



ELFT

COMPANION

NHS

East London
NHS Foundation Trust



Inside:

Wildlife
Poetry
Puzzles
Things to do
Hobbies

OCTOBER 2022

ELFT.BEFRIENDINGSERVICE@NHS.NET

WELCOME

The seasons are changing, the cold winds are creeping in, as darkness falls and the clocks go back, we need to keep our minds in mind. We need to keep practicing those healthy coping skills and keep in touch with one another.

*By Matt Preston
Befriending Service Lead*

What a summer we've had! But now, as the nights are drawing in and the temperature drops, we're certainly heading for spooky season...

At this time of year it is tempting to stay wrapped up warm at home, cosy PJs and a nice hot drink in front of the latest Netflix true crime documentary. A bit of self-care goes a long way but we can have too much of a good thing. Staying at home too much can lead to isolation and in turn loneliness. Now would be a good time to start practicing our mindfulness and being aware of the emotions we are feeling.

Autumn is traditionally the time of harvest and taking stock of the work we have put in through the year. This is also an opportunity to have a "mental inventory" of what we have achieved in the past few months and allow ourselves to be proud of our achievements.

During the upcoming season there are many things happening which we can attend to keep in touch with the outside world; we have bonfires fireworks and Mariah Carey to look forward to yet. It is also a time where we can reach out to others and maybe even re-connect with those we have lost touch with.

We have included more ideas to combat loneliness in the following pages. We hope they inspire you and you are all keeping yourselves safe.



ELFT COMPANION

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some wildlife!
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Bouts of pain, anguish, and loneliness in visitation,
Eruption of the aching soul comes to pass as death, the vile
Called upon daily, banging. Raging and raging.
Frail, troubled, psycho-mentality. Beauty and charms
Erupted so wildly, crying, weeping and crying,
Running miles away from suicidal and the darkly, evil thoughts.
Inside the heavy mushy brain, chemicals hop
And dance around mischievously in rapture and misery.
Endurance sets in hyperactively, patience laughed crazily and
Effortlessly. Resilience splashing, spouting and spitting out.
Nothingness and dirt evaporated, positivity shone the
Lights towards recovery, towards a newly found journey. A life
Of procreation. A life thousand miles away from oppression.
Death ran a million miles; he couldn't reach out to
Stability nor could he find the Devil's hammer to satanic calls.
Inside the gloomy, heavenly, Godly blessed souls, existence smiled
And bellowed joyously. Hope, whistling and singing
The songs of a newly created world, a world of survival, hanging.
No one knows what tomorrow brings; but the future is bright,
Bright like a lonesome shiny star in the wide heavenly skies.
God created immortality, and covered all under his widely spread majestic
Umbrella of hope! Death lurking and begging, his doors, wide open.
Singing the lord's songs became apparent, the pride of mankind,
The future of all that exists on earth. The beauty of the Garden of Eden.
Each one to his own unique voice. Each one to an amazing life!
Repeating the Lord's prayers and commandments in the head, singing
Godly enchanting hymns and verses in the holy, holistic souls.

Victory! Victory! Victory!

Vibes and Bellows!

Victory! Victory! Victory!

Vibes and Bellows!

Inclusion lured, the future gazed further out - love and joy
Smiling happily. Bravery and pride beating the drums of truthfulness.
Coming out of the darkness into the sparkling lights of existences.
Enduring devious episodes of mental health - God, the creator of humanity,
Sermonised. God, the King omnipotent, watching and waiting.

Recovery and Stability!

Many cheers to recovery, joy and stability - many cheers for
Hope and the Survival of Psychosis and Neurosis!

Hurray! Hurray! Hurray!

CROCHETING

MAYBE YOU CAN TRY AND WEAVE A WEB?

