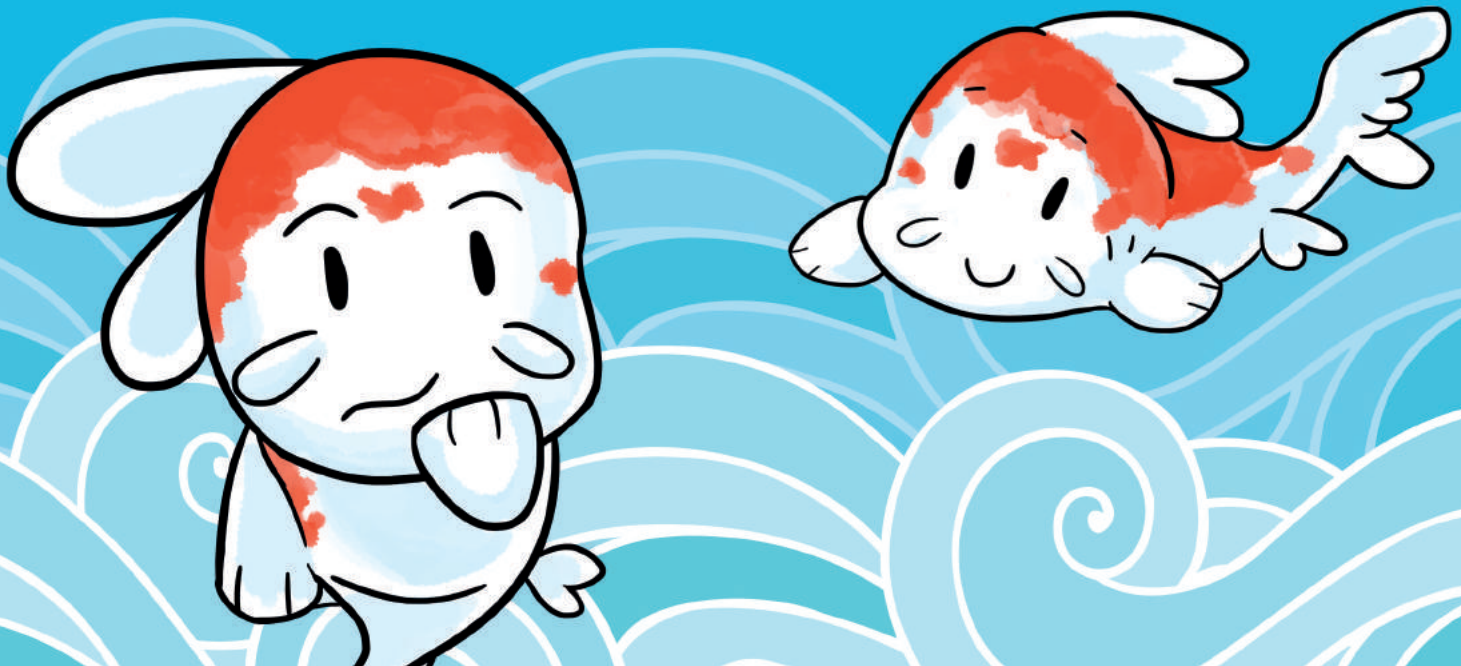




REMEMBER WITH PATCHES

Written and designed by Jesse-James Cambridge
Illustrated by Marie Arroyo Lopez





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St Luke's Hospice Plymouth
Stamford Road
Plymouth, PL9 9XA
www.stlukes-hospice.org.uk/patches

Written and designed by Jesse-James Cambridge
www.jessecambridge.com

Illustrated by Marie Arroyo Lopez
www.mariearroyo.com

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REMEMBER WITH PATCHES



Hi! I'm Patches!

Thank you for opening up my book! I'm Patches the fish. I live underwater in a big pond. Let's be friends! I've always wanted to meet a human, afterall!

Because I'm a fish, people say I have have a small memory. I want to learn more about memories so I can understand what they mean to us.

In this book you can learn all about memories with me. It's full of fun games, activities, quizzes and even a story book adventure. You can fill this book out on your own, or with help from your family. I will always be here to lending a helping fin!



Patches is a koi fish. Koi fish come from China. There are over 50 types of koi fish!



Koi fish are one of the strongest fish in the world, and can even swim up waterfalls!



Which one am I again...?

How many koi fish can you see in the photo above?



Who are St Luke's?



St Luke's Hospice Plymouth are a charity that supports people who need special help from our nurses.

The St Luke's nurses will wear purple uniforms when they visit your family at home, and they helped Patches make this book for you. They are super duper friendly, and hope you enjoy this book.

When someone can't be cared for at home, they may come to St Luke's at Turnchapel. This is where Patches lives, and where they will receive special care every day. If you visit Turnchapel, make sure to visit Patches in his pond!



They seem nice, right?

We have our own koi fish here at St Luke's!

Why not visit us in virtual reality?



Ask an adult to help you scan in the code opposite, and take a look at the inside of St Luke's! See if you can find our fish pond!

Or visit the website directly at www.stlukes-hospice.org.uk/virtualtour

Cool!



My name is...

My birthday is...

My best friend's name is...

My favourite colour is...

My favourite food is...

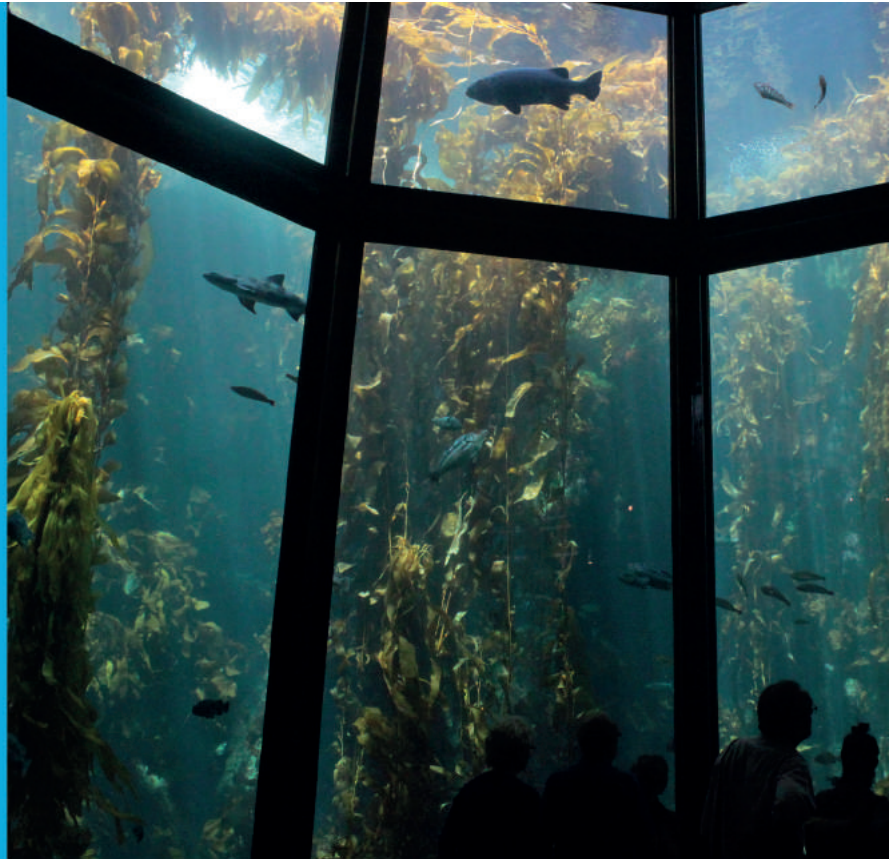
**Enough about
me, tell me
about you!**



Draw you and your family!

No scales and
no fins either...
humans are so
fascinating.

Try and remember the last time you went out with your family. Going out with family is fun, right? Because you can share the fun with everyone!



How about visiting the:



**NATIONAL
MARINE
AQUARIUM**

Can't make the trip?

That's OK! You can make your own aquarium with your family at home, using toys and a bath!

The National Marine Aquarium is home to all sorts of amazing underwater creatures, from giant sharks to octopi - even clownfish like Nemo live there!

What kind of stuff do you like?

The things that I like are...



I like my family, my
friends, and when
people give me
fish food!

