" In truth I was a little flattered to be asked, even though working as a care assistant with old people hardly qualified me for the role. Still, I duly put the date in my diary and of course I forgot all about it. I don't know if you've noticed this but time has a habit of speeding along faster than a police car chasing a robber and, before I knew it, the day was dawning.

I arrived at the youth centre that morning feeling full of trepidation. There was a gang of 12 helpers including me and each pair had been allocated a particular age group. Mine was the 10 to 11 year olds. Even with the planning meeting I had attended the week before, I worried about whether I was up to the task. Why hadn't I read through the copious lesson plans we were given beforehand? And wasn't the average 10-year-old more interested in the latest Play Station game than making things with paper and glue?

All too quickly the children began arriving. The look of relief on parents' faces as they handed their offspring over to us was quite comical. A handful of the children were already members of the club but the other forty five or so were from the local primary schools. Again I asked myself why I had elected to spend a day with all these 'little monsters' especially when I have two all of my own to contend with! I needn't have worried of course as it turned out to be a marvellous day. We watched entertaining dvd clips, learned 'action' songs, made clay pyramids, decorated biscuits, played memory games and spent some time in quiet reflection. I say 'we' because I rediscovered my inner child and joined in all the activities.

The particular highlight for me was the final rendition of "He's got the whole world in his hands" in the closing part of the day. The children knew the words and actions off by heart and sang so loudly it was almost enough to bring the roof down. It's difficult to explain those moments; only that the body tingles with the pleasure of having witnessed something so magical.

Of course there were also moments of great poignancy. I found it difficult to stop thinking of one little girl, who mentioned oh-so-casually that her mum was in hospital and would be there for a long time. It's easy for us adults to idealise childhood and forget that some children have their own burden of anxieties and concerns. When I got home utterly exhausted, still with modelling clay under my fingernails, I reflected on what a privilege it had been.

There was one disappointment for the children and that was that the playscheme was only running for a day, and not the whole week. As I said farewell to my group, one of the children turned and said "Can we do it again in the next holiday, Miss?" My response was, "Sure, why not?"

For Questions 1-6, choose the correct answer A, B, C or D.

1) When the first day of the job arrived the writer was surprised

- a. that the day had come round so quickly.
- b. because she'd forgotten to write down the date.
- c. because she witnessed a car chase on the way.
- d. that she woke up at dawn.

2) When the writer arrived to start her job she

- a. put the children into pairs.
- b. realised she should have done more preparation.
- c. felt confident she could deal with 10 and 11 year olds.
- d. saw the children had brought their own electronic games to play with.

3) According to the writer, the parents were

- a. happy to stay with their children all day.
- b. worried about children from the other schools.
- c. nervous that their children might not behave themselves.
- d. glad to leave their children.

4) The writer's best moment

- a. occurred in the middle of the day.
- b. took her by surprise.
- c. was hard to put into words.
- d. was when the day was over.

5) According to the writer, adults

- a. think that being a child is a privilege.
- b. sometimes forget that children have worries too.
- c. are usually exhausted by bringing up their children.
- d. don't have a stressful life.

6) What is the writer's attitude by the end of the day?

- a. she could imagine doing the job again next time.
- b. she was sad to say goodbye to the children.
- c. she was disappointed with the experience.
- d. he hopes the playscheme will be longer in future





## Part 6: Gapped Text

### This month in lifestyles we feature Sarah a practising acupuncturist.

I've done a lot of travelling in Europe and Asia throughout my adult life and it was whilst I was teaching in China that I became interested in acupuncture. It is common for people there to have acupuncture treatment, not only if they're ill but also to prevent the onset of diseases. It was after returning from China and witnessing how successful it had been that I reached the decision to become an acupuncturist myself. I was lucky to discover that the town where I lived had a famous and well-reputed college of traditional acupuncture.

Alternative medicine is particularly important for me because I firmly believe that it works on the level of body, mind and spirit. 1) Of course this medicine is very powerful and can consequently have powerful side effects. Alternative medicine like acupuncture on the other hand is aimed at treating the person as a whole. When a person's ill, there's something in their life which is putting their energy levels out of balance. What alternative therapies try to do is help to gradually push that energy back into balance. The result is that any disease present might naturally disappear as it cannot survive when energies are balanced.

The treatments consist largely of balancing the energy between the different meridians of a person's body. 2) Treatment aims to free blocks of energy in these meridians which may be causing ill health and which may have been there for many years.

It would be an odd state of affairs if a practising alternative therapist had not had treatment themselves and this is certainly not the case for myself. 3) I've never suffered particularly from physical problems but treatment for my mental and spiritual wellbeing has been very successful.

