



ELFT

# COMPANION



**Inside:**

Gardening  
Poetry  
Puzzles  
Things to do  
Hobbies

# WELCOME

Some of our creative Befrienders and myself have come together to produce a new periodical newsletter which we would like to share with you and provide a space for you to share and contribute to over the course of time.

*By Matt Preston  
Befriending Service Lead*

The Befriending Service has been running for a little over two years now. In that time we have learned a lot which has helped us ensure what we offer is as accessible and as meaningful as possible. We have been able to successfully provide phone calls to over 600 service users, we have over 100 currently receiving calls and we have even won a couple of awards (not that we like to brag...)

But what's next, what happens when the phone goes down and the room becomes silent once again?

Well, we have been thinking about other ways in which we can help combat loneliness and isolation for the individuals who access our service. Part of this new offering will be providing information about new hobbies to try, new places to go to and new groups to join and meet likeminded people.

Sometimes when we are lonely and isolated it is hard to think of a way out. Feelings of anxiety and depression can also affect our ability to think of positive changes and make them stick. Hopefully in these pages you can find inspiration, discover new ideas and see activities you would like to try out or maybe even rediscover lost joys that have fallen by the wayside.

Most importantly, we want the Companion newsletter to be as interactive as possible. We want to hear your thoughts so we can provide the kind of information you would like to see.

You can also submit your own creative works such as art, poetry, photography and more. We would love the opportunity to share your work with other Service Users in the same situation as we often feel as if we are the only ones who are going through something.

We hope you enjoy.



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Like a puzzle?

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# POETRY

THE VOICES WATCHMAN

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From far away they came running into the newly created  
world arisen  
These horrible, woeful voices yelling, these impatient voices  
sermonising.  
The unpleasant vocals flirted with the soul. I watched  
carefully through  
The barricades of the Devil's mysterious den of doom! I  
became a curious  
Watchman that wholeheartedly befriended the angry voices  
in the head.

The voices watchman was relentless: the lone doorman of  
unusual, crazy  
Voices is immensely holistic and hopeful. I'm the voices  
overseer, sitting  
Patiently in front of hell's tall grisly gate! Glowing, flashing,  
luminous lights  
Of life and joy lighting the tracks of trashiness, hopelessness  
and madness.  
These vile voices were demonic; their listeners prayed and  
wept for sanity.

The hammer of stigma struck crushing reality. The sick voices  
bashed through  
The unknown obstacles to recovery, finding peace - the  
voice's keeper was  
Curious - stirring the hopeless, aggressive, disgruntled voices  
out of the radar  
Of humanity. Knocking on the doors of stability, opening the  
myriad windows  
Of hope. Murky voices shrinking, desires hopping. Away,  
mischievous voices!



# THINGS TO DO

## EAST LONDON

### VICTORIA PARK MARKET BETHNAL GREEN E2 9JW

Stalls of seasonal fruit and veg. Organic farm butchers. Fresh fish. Locally baked bread. Small batch cakes and biscuits. Cheeses. Farm made pies. Charcuterie.

Olives. Pasta. SAUCES. VEGAN CHEESES. Biltong. Raw milk. KIMCHI. Raw honey. BONE BROTH. FLOWERS. DOGGY DELI. Olive Oils. Ice cream. Single origin coffee. Juice bar. KOMBUCHA BAR. Natural wines. Craft beer



THE MARKET IS LOCATED ALONG A BEAUTIFUL PEDESTRIANISED STREET CALLED THE NIGHTWALK WHICH IS INSIDE THE PARK BETWEEN BONNER GATE AND GORE GATE.

Its free to enter the Park and look round the stalls. You will need to pay if you're buying food. Most stalls accept card payments too!

<http://victoriaparkmarket.com>



# Low Sugar, Low Carb CHOCOLATE CAKE

## INGREDIENTS:

- 150g fine almond or coconut flour.
- 40g cocoa powder.
- 2 tbsp sugar free drinking chocolate (optional).
- 2.5 tsp baking powder.
- 1/2 tsp salt.
- 75ml water or milk
- 3 eggs (or vegan substitute).
- 40g of Stevia or other granulated sweetener.
- 1 tsp pure vanilla extract.