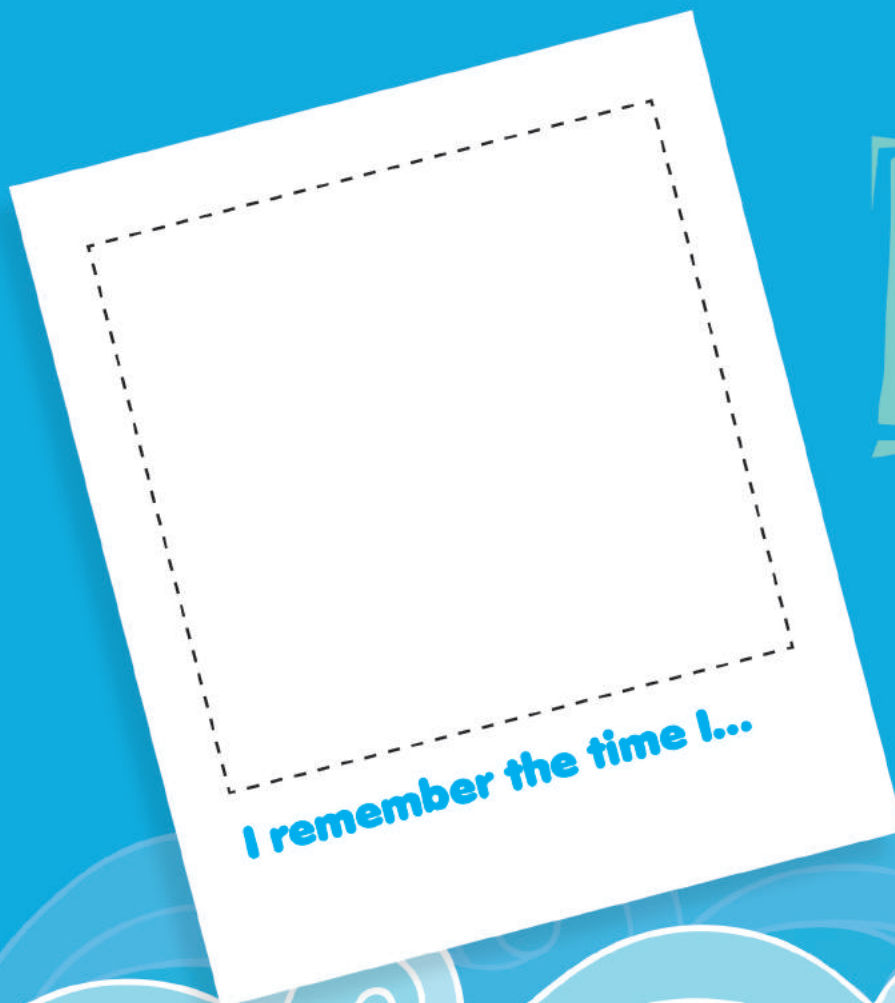


The things that I don't like are...

A large, empty rectangular box with a thick orange border, intended for writing. It occupies the central portion of the page below the title.

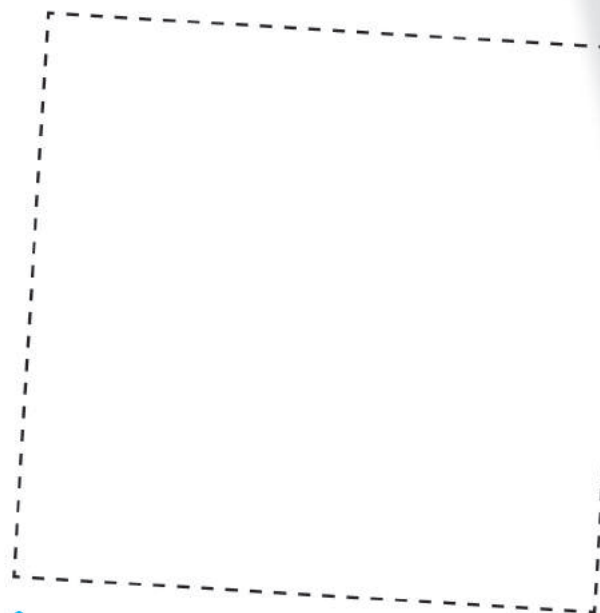
What memories do you want to share?

When you remember a fun day out, that's a special memory! Memories let us see things we like in our mind's eye, without even being there! Draw or write about your favourite memories here, or even stick in some pictures!

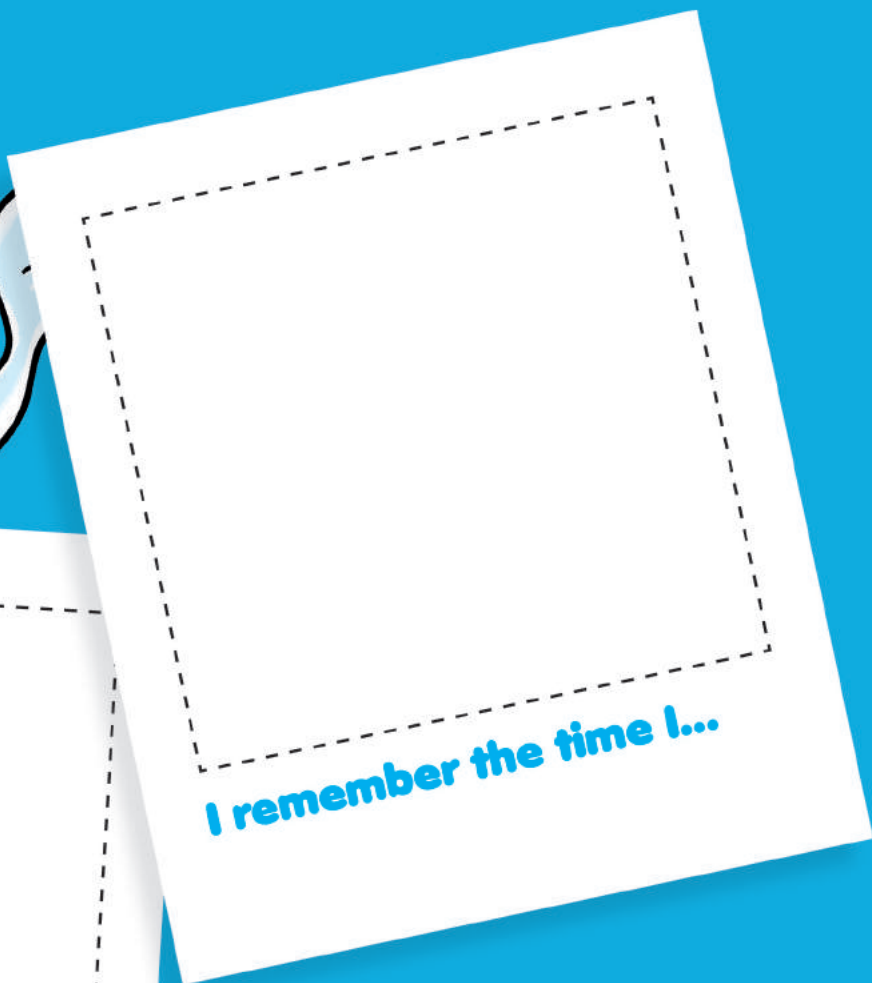


I remember things too! I remember what your favourite food is! I want to try it!

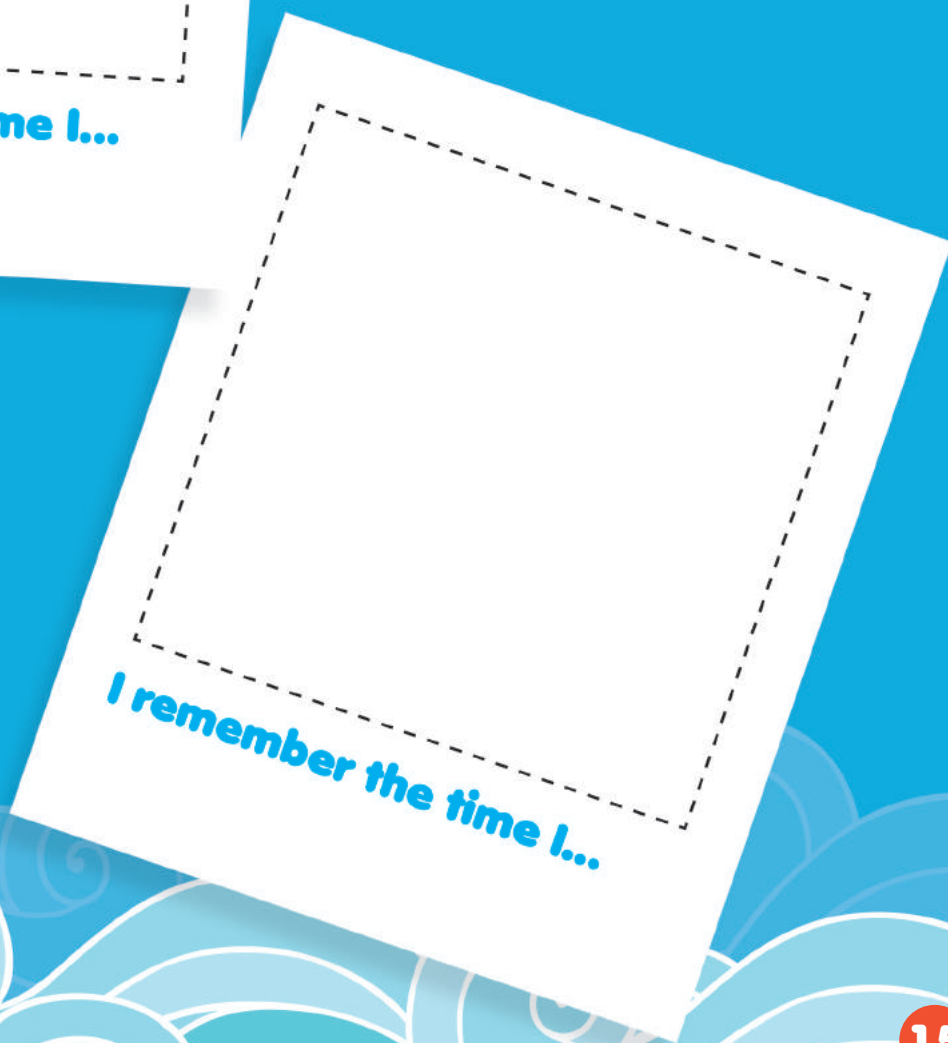




I remember the time I...