CROCHET, ORIGINATING IN FRANCE IN THE 19TH CENTURY, IS A CRAFTING HOBBY THAT USES A SINGULAR HOOK AND YARN TO MAKE A WIDE VARIETY OF CREATIONS; BASICALLY, WHAT I CONSIDER, AN EASIER VERSION OF KNITTING.

DURING THE QUARANTINE, A NUMBER OF LONGTIME CROCHETERS HAVE UPLOADED STEP-BY-STEP GUIDES ON HOW TO MAKE ANYTHING THAT YOU FANCY. THERE REALLY ISN'T A BETTER TIME TO PICK UP THIS ACTIVITY.

TO GET STARTED, YOU CAN GRAB SOME ACRYLIC YARN OF ANY COLOUR AND A STANDARD HOOK (SIZE 5 MM) FROM POUNDLAND AND TRY OUT MAKING THE BASIC STITCHES. YOU WILL QUICKLY PICK UP THAT EVERYTHING IS MADE UP OF THE SAME PROCESS.

IF YOU STRUGGLE WITH SOMEWHERE TO START, HERE ARE SOME IDEAS:

- **TEMPERATURE BLANKET - A BLANKET WHERE YOU DO A ROW-A-DAY IN THE COLOUR THAT MATCHES THE TEMPERATURE OF THE DAY. AFTER A YEAR, YOU'LL HAVE A LARGE BLANKET SHOWING THE SHIFTS IN THE HEAT**
- **GRANNY SQUARES - A STARTER PATTERN TO LEAD ONTO LARGER PROJECTS, LIKE CARDIGANS AND QUILTS**
- **STUFFED TOYS - PICKING UP STUFFING OR USING OLD CLOTH CAN HELP FILL YOUR LITTLE CREATIONS THAT MAKE THE PERFECT DECOR OR GIFTS FOR PEOPLE**

CROCHET IS A CALMING HOBBY THAT HELPS WITH MINDFULNESS, CREATIVITY, AND CAN KEEP YOU COSY DURING THE COLD SEASON AHEAD. IT WOULD BE GREAT IF YOU COULD SEND IN THE THINGS YOU END UP MAKING - WE CAN SHOW THEM OFF TO THE REST OF OUR COMMUNITY!



THINGS TO DO

— EAST LONDON —

MENTAL FIGHT CLUB WWW.MENTALFIGHTCLUB.ART

Mental Fight Club's mission is to put on imaginative events for people of all mental experience. All their events seek to connect our inner and outer worlds and ourselves to one another, whoever we may be.

Mental Fight Club is a creative group which arose out of the experience of severe mental illness and recovery of Sarah Wheeler. In 2003, Sarah ran a series of group readings of the epic poem 'Mental Fight' by Ben Okri – people liked them, word got out and Mental Fight Club was born.



Mental Fight Club's aim is to be an open, welcoming group which puts on exciting, well-organised and inspirational creative events and projects. Most of their workers and volunteers have experience of mental illness, mainly by direct personal experience but also as friends, family and carers of those with mental ill-health. We work hard to develop ways of working together that help us all with our on-going recovery and self-awareness and equip us with new skills and experience.

info@mentalfightclub.art



TERRIFYING TOFFEE APPLES

INGREDIENTS:

- 15 APPLES
- 400G CASTER SUGAR
- 350G GOLDEN SYRUP
- 350ML WATER
- 1-2 TSP RED OR GREEN FOOD COLOURING
- 15 LOLLIPOP STICKS

METHOD

1. GREASE TWO BAKING TRAYS.

2. INSERT LOLLIPOP STICKS INTO THE WHOLE, STEMMED APPLES

3. IN A MEDIUM SAUCEPAN OVER MEDIUM-HEAT, COMBINE THE SUGAR, GOLDEN SYRUP AND WATER.

4. HEAT TO 150 DEGREES C OR UNTIL A SMALL AMOUNT OF SYRUP DROPPED INTO COLD WATER FORMS HARD, BRITTLE THREADS.

5. REMOVE FROM HEAT AND STIR IN FOOD COLOURING.

6. HOLD THE APPLE BY THE LOLLY STICK AND DIP IN SYRUP. REMOVE AND TURN TO COAT EVENLY.

7. PLACE ON PREPARED BAKING TRAYS TO HARDEN.



INSPIRATIONAL QUOTES

“You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle.”