I've treated a wide range of people for various conditions, for example people suffering from stress and anxiety and helped them to cope with stressful situations in their lives. 4) There's another woman who suffers from arthritis of the hip and at the moment I'm treating an old lady who has several health problems, one of them being Parkinson's Disease. All these people have found that acupuncture has made them feel more balanced in themselves and they have certainly benefited from the treatment.

To date I currently own the Licentiate in Acupuncture. This course lasted three years and I had to go to the college about one weekend in three. 5) I had a large amount of homework to do and practical work, which I did two or three evenings a week. This entailed locating points on different people. As you can imagine, this isn't straightforward as people are different sizes and have different shaped bodies.

In the future I hope to set up an alternative health clinic which will involve myself as an acupuncturist but perhaps other people as well. 6) I'd like to set this up somewhere in a rural setting, where people could enjoy coming not only for the treatment but where they would be able to sit and enjoy the scenery, go for walks and basically feel free from the stresses of life.

- A. These are twelve acupuncture channels along which energy travels in the human body.
- B. Also on a physical level I've treated a woman for problems with eczema.
- C. I'd like to work with practitioners of homeopathy, reflexology, aromatherapy and perhaps counselling.
- D. There was a lot more to it than that though.
- E. Contrary to popular belief, having the needles placed in your body is quite painless.
- F. I've had a lot of acupuncture treatment and found it particularly useful.
- G. This is very different from Western medicine which is supposed to work solely on the body.

## Part 7: Multiple Matching

You are going to read a magazine article about various local campaigns.

### Community News



#### A Homes For All

Organisations that help the homeless are warning that people will face even greater hardship this winter unless urgent action is taken to offer shelter to those without a home. This warning follows publication of figures showing an increase in the number of homeless people. Susan Evans of the organisation 'Homes for All' said: "With a shortage of accommodation, more people than ever before - young and old - are having to sleep rough. A cold winter is predicted this year which means that these people will have to put up with sub-zero temperatures. Action must be taken urgently to offer these people shelter." A nationwide demonstration to raise awareness of the problem will take place this weekend. Supporters welcome.

#### B Village Protest

Residents of local village, Shilden, are preparing for a night of protest to save their village from Government planners. Proposals for a new motorway to be built that will run within 2 kilometres of Shilden have caused uproar amongst residents. They claim that they were given insufficient time to respond to the proposal. Tony Fellows, spokesperson for the 'Village Protest' campaign explains: "The planned route cuts across some of the most picturesque countryside in the region. Shilden welcomes thousands of tourists each year. Many of the shopkeepers depend on this trade and would almost certainly face ruin if tourists were put off coming by the damage this road is likely to cause". The all-night protest will take place in the fields where the building work is likely to begin.

#### C New Youth Club

Youngsters in the city-centre will lose out on a much-loved project if substantial funds are not found this year. The 'New Youth Club', which is open to young people from the ages of 10 to 17, is being threatened with closure by Health and Safety officials who claim the building is unsafe. The club, built 30 years ago, was badly damaged by heavy storms last year and city engineers estimate that one hundred thousand pounds is needed to repair structural damage. With only limited funds at their disposal, managers fear the club will have to close. Youngsters from the club have organised an Open Day on Tuesday in an effort to raise some of the money needed to enable the repairs to be undertaken. "This alone won't be enough, however" warned Adam Ross, Youth Leader.

#### D Save lea Valley

A rare species of butterfly and many native plants face extinction if the 'Lea Valley office complex' project goes ahead. This is the claim made by local environmentalists involved in the 'Save Lea Valley' campaign. They argue that the proposed development, to be built on the site of woodland dating back hundreds of years, will rob the country of several rare species of wildlife. 'Local people would be horrified if they knew of the consequences of this project,' claimed environmentalist Ian Wilson yesterday. "We need to instigate a local campaign to alert everyone to the dangers. We are starting by writing letters to everyone in the area asking for their support. The office complex developers must not be allowed to do this".



For Questions 1-10, choose from the people (A-D).

1. Local businesses could be badly affected.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

2. People in the area are not aware of the problem.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

3. There are plans to build a brand new building.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

4. The campaign supporters do not have to meet together.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

5. The problem affects all age groups.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

6. The problem was caused by bad weather.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

7. If the plan goes ahead it will spoil the look of the area.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

8. The campaign cannot raise enough money on its own.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

9. The problem was announced shortly after a report was published.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

10. Young people are in danger.

- a. Homes For All
- b. Village Protest
- c. New Youth Club
- d. Save Lea Valley