I remember the time I...



I remember the time I...

Let's make a Memory Box!

I wonder how much fish food I could fit in my memory box...

Memories can be brought back by so many things - a name, a photo, even a funny smell!

Gather up lots of bits and pieces that remind you of your loved ones, and make your own box of memories to keep forever!



What do I put inside?

PHOTOS TICKETS CARDS

JEWELLERY DRAWINGS

SHELLS STICKERS
CERTIFICATES

POST CARDS STAMPS

Really, anything that reminds you of your loved ones!

I need a box, help!

You can use any kind of box to make your Memory Box. It could be a shoe box, a package from the post, or even made of wood! If you have trouble finding a shoe box, ask St Luke's to get you one.

Spot the difference!

Can you spot the 5 differences between the two pictures below? Draw a circle around the ones you find!



Find all the missing words!

The clues to the puzzle are our ocean friends around this page!



Colour your own Patches!

Fish come in all different colours. Colour in your own idea for Patches' makeover!



I look great!
Thanks for giving
me such an
awesome colour
swap!



**You must have a
good family to raise
someone as cool as
you! Tell me more
about them!**



My parents are called...

My grandparents are called...

What I like most about them is...

They often make me feel...

They make me laugh by...





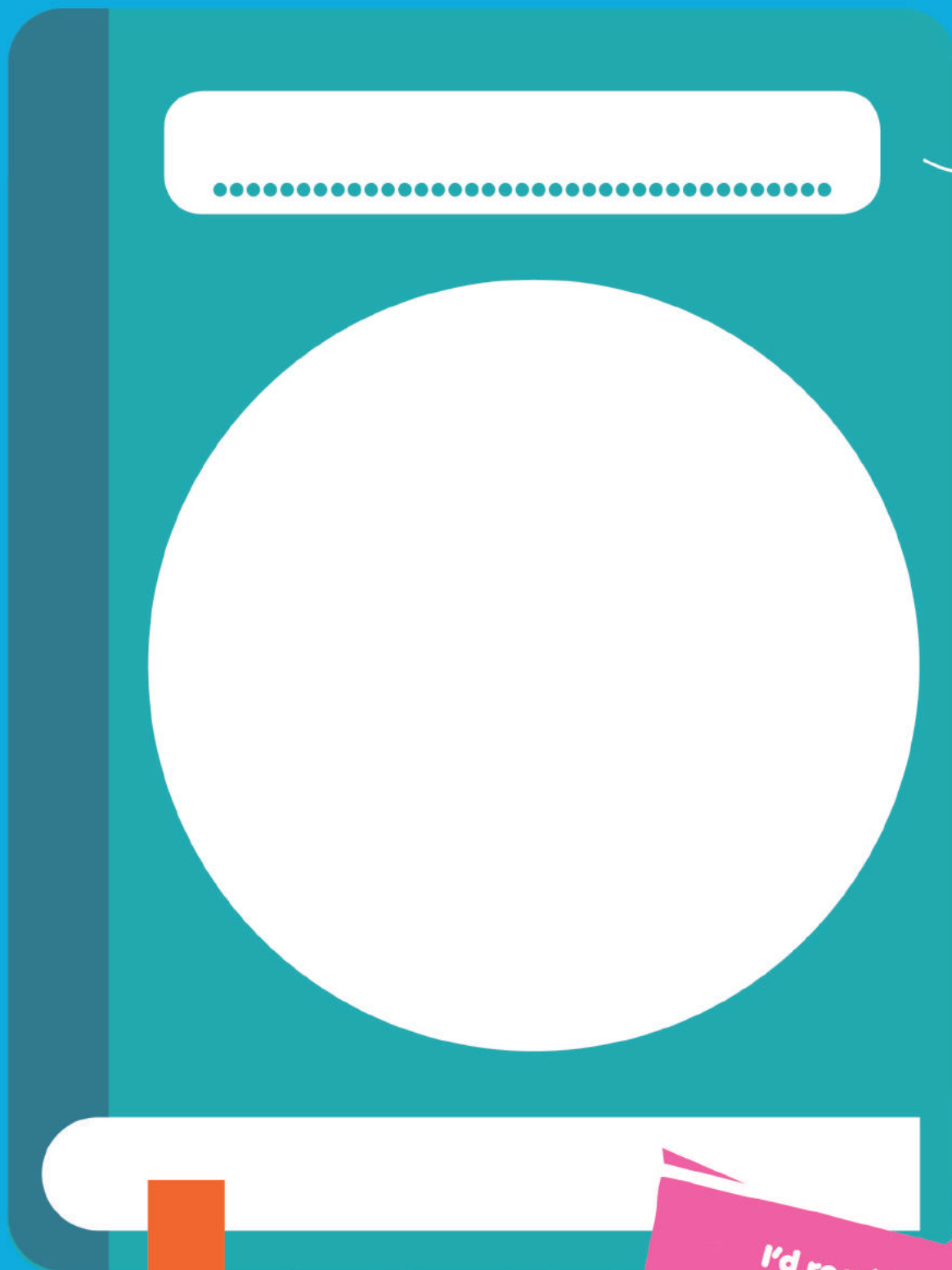
**Can you find
Patches and friends?**





Draw the cover for a book all about your family!

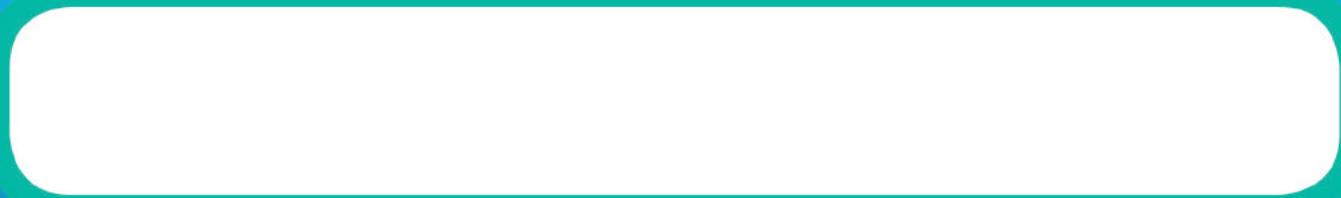
Put the title of the book here!



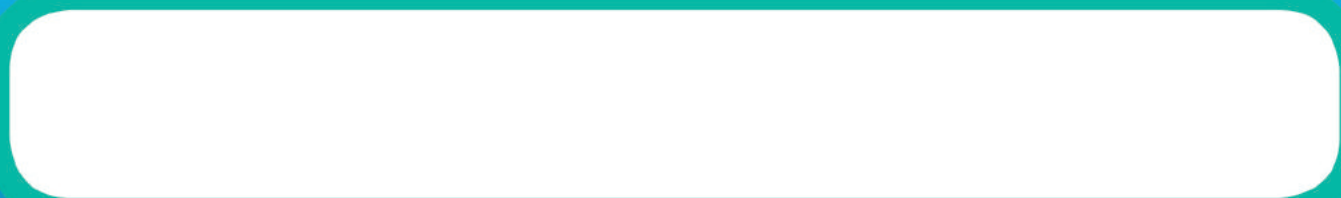
**I'd read it
underwater, but
the pages would
get soggy!**



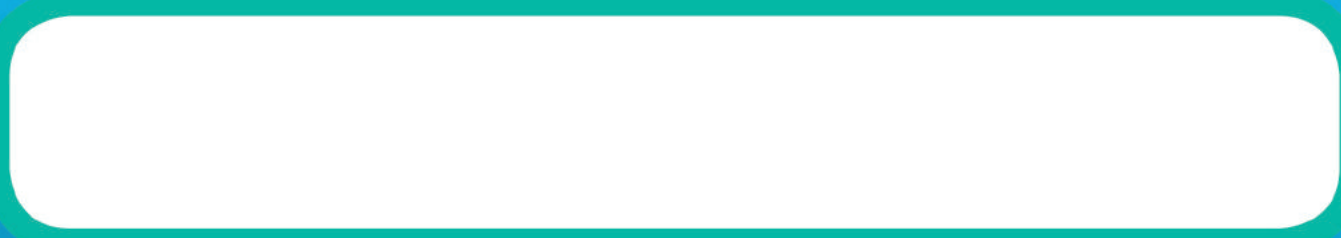
**If I wrote a book about my family,
the main character would be...**



We'd go on an adventure to...



**While we were there, I would
visit...**



And in the end, we would...



What fish would you be? Find out with this personality quiz!

Circle each answer that sounds most like you. At the end of the quiz, count up your answers and whichever letter (A, B, C or D) you answered the most, is your fish! Turn the page to see the answers!

Question 1

If you saw another fish heading your way, what would you do?

- A) Say "Good Day" and carry on.
- B) Joke about an impending mid-water collision.
- C) Swim in the opposite direction, better to be safe!
- D) Gobble him up, yum yum yum!

Question 2

If you could pick, where in the ocean would you like to live?

- A) I'd prefer a nice safe glass bowl.
- B) In a cosy underwater forest of colourful anemone.
- C) The ocean is way too scary to live in!
- D) Wherever the most prey is...

Question 3

If you were a fish, what would you do for fun?

- A) Relax and float around.
- B) Try to make friends with the other fish.
- C) Being a fish wouldn't be fun at all!
- D) Chase all the smaller fish around and around.