## METHOD:

1. Preheat oven to 180c.
2. Grease and line a 20cm cake tin, and line with parchment.
3. In a mixing bowl, mix all the ingredients together until fully combined.
4. Pour the batter into your cake tin and even it out.
5. Bake 14 minutes on the center of the oven.
6. Insert a knife into the center of the cake, if it comes out clean then it's ready, if not put it back in the oven for another 5 minutes and repeat until cooked.

# INSPIRATIONAL QUOTES

Problems are like CAKE, when you see the whole cake you think you can't eat it all?? However if you take it piece by piece then before you know it you have to buy a new Cake.



When you see a wall and you can't get over it, remember to break it down bit by bit, it helps you go through it!



If at first you don't succeed then try another way. Not all pieces fit the way you want them to, by moving and change those positions they will all fit together.



Each day is life's test, you will pass if you learn from your past. Nobody is 100% any of the time.



# THINGS TO DO

## LUTON & BEDS

### WARDOWN HOUSE OLD BEDFORD RD, LUTON LU2 7HA

Wardown House, Museum and Gallery is situated in the beautiful landscaped Wardown Park, on the outskirts of Luton town centre. The museum houses a range of displays throughout the building, including the Bedfordshire and Hertfordshire Regiment Gallery and the popular Luton Life Gallery.

The museum underwent a redevelopment during 2016, reopening in April 2017. Wardown House, Museum and Gallery also holds events and activities for all ages and interests throughout the year.



Images Copyright The Culture Trust Luton

Wardown Park was originally a small 19th-century private estate which was bought by Luton Corporation in 1904 and developed as a public park. The site covers 20 hectares and is a great example of an early 20th century municipal park overlying the landscape.

Open Sunday to Thursday,  
11am to 5pm  
Admission: FREE

[www.culturetrust.com/venues/wardown-house-museum-gallery](http://www.culturetrust.com/venues/wardown-house-museum-gallery)  
01582 546722



Copyright Google

# SOW & GROW

NATURE AT IT'S FINEST

SEPTEMBER

Whether you have acres of luscious green land, a sky-high balcony, or sunny windowsill, each of us has the space to grow some grub! This section will provide you with some gardening tips and seasonal jobs to keep your garden bustling each month.

## Kale

Kale can be grown in indoor containers, beds or directly in the soil, so it is the perfect all-rounder to get you started. There are many types of kale, so make sure to pick the best variety (or varieties) for you!

If you want to grow your kale indoors- it will grow best on a sunny or partially shady windowsill. Choose a long pot with holes in the bottom or a seed tray and use multi-purpose compost.

Simply sow the seeds 1 inch apart in rows and cover with a fine layer of compost. Water them gently, and they're ready to grow!

Once the seedlings have germinated, they make the perfect microgreen to top your salad. You could also use them as an alternative to lettuce in a burger or sandwich.

Mature kale will need a bit more room. If you have a garden space, move some seedlings into larger pots outside or directly into the earth.

Kale will grow through the winter; you can pick the leaves as and when you need for curries or stews. Top tip: try roasting your kale with a little oil and paprika at a low temperature for a crispy snack.

Other suggestions to sow in September include: land cress, lamb's lettuce and mustard.

WANT TO SEE WHAT IT LOOKS LIKE?



KALE  
MICROGREENS

KALE



CRISPY KALE





# PUZZLES

ENJOY A BRAIN GAME?

## Word Search



See if you can find all the words!



- |             |           |              |             |
|-------------|-----------|--------------|-------------|
| KIWIS       | PAPAYAS   | BANANAS      | CANTALOUPE  |
| APPLES      | ZUCCHINI  | POTATOES     | MUSHROOMS   |
| REDGRAPES   | CARROTS   | CRANBERRIES  | BLUEBERRIES |
| RASPBERRIES | ORANGES   | STRAWBERRIES | TOMATOES    |
| ASPARAGUS   | GREENBEAN | BLACKBERRIES | AVOCADO     |



# PUZZLES

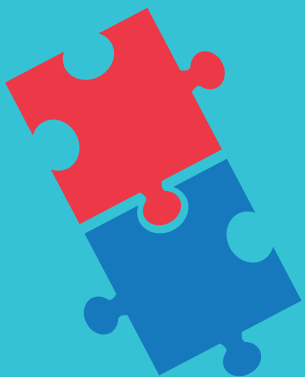
ENJOY A BRAIN GAME?