— Julian Seifter



My anxiety doesn't come from thinking about the future but from wanting to control it.”

— Hugh Prather



“Feeling your feelings will not lead to depression.”

— Jordan Pickell



“Start listening to the way you talk to yourself. These interactions will tell you how well you know yourself, how much you respect yourself, and what boundaries you are lacking.”

— Sara Kuburic

THINGS TO DO

— LUTON & BEDS —

FOREST OF MARSTON VALE OLD BEDFORD RD, LUTON LU2 7HA

Sitting at the heart of the Forest of Marston Vale, the Forest Centre is open all year-round and surrounded by 225 hectares of woodlands, grasslands, meadows and Wetlands Nature Reserve. Whenever you visit, any money you spend helps plant more trees and looks after the woodlands. A range of adapted bikes are available for hire, from a wheelchair carrier to a quad. As well as Bike Hire, there is a Gift Shop and an outdoor play area right next to the picnic area.

The Lakeside Café serves a range of hot food, kids' meals, cakes and drinks throughout the year, with daily and seasonal specials. If you visit by train, on the Bedford - Bletchley line, present your ticket when you make your order to get 10% discount!

There are also a whole host of events running throughout the year, from nature walks to tribute concerts.

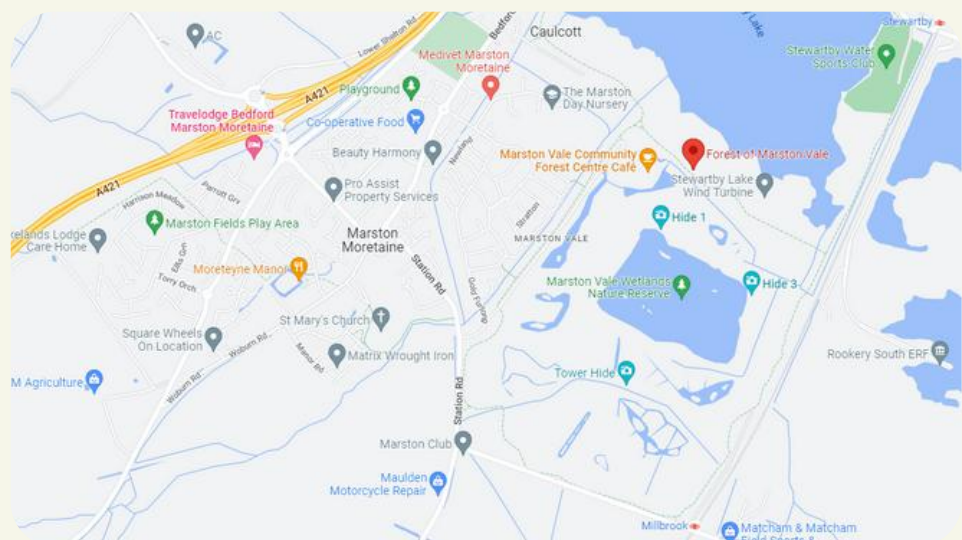


Images Copyright Trip Advisor

There is step free access throughout the building, with automatic doors into Reception and a baby changing facility/disabled toilet. There is also a lift if you are using the upstairs spaces. Dogs aren't allowed in the Forest Centre (with the exception of assistance dogs).

The Park is open 365 days a year, 24/7.

www.marstonvale.org
01234 767037



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WILDLIFE

NATURE AT IT'S FINEST

OCTOBER

Autumn is a spectacle of colours, from the oranges and yellows of deciduous trees, to the bright red cap of the fly agaric and so it is the perfect time to visit your local wildlife hotspots. Don't forget to bring your camera!