Question 4

Which word best describes you (as a fish)?

- A) Friendly.
- B) Funny.
- C) Worried.
- D) Hungry.

Where's my
'What type of
human would
you be' quiz?



Question 5

What would your name be if you were a fish?

- A) Goldy.
- B) Nemo 2.
- C) I'd keep my own name.
- D) Jaws.

Finished? Count up your answers and turn the page to see what fish you would be!

What fish would you be - the answers!

You've taken the quiz on the previous page, now find out the answer! Count up all your answers and see which letter you answered the most - A, B, C or D! Then match up the answer to the fish below. Surprised?

Mostly A's - You are a GOLDFISH!

Kind and dependable, you are a popular fish with people and other fish alike. You like to take it easy, keep things tidy, and are a trustworthy friend. Nothing beats a warm bubbly fish tank!



Mostly B's - You are a CLOWNFISH!

Always talking and coming up with new hilarious ideas, you are smart-minded and popular. You don't take things too seriously, and could be the next fish Hollywood movie star!



Mostly C's - You are a PUFFERFISH!

You are a bit nervous of life underwater. Protective and forward-thinking, you aren't one to be messed with. Keep your friends close, and your enemies close enough for your spike attack!



Mostly D's - You are a GREAT WHITE SHARK!

Wow - I can't believe you got this answer. We weren't even going to put this one in, until you came along. You are the coolest fish in the sea, and everyone knows it. Nobody can top your strength and confidence!



Draw your dreams!

Sometimes we remember things from our dreams, and they end up being important memories to us, even though they never really happened! Do you remember a dream you once had? Try to draw it here!

**If you dream
about fish, it's
said to bring
good luck!**



Make your own kind of fish!

Fish and marine life come in all shapes and sizes, with a crazy amount of weird and wonderful accessories to match! So what kind of fish would you make? Draw your own fish here!

TENTACLES?

SEE-THROUGH?

CRAB PINCERS?

FINS?

RAINBOW COLOURS?

GLOW IN THE DARK?

What is your fish called?

What does your fish eat?

Where does your fish live?

Does your fish have any special abilities?

Bend water, with science!

Here's a fun experiment with water to try at home and impress your family and friends!

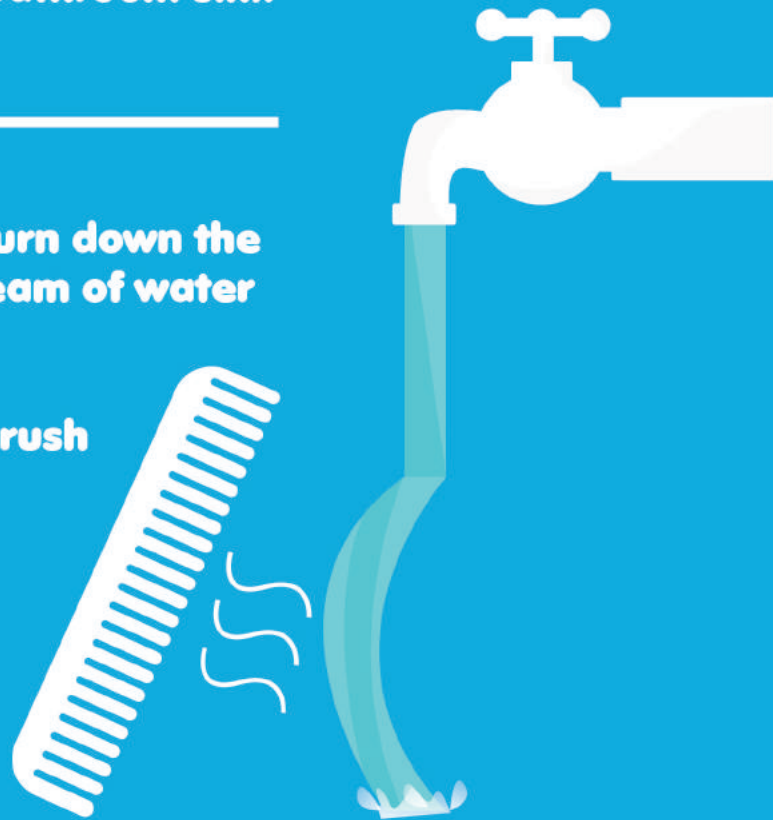
What you'll need:

- 1) A dry plastic comb, for combing your hair
- 2) An indoor water tap, like in your bathroom sink
- 3) A head full of clean dry hair

Step 1: Turn on the tap and slowly turn down the water until you have a VERY thin stream of water flowing.

Step 2: Take the plastic comb and brush it through your hair ten times.

Step 3: Now slowly bring the comb close to the flowing water, (without actually touching the water). If all goes well, the stream of water should bend towards the comb!



The science behind the trick

When you brushed that comb through your hair, tiny parts of the atoms in your hair, called **ELECTRONS**, collected on the comb. These electrons have a **NEGATIVE** charge. Remember that, it's important. Now that the comb has a negative charge, it is attracted to things that have a **POSITIVE** charge. It is similar to the way some magnets are attracted to certain metals.

When you bring the negatively charged comb near the tap it is attracted to the **POSITIVE** force of the water. The attraction is strong enough to actually pull the water towards the comb as it is flowing!

Amazing! I wonder if I could swim up such a little stream of water...



Match the fish to its home!

Learn more about where fish come from by matching each one with its natural home.



Word search

Can you find all the hidden words below? Draw a line through the ones you find. The words can go up, down, sideways and even diagonally!

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

CAN YOU FIND THESE WORDS: FISH, KOI, OCEAN, PLYMOUTH, POND, MEMORY, PATCHES, HOE, COAST, OTTER, DUCK, FAMILY.

Write your own Message in a Bottle

When you read a message in a bottle it could have been years ago that it was written. Write your own message about someone you love, and stick it onto this page, for you to read again in the distant future!

GLUE YOUR
MESSAGE
HERE!

I'll take good
care of your
message!



Memory Stones

There are lots of different types of memories – ordinary, difficult and special, just to name a few. Sometimes it can be hard to separate the good from the bad. A bag of memory stones can help you balance all your ordinary, difficult and special memories.

Did you know, most rocks can be millions of years old?



What you need:

A smooth, ordinary pebble

A rough, sharp rock

A shiny gemstone

Somewhere to keep the stones



SMOOTH

This stone is for thinking about everyday memories about the people you love, like what food they like, and the things they say to you that make you happy.



ROUGH

This stone is for thinking about memories that are hard or painful for you. Not all memories are good, but they are all important to keep together side by side.



SHINY

This stone is for thinking about something really special that happened to you with the people you love, like a day out together, or even just their happy face.

It's important to accept and remember both the good memories and the bad ones, because they are all important in making us who we are as we grow up.

The Memory Game

Memories are important because you can carry them wherever you go; they can be memories of a special day, your favourite toy, or even what someone looks like! Let's put your memory to the test!

Step One

Look at your parents, and try to remember details about their faces, like:

- **Hair colour**
- **Eye colour**
- **Freckles/birth marks**
- **Glasses**
- **Freckles or birthmarks**



Step Two

Leave the room from your parents, or turn away from them so you can't see them. Now draw them from memory in the box below! No peeking!



Now go back and compare your drawing to your parents. How did you do? I bet your drawing is spot on! This is the power of your memory - you can see the people you love in your mind, even when they're not there in front of you!

Connect the dots



Fun facts about koi fish



Koi fish can get very large, up to a whopping three feet! How big a koi fish grows depends on the amount of food, oxygen and space they have in their pond.



Koi fish can live for more than 100 years! That's very old for a fish, so they must have a lot of memories!



Koi fish have a very varied diet, and will eat a lot if given the chance - including lettuce, peas and even watermelon!

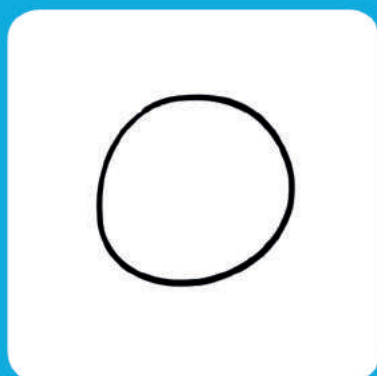


I can't wait to see what you draw!

How to draw Patches!

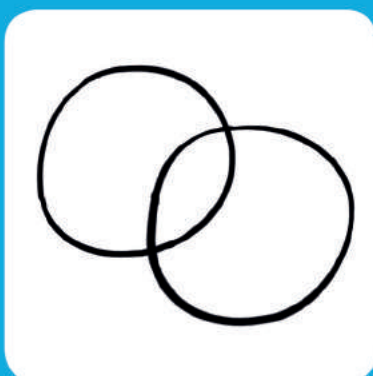
Follow these ten easy steps to draw the happy St Luke's koi fish, Patches.

1



FIRST, DRAW A REGULAR CIRCLE. THIS WILL BE PATCHES' BODY.

2



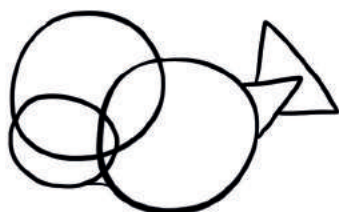
NOW DRAW ANOTHER CIRCLE ABOVE AND OVER THE FIRST ONE.