## ELFT Sudoku

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.

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

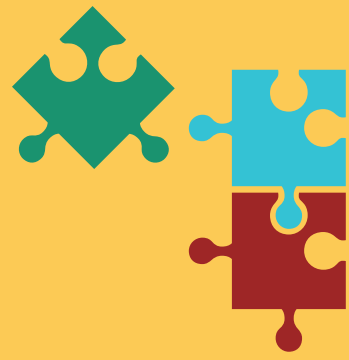


# EASY

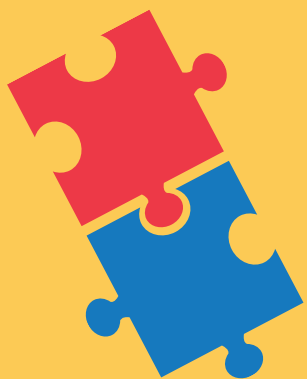


# PUZZLES

ENJOY A BRAIN GAME?



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



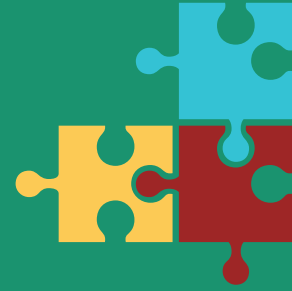
## MEDIUM



# PUZZLES

ENJOY A BRAIN GAME?

**Word Search Solution**



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



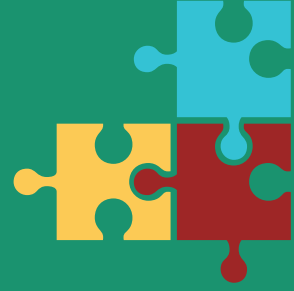
**DID YOU FIND THEM ALL?**



# PUZZLES

ENJOY A BRAIN GAME?

## Sudoku Solutions



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

**EASY**

**MEDIUM**

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





# Contacts

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Submissions or Comments [elft.befriendingservice@nhs.net](mailto:elft.befriendingservice@nhs.net)

PP inquiries [elft.peopleparticipation@nhs.net](mailto:elft.peopleparticipation@nhs.net)

ELFT Services [www.elft.nhs.uk](http://www.elft.nhs.uk)

## Mental Health Crisis Lines

Newham 020 7771 5888

Tower Hamlets 0207 771 5807

Hackney 020 8432 8020

Luton 01582 556971

Bedford and Mid-Bedfordshire 01234 315 691

Information on Covid-19 [www.nhs.uk](http://www.nhs.uk)  
[www.who.int](http://www.who.int)

NHS 111 Call 111 (24 hours)

Sane Line 0845 767 8000 (6pm - 11pm)  
[www.sane.org.uk](http://www.sane.org.uk)

Samaritans 08457 90 90 90 (24 hours)  
020 7771 5807  
[www.samaritans.org](http://www.samaritans.org)

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## EDITORIAL

Produced by Service Users, Carers and Staff working  
with the ELFT Befriending Service and People  
Participation throughout East London and Bedford.

Thank you for continuing to support ELFT and the NHS

**ARE YOU AN ELFT MENTAL  
HEALTH SERVICE USER OR  
CARER?**

**DO YOU HAVE A CREATIVE  
TALENT YOU WOULD LIKE  
TO SHARE?**

**WOULD YOU LIKE TO SEE  
YOUR WORK PUBLISHED?**

"BECAUSE  
NOBODY SHOULD  
BE ALONE IN HOW  
THEY FEEL"

THE ELFT COMPANION MAGAZINE  
WOULD LOVE TO FEATURE YOUR  
CREATIVE WORK AND SHARE IT WITH  
OTHERS WHO MAY ALSO BE FEELING  
LONLEY AND ISOLATED.

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TO SUBMIT YOUR WORK OR TO GIVE  
US FEEDBACK, PLEASE CONTACT:

**ELFT.BEFRIENDINGSERVICE@NHS.NET**

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