Bats

Bats are active around dusk and can be found dipping in lakes and streams for a drink after a long sleep. Listen for their clicks as they use echolocation to hunt.

Recommended spot: Oak Hill Wood, Barnet.
(You may also hear the distinctive duet of the tawny owl at this site).

Autumn fungi

Many fungi produce mushrooms or toadstools in the autumn. These are found in a range of habitats, from woodlands, river banks and meadows.

Recommended spots: Hackney Marshes and Ampthill Park.

Take care: many mushrooms are poisonous and unsafe to eat. Please look but don't pick!

Deer rut

The deer rut is a clear sign that autumn has begun. This is the mating season of the deer, whereby stags lock antlers to compete for females.

Recommended spot: Woburn Deer Park

Take care: when observing a deer rut, maintain a safe distance and leave your dogs at home.

If you're enjoying wildlife watching, why don't you start journaling the variety of wildlife you find on your rambles?

IMAGES ON THE NEXT PAGE!



Common pipistrelle, *Pipistrellus pipistrellus*

BATS



Fly agaric, *Amanita muscaria*

AUTUMN FUNGI



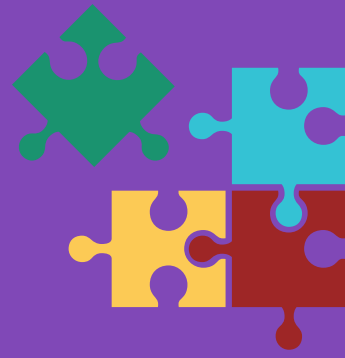
Red deer, *Cervus elaphus*

DEER RUT



PUZZLES

ENJOY A BRAIN GAME?



Word Search

See if you can find all the words!

SPOOKY GOING ONS

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

BATS HALLOWEEN PUMPKIN BLACKCAT CANDY CREEPY GHOST
JACKOLANTERN MASK MONSTER MOON OCTOBER SKELETON
SPIDER SPOOKY TRICKORTREAT VAMPIRE WITCHES





PUZZLES

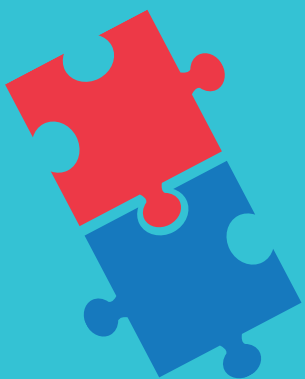
ENJOY A BRAIN GAME?



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.

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



EASY



HALLOWEEN QUIZ

HALLOWEEN HISTORY



Question 1

In what century did the practice of trick or treating begin?

- A) 17th
- B) 14th
- C) 16th
- D) 20th

Question 2

If you want to keep spirits out of your house on Halloween! What do you put on your door step?

- A) garlic
- B) Salt
- C) Holy water
- D) Thyme

Question 3

What does Halloween mean?

- A) night of the dead
- B) Day of the dead
- C) Holy night

Question 4

How many witches were burned at the stake in the Salem witch trials?

- A) 20
- B) 6
- C) 8
- D) 0

Question 5

The first jack-o-lanterns were made out of what?

- A) Turnips
- B) Melons
- C) Coconuts
- D) Pumpkin



HISTORY OF HALLOWEEN

WHAT'S THE REAL HISTORY OF HALLOWEEN AND WHY DO WE CELEBRATE IT ON THE 31ST OF OCTOBER.

DURING THE ANCIENT CELTIC FESTIVAL OF SAMHAIN, THE CELTS CELEBRATED THEIR NEW YEAR ON NOVEMBER 1. THIS WINTER DAY SIGNALLLED THE END OF SUMMER, THE END OF THE HARVEST AND THE BEGINNING OF THE COLD AND DARK WINTER, A TIME THAT THEY OFTEN ASSOCIATED WITH DEATH. THE CELTS BELIEVED THAT ON THE EVE OF THIS DAY, SAMHAIN THEN AND OCTOBER 31 NOW, THE BOUNDARY BETWEEN THE LIVING AND DEAD WORLDS OPENED UP AND GHOSTS RETURNED TO EARTH.