3



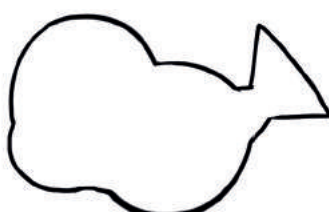
ADD A SMALLER CIRCLE ON THE FRONT, AND A TRIANGLE AT THE BACK FOR A TAIL.

4



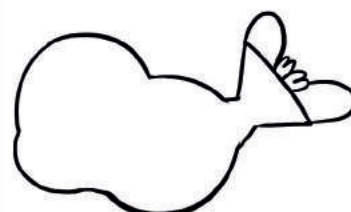
NOW DRAW
ANOTHER TRIANGLE
THAT LOOKS LIKE
IT'S BITING THE
FIRST ONE!

5



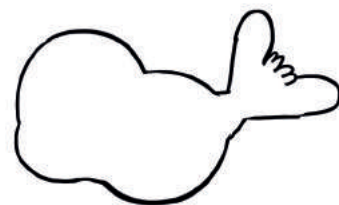
NOW IF YOU ERASE
THE LINES INSIDE,
BUT LEAVE THE OUTER
LINES ALONE, YOU'LL
HAVE A PATCHES
SHAPE!

6



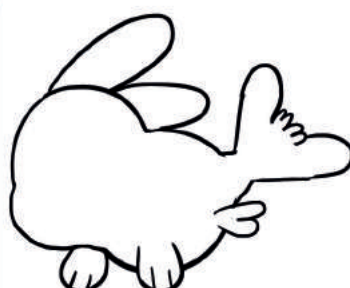
ADD SOME SEMI-
CIRCLES ONTO THE
STRAIGHT PART OF
PATCHES' TAIL, TO
MAKE REAR FINS.

7



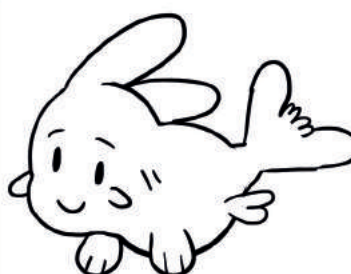
ERASE THE
STRAIGHT LINE
ON THE TAIL TO
COMPLETE THE
OUTER SHAPE.

8



ADD A BIG NUMBER
3 ON ON PATCHES'
HEAD FOR FINS, AND
A FEW MORE NUMBER
3'S ON THE BOTTOM
FOR MORE FINS.

9



FINALLY, GIVE
PATCHES A COUPLE
OF DOTS FOR EYES, A
NICE BIG SMILE, AND
DON'T FORGET THE
WHISKERS!

10

TIPS FOR COLOURING PATCHES

KOI FISH CAN BE MANY DIFFERENT COLOURS, AND THEIR PATTERNS CAN VARY FROM EACH FISH. PATCHES HAS A BIG ORANGE PATCH BETWEEN THE EYES, AND IS MOSTLY WHITE! WHY DON'T YOU TRY ADDING NEW COLOURS TO YOUR DRAWING OF PATCHES?



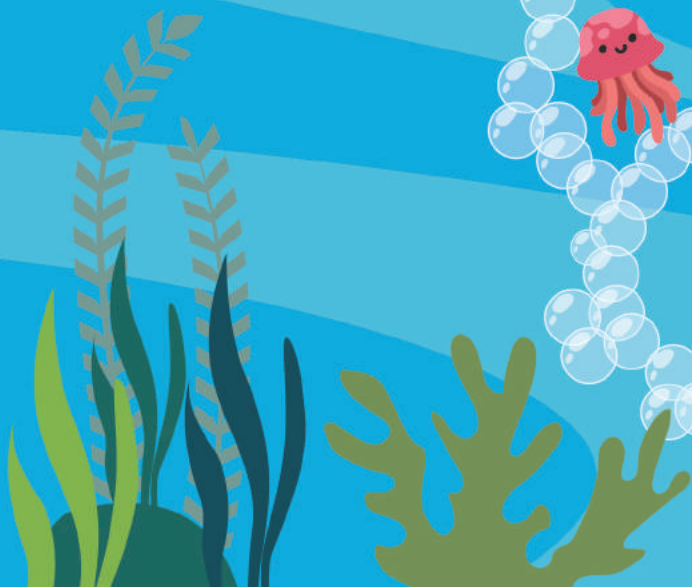
Thanks for
helping me
out of there!

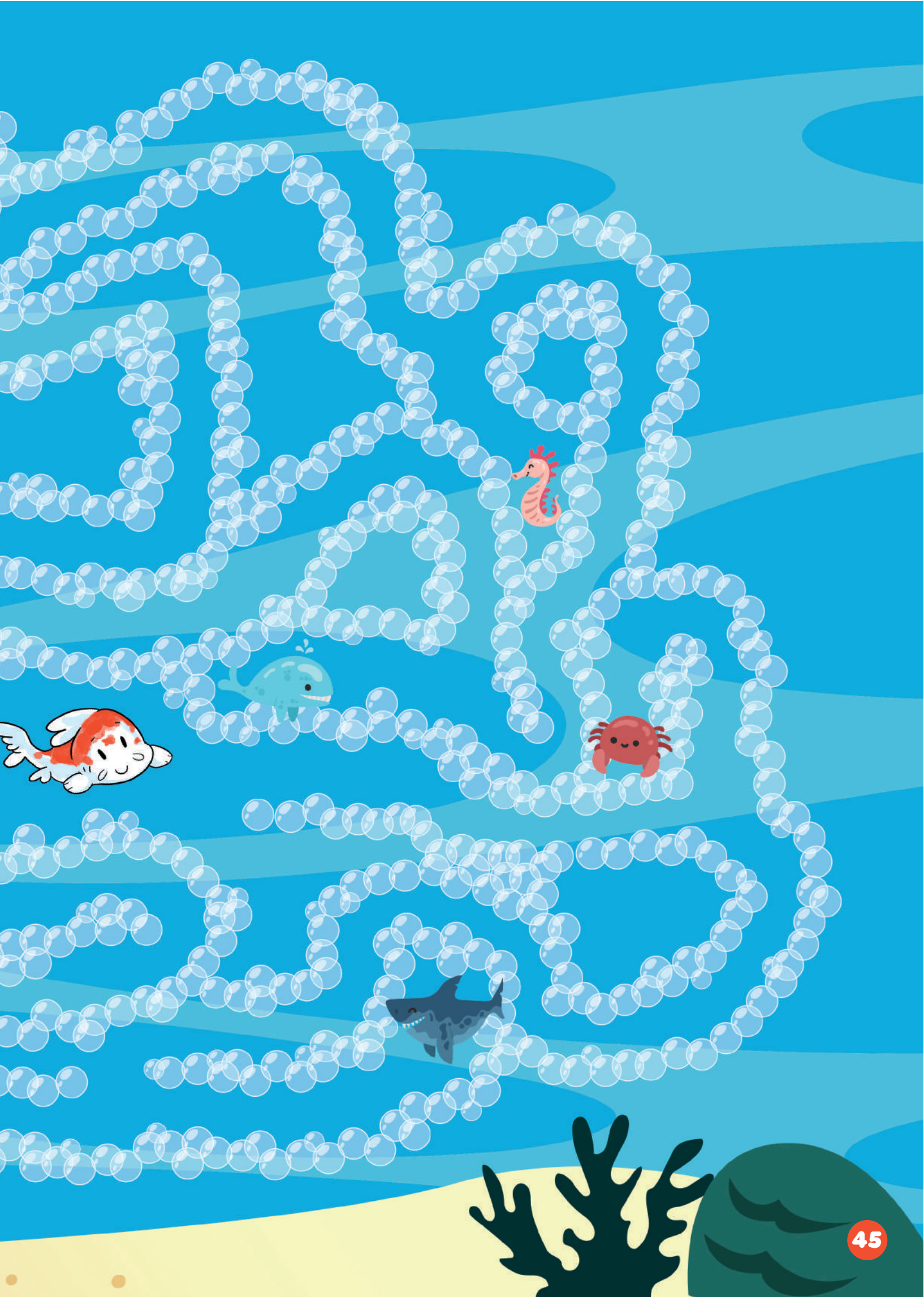


START HERE

**Help Patches through
the bubbles!**

Try not to bump
into anyone on
the way!





Get the Pirate's Plunder!



The Pirate Captain needs some help to get to the hidden treasure chest! Grab a dice and get rolling - move your chosen toy across the board depending on what number you roll. First one to the treasure wins! But you'll share the gold...right?



How are you feeling?

I feel happy when...



I feel upset when...



Sometimes it's good
to talk about how
you're feeling. It
helps you keep track.



I feel angry when...



I feel nervous when...



PATCHES



A Day Out With Patches

For the rest of this book, you get to help Patches on an adventure! Help Patches remember how to get home using the power of memories, friends, and your awesome sticker pack.

FROG





OTTER



BUTTERFLY



DUCK



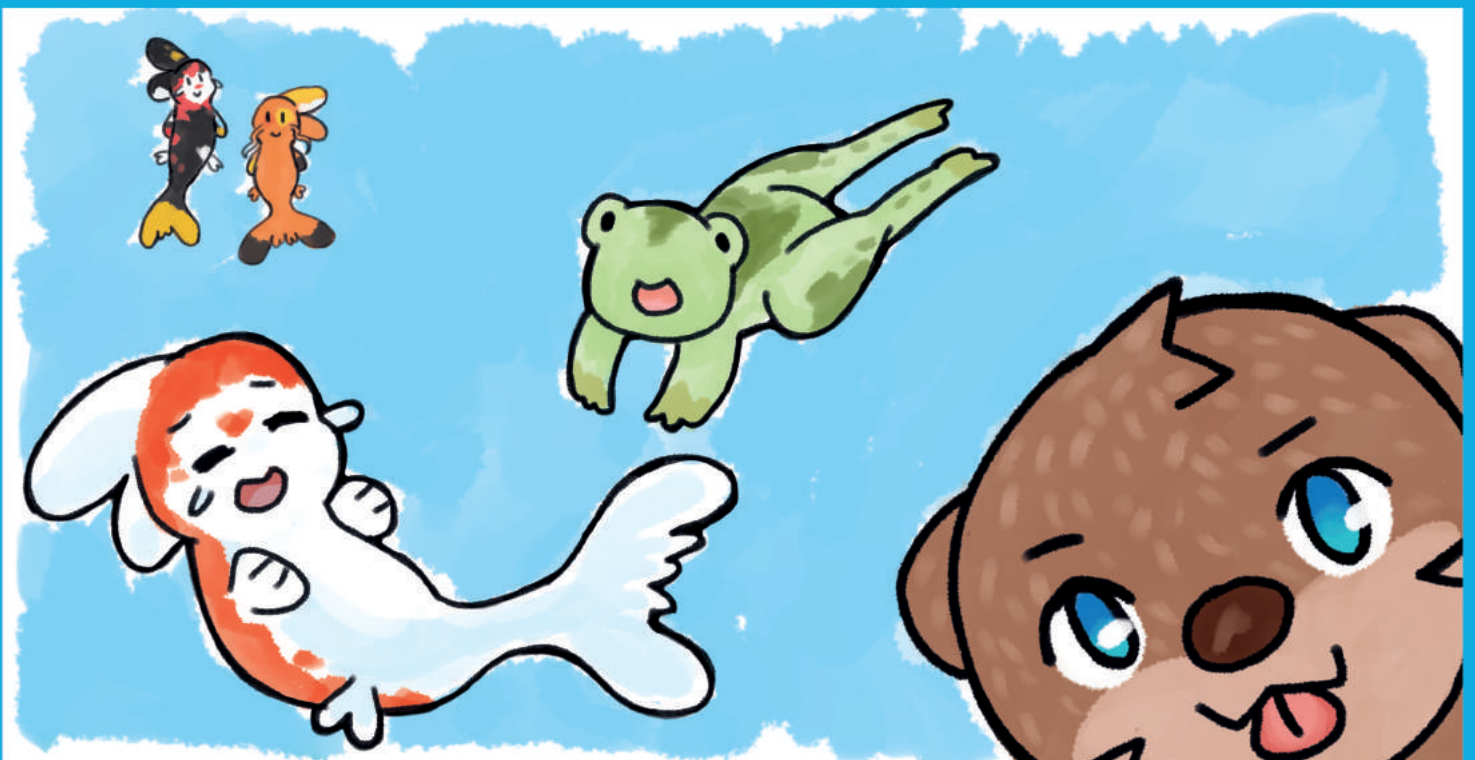
Patches is a koi fish. Koi fish live in ponds, and are related to freshwater carp, who live in rivers. They like the cold water of a garden pond, and live in very big families!



It is often thought that fish can only remember their memories for three seconds, and then they vanish. If humans had such bad memories, we'd always be forgetting the people around us!



The truth is, Patches and the other fish have perfectly fine memories. But they've lived this way for so long, they've got used to it! But memories are important, and make you who you are. Today, Patches will learn just how important memories can be!



One day Patches went out to play with family and friends. They all had a fantastic time, and time flies when you're having fun! Soon enough, the sun began to set, and it was time to go home.



"I'm ready to go home!" said Patches. But there was no one around to hear! (Except you readers!)

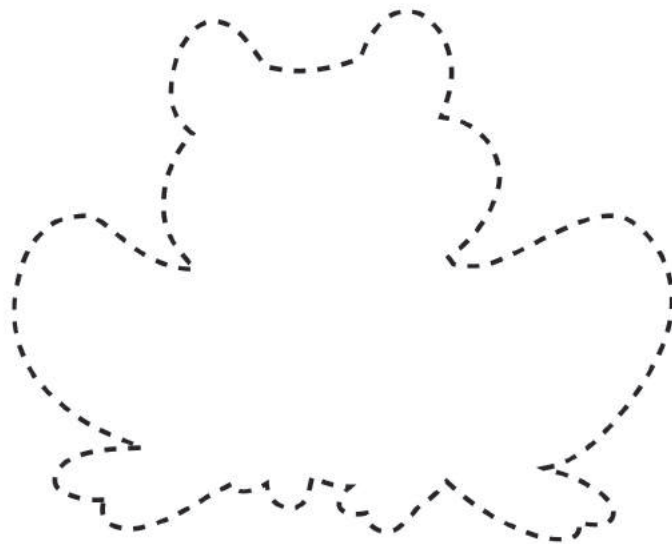


"Where did everybody go?" asked Patches, puzzled. Patches had been having a great day with family and friends, but couldn't remember where they had gone! If only Patches knew about memories!



"I better find my way home! To do that, I should retrace my steps through the day! So...who was the last friend I played with? Can you help me remember?"

Who did Patches play with last? Can you match the shape to one of your stickers?



"That's right! It was Mr Frog! Thank you for helping me remember!"



Patches went to Mr Frog's underwater log home, which was very close by. Mr Frog was sitting inside.



"Mr Frog! I'm trying to remember what happened today. What game did we play together?" asked Patches. "Hello Patches!" said Mr Frog. We were singing a song together! Do you remember the words?"

Make up a funny song for Patches and Mr Frog to sing!



.....



.....



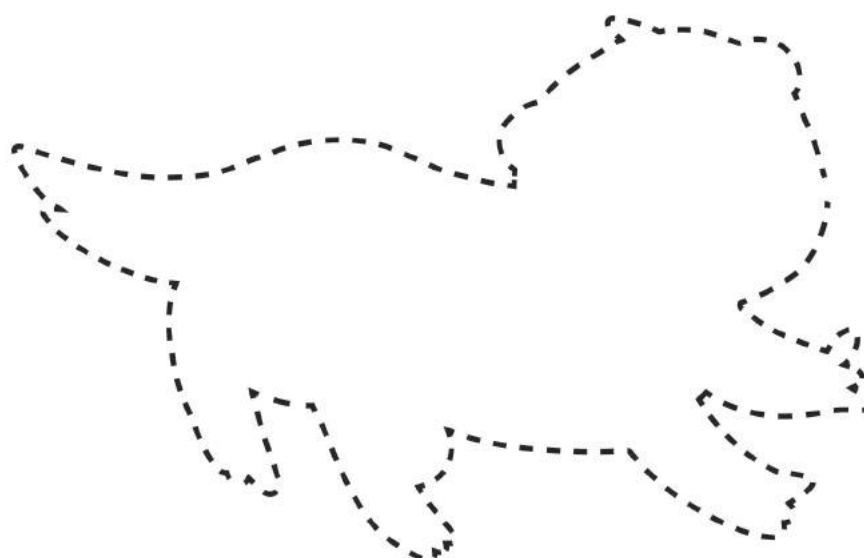
.....

.....



Patches laughed and sang along with Mr Frog once more. While singing the song, Patches remembered another friend they had played with before! Can you help Patches remember?