LATER IN THE EIGHTH CENTURY, IN A BID TO REMOVE PAGAN RELIGION FROM THE COUNTRY, POPE GREGORY III DESIGNATED NOVEMBER 1 AS A DAY TO HONOUR ALL THE SAINTS AND MARTYRS OF CHRISTIANITY. KNOWN AS ALL SOULS' DAY, PEOPLE CELEBRATED IN A WAY THAT WAS VERY SIMILAR TO SAMHAIN. THERE WERE HUGE BONFIRES, COSTUMES AND ALLUSIONS TO ANGELS, DEVILS AND SAINTS. THE CELEBRATION WAS ALSO CALLED ALL HALLOWS' DAY AND THE NIGHT BEFORE IT WAS CALLED ALL HALLOWS EVE - WHICH IS WHERE THE WORD 'HALLOWEEN' COMES FROM.

IN THE MODERN DAY, WE FOLLOW A LOT OF THE SPOOKY TRADITIONS ASSOCIATED WITH HALLOWEEN SUCH AS WEARING COSTUMES, CARVING PUMPKINS, AND ENJOYING TASTY FOOD. IN THE UK IT'S BECOME POPULAR TO HAVE PARTIES TO CELEBRATE THIS EVENT, WHICH IS A GREAT OPPORTUNITY TO GET TOGETHER FOR FUN AND HALLOWEEN GAMES).

PEOPLE CELEBRATE HALLOWEEN ALL OVER THE WORLD, WITH MANY CULTURES HAVING THEIR OWN TAKE ON THE SPOOKY TIME OF YEAR. FOR EXAMPLE, IN MEXICO, THEY HAVE AN ANNUAL THE DAY OF THE DEAD (EL DÍA DE LOS MUERTOS) FESTIVAL WHICH RUNS BETWEEN OCTOBER 31ST - NOVEMBER 2ND. DURING THIS CELEBRATION, MEXICAN FAMILIES WELCOME BACK THE SOULS OF THEIR DECEASED RELATIVES FOR A REUNION THAT INCLUDES FOOD, DRINK AND CELEBRATION.



PUZZLES

ENJOY A BRAIN GAME?

Answers, answers and more answers



WORD SEARCH SOLUTION



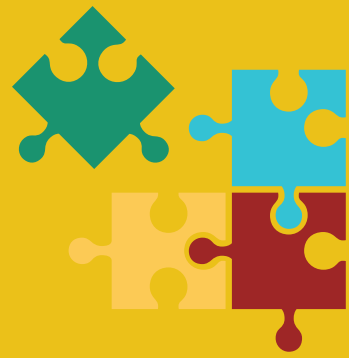
DID YOU FIND THEM ALL?





PUZZLES

ENJOY A BRAIN GAME?



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

SUDOKU SOLUTION

HALLOWEEN QUIZ



Q1	C) 16th
Q2	B) salt
Q3	C) holy night
Q4	D) 0
Q5	A) turnips

Contacts

Submissions or Comments elft.befriendingservice@nhs.net

PP inquiries elft.peopleparticipation@nhs.net

ELFT Services 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
www.who.int

NHS 111 [Call 111 \(24 hours\)](tel:111)

Sane Line [0845 767 8000 \(6pm - 11pm\)](tel:08457678000)
www.sane.org.uk

Samaritans [08457 90 90 90 \(24 hours\)](tel:08457909090)
[020 7771 5807](tel:02077715807)
www.samaritans.org

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.

TO SUBMIT YOUR WORK OR TO GIVE
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