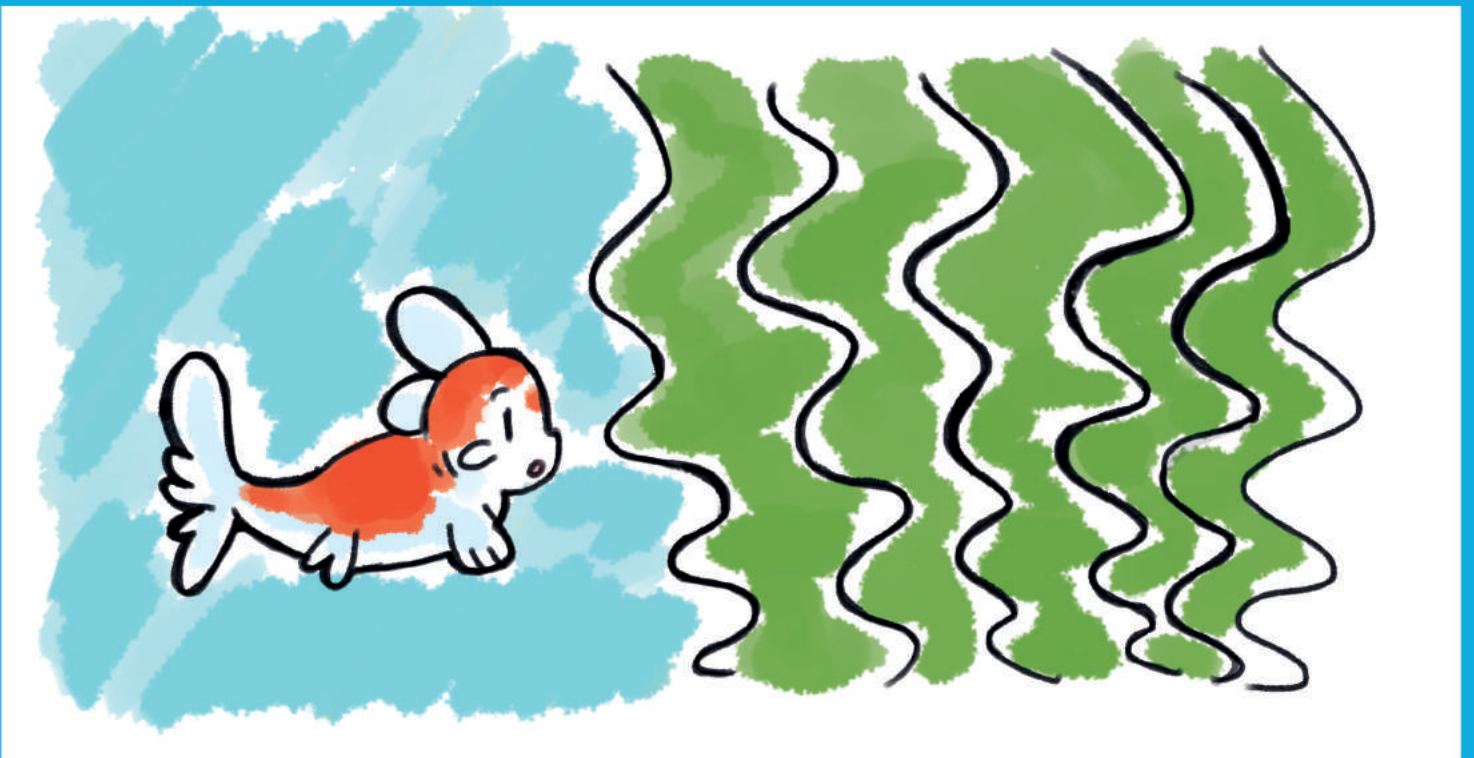
Who did Patches play with before Mr Frog? Can you match the shape to one of your stickers?



"That's right! It was Otter! Thank you for helping me remember!"



Patches said goodbye to Mr Frog and swam across the pond to where Otter lived.



Otters live in forests of kelp underwater, where they can play and hide in secret! Patches thought that this would be the right place to find Otter.



"Hi Otter!" said Patches. Otter was training hard for a race! "Hey there Patches, what are you doing here?" said Otter. "I'm trying to remember what I did today, so I can find my way home!" said Patches.

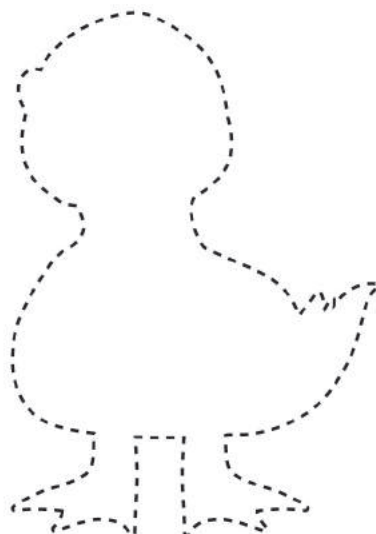


What sport were Patches and Otter playing? Draw them having fun here!



**"We were playing a sporty game Patches! You were helping me train!"
 "I remember!" said Patches. "That was so much fun, how could I forget?"
 Otter laughed, then said, "And do you remember who watched us play?"**

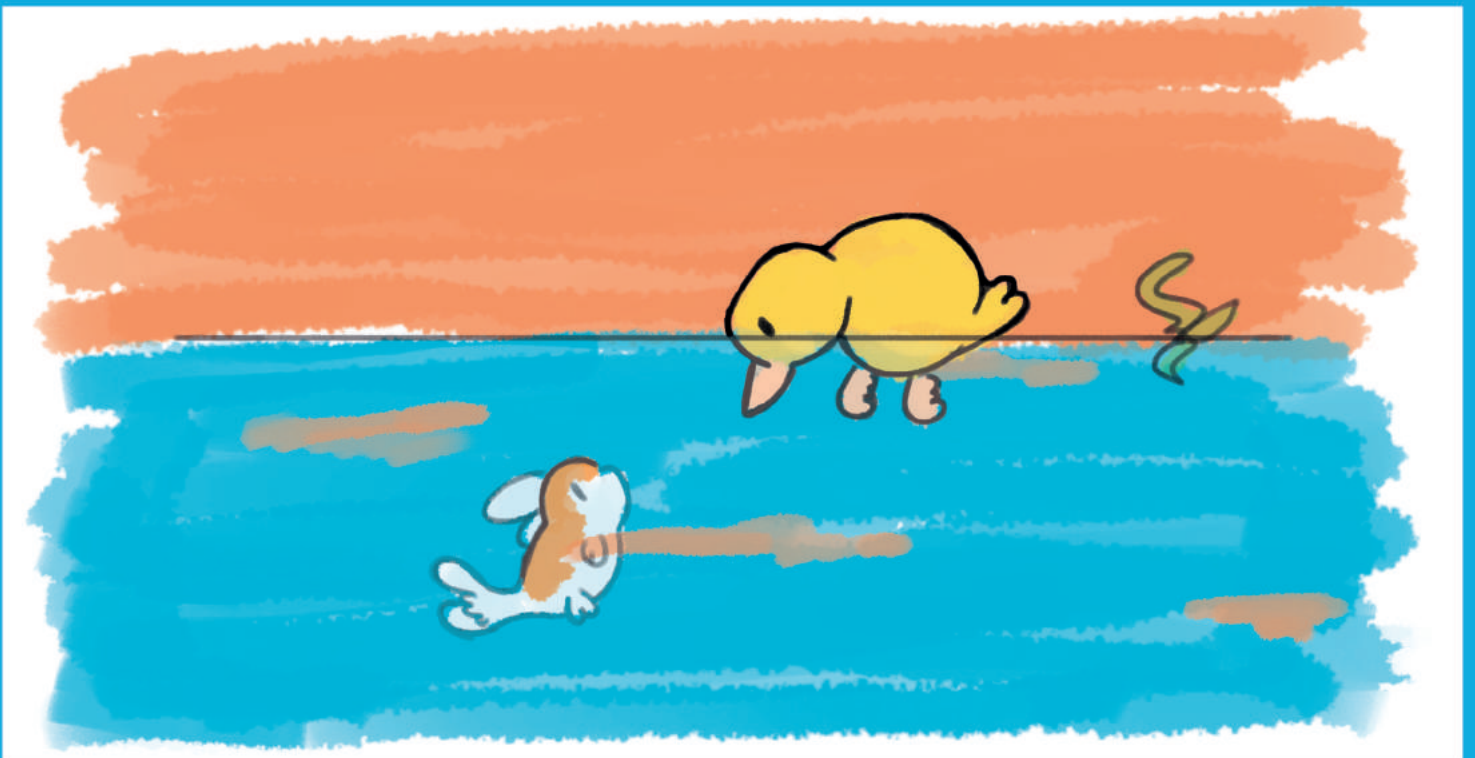
Who was watching Otter and Patches play? Can you match the shape to one of your stickers?



"That's right! It was Ms Duck! Thank you for helping me remember!"



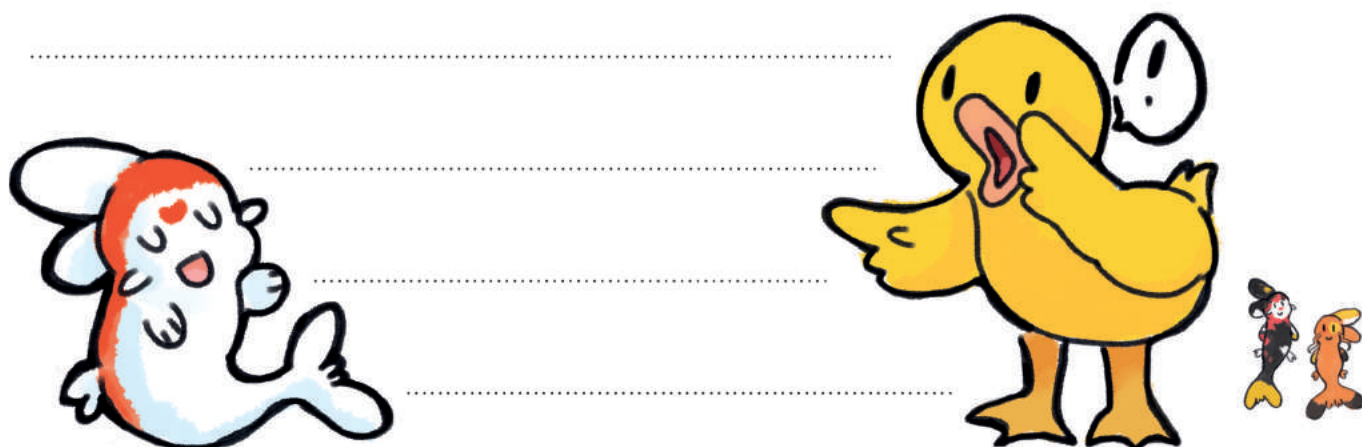
Patches swam off, waving goodbye to Otter, to look for Ms Duck. As ducks float on the surface of the water, Patches decided to go there first.



Ms Duck was swimming just above the water, but was sticking her head under the surface, looking for food. Patches swam up to her, and she grinned.



"Bublrblrrh!" said Ms Duck, spraying Patches with bubbles. "Ms Duck! I'm trying to remember all the fun things I did today. I sang a song with Mr Frog, I played games with Otter - what did we do today?"



Ms Duck blew some more bubbles, then spoke underwater. "You were telling me a story Patches! Can you remember how it goes?" Fill in the blanks to finish Patches' story for Ms Duck!



"Wow! I can't believe it ended like that! I bet someone up here would love to hear that one!" Who was Ms Duck talking about? Patches was beginning to remember...

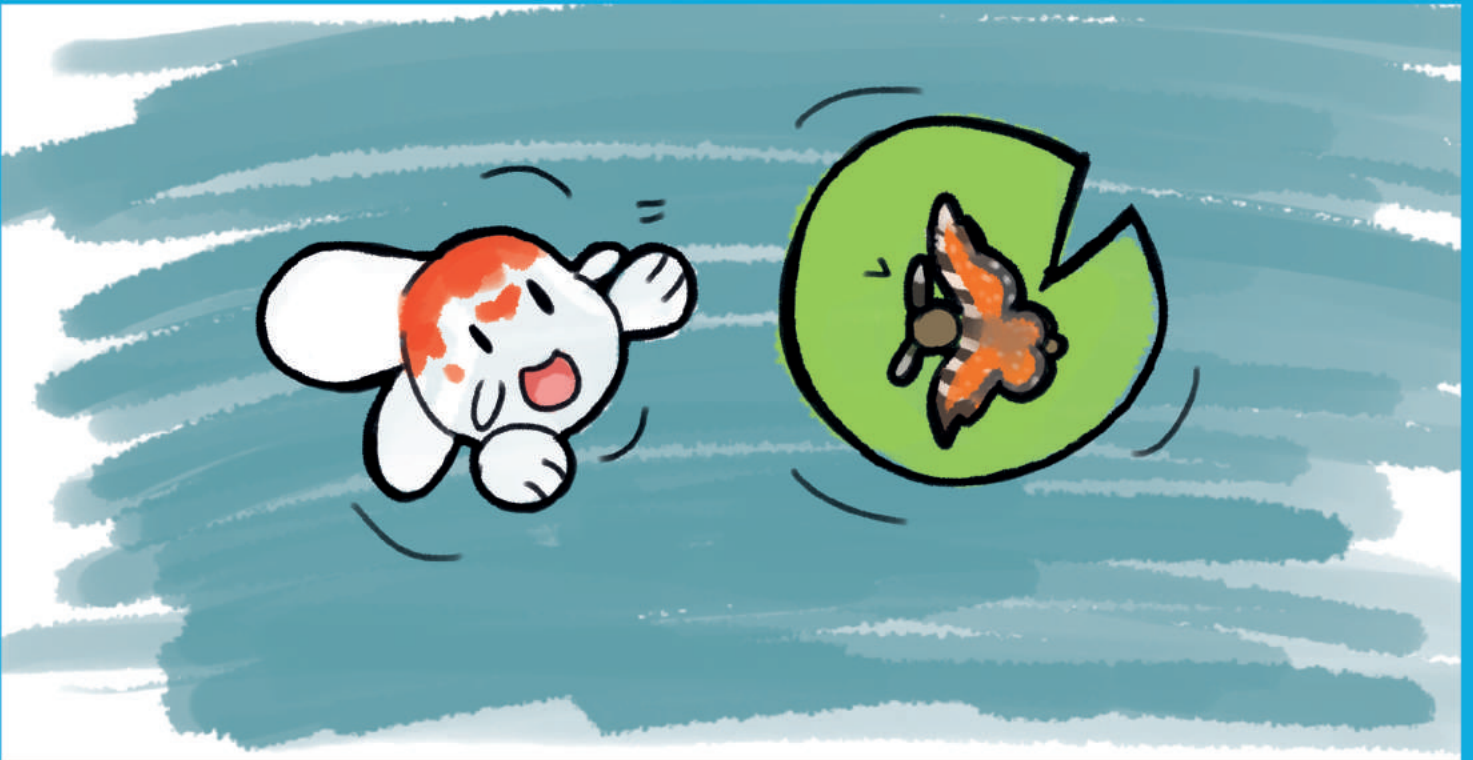
Who is Ms Duck talking about? Can you match the shape to one of your stickers?



"That's right! It was Butterfly! Thank you for helping me remember!"



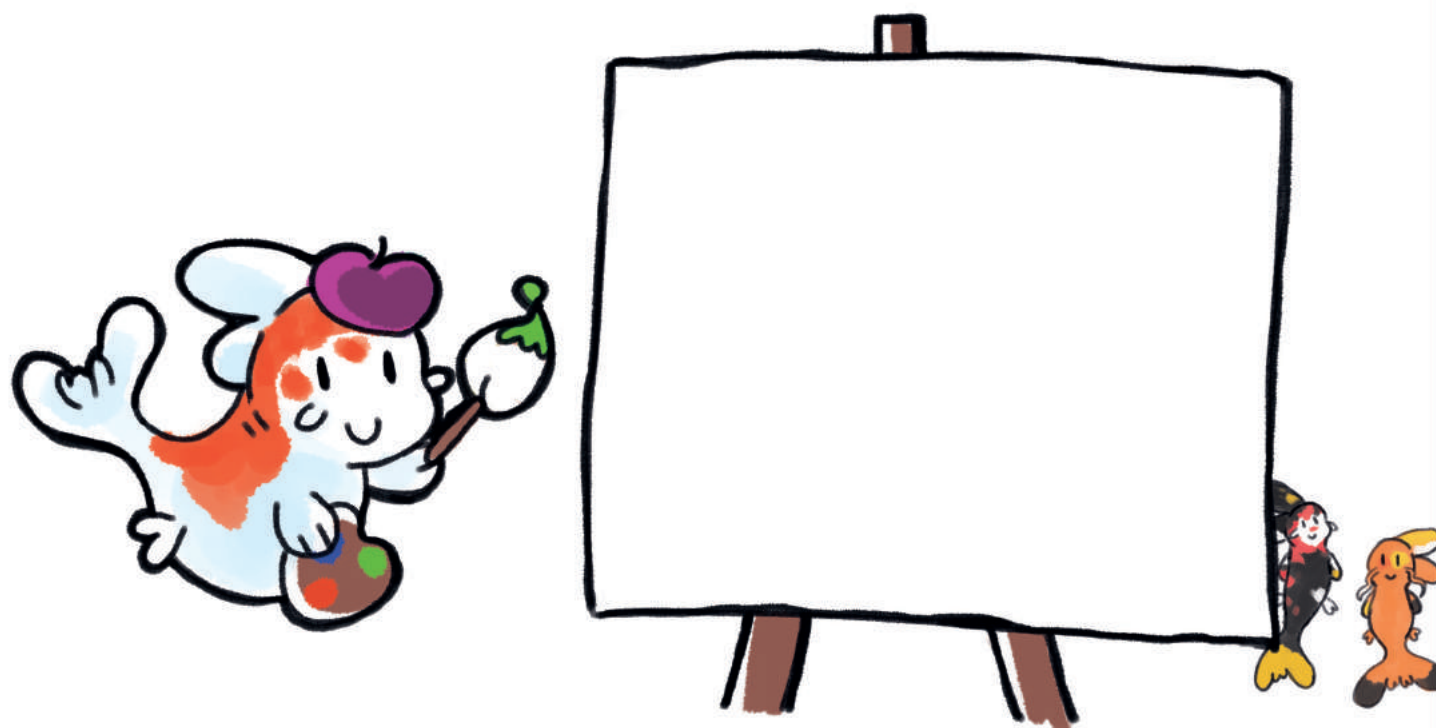
"You mean Butterfly! I saw her first today! Thanks Ms Duck!" said Patches happily. "She's up here somewhere, if you're looking for her!" said Ms Duck.



Patches swam up to the surface of the water to Butterfly's lilly pad. "Why hello little Patches! Today was so much fun, what brings you back this evening?" said Butterfly warmly.



"I'm trying to remember what I did today, so I can find my way back home..." said Patches. Patches was getting sleepy!



**"That's easy Patches, we were painting beautiful art together!"
What did Patches draw with Butterfly? Draw your own picture for
Patches on the canvas below!**



**"I remember!" said Patches. "What a pretty picture!
What did you draw, Butterfly?"**



"I painted your house, Patches!" said Butterfly. "And do you know why I did that?"



"Because your house is right beneath my lilly pad!" Patches gasped - did that mean home was just under them?



With a quick flip of the tail, Patches dashed back down underwater, thanking Butterfly as loudly as a fish can!



Sure enough, there was Patches' house! With your help and the memories from the day, Patches had finally found the way back home!



"Patches! Where were you? Dinner's almost ready!" said Patches' family. "I couldn't remember where you had gone!" said Patches. "But now I can remember!"



"Patches! Look back at all your memories of today. We were there with you, watching you the whole time!"



It's true! Try looking back at all the pages you filled in while you were helping Patches remember the day - see if you can spot Patches' family in the memories!



**As you go through life, your family and friends will always be with you, no matter where you are - in your memories!
"Thank you for helping me remember that too!"**

**Thank you for reading
this book, and playing
with me! I hope you
learned as much about
memories as I did!**





