



ELFT

COMPANION

NHS

East London
NHS Foundation Trust



Inside:

Wildlife

Poetry

Puzzles

Things to do

Hobbies

NOVEMBER 2022

ELFT.BEFRIENDINGSERVICE@NHS.NET

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Like a puzzle?

See what we've included in
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Find it on **p. 14 - 18**

POETRY

I truly don't know the reasons why, only the thoughts
Of crack and crack running around bastardly in the head. So
Crack the crack so you don't get cracked
Because the deceitful crack is waiting along the
Rickety road to crack you; to crack and crack and crack.
Dance to the sonorous songs in your head, you'll find out the reasons
Why you shouldn't smoke crack because desirous crack
Is waiting around the corner to destroy you; to crack you and crack you
Into psychosis, rage, delirium, negative thoughts and madness.
So crack the evil crack before it cracks you. Denounce the hellish crack.
The crack is waiting to devour you and send you into the waiting rooms of
Sheol,
Turning your sensitive brain into Shattered, crumbled,
Baked pebbles. Crack the crazy crack before the hopeless crack
Terribly cracks and cracks, and cracks you. Crack it soon. Crack it now!
Listen and dream with the sweet voices that fight to crack the
Crack because crack is a beast waiting to exterminate society and humanity.
Cracking, cracking and cracking! Hopping, crying, and cracking!
Let the crack break into dissipated pieces, a cracking new life is waiting to
embrace you.
So crack the impatient crack, the hungry demons will vanish when
You crack the brownish, concocted, vile, addictive, shitty, hopeless rock.
Crack the dispiriting pregnant crack ready to burst open
And give birth to bouts of madness. Crack the crack for the sake of sanity,
Stability, hope and joy. Crack the crack, crack the crack, crack the crack,
crack the
Crack. Crack the evil, demonic, darkly, rocky drug; crack the crack.
Deny it now, crack the mysterious shit; crack the crack, crack the crack,
Crack the crack, crack the crack; the earthly crazy demons will run miles
away.
Believe in your inner thoughts and feelings; believe in your beautiful mind
When you ponder and run heads high away from heightened alertness and
euphoria's.
So crack the satanic ungrateful crack; suicide and death will run
Miles further out from crushing the mind, the body, the soul and the spirit.
Appreciate your amazing life! Turn a different corner in your intellect and
thoughts.
Crack the crack, crack the crack, crack the crack; crack the aggressive crack.

Crack The Crack

THINGS TO DO

— LUTON & BEDS —

WOODSIDE ANIMAL FARM SLIP END, BEDS, LU1 4DG

Meet a whole range animals from cuddly bunnies and cute baby ducklings to giant lizards and corn snakes! Stop in at the farm shop, packed with tempting goodies and treats which won't disappoint. Learn about a wide variety of poultry, from fertile hatching eggs and day old chicks to quail and pretty bantam hens. Purchase a bag of feed and get up close and cuddly with the animals. You can feed any animal you can touch. They will all be so happy to see you! Meet the animals up close! Pet, stroke and cuddle them. Hands on sessions run every day throughout the day so there's always a chance to get involved.

Hands on fun!

Animal Feeding
Stroke and cuddle the animals
Tractor rides
Places to eat
Outdoor and indoor play
Crazy golf
Funfair Rides
And more!



Images Copyright Trip Advisor

Open Monday to Sunday 10am to 5pm
(Farm shop 8am to 5pm)

Adults (16+) £10.50

Children (2-15) £9.50

Under 2s FREE

OAP (60+) £9.50

*Disabled adult & free carer £10.50

*Disabled child & free carer £9.50

Woodside Animal Farm
Woodside Road
Slip End
Beds
LU1 4DG

Email: enquiries@woodsidefarm.co.uk



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EVER HEARD OF A PARK RUN?

Did you know that every Saturday morning there are over 700 free 5K parkruns in the UK where you can simply turn up to run or walk with other people? You do not have to be fast and in fact you can be of any speed, whether it's running or walking. This is an ideal opportunity for you to help improve your own mental and physical health, as well as increasing your social interaction with other people.

The uniqueness of parkrun means it is an inclusive outdoor activity where you do not need to run if you want to walk instead. Parkrun has just recently introduced volunteer parkwalkers because it wants to encourage more walkers to come along to its 9:00am events on Saturday mornings.

Even if you don't want to or can't run or walk the 5K just yet, did you know that parkrun only exists because it is run by volunteers? Every week, thousands of people turn up to help out; whether that is marshalling and encouraging the parkrunners as they pass, handing out the finish tokens or being a timekeeper. Each event has a Run Director who oversees the running of the parkrun.



Parkrun was founded by a guy called Paul Sinton-Hewitt in October 2004 at Bushy Park in London where 13 people gathered for a time trial. Today, there are over 1,700 weekly parkrun events around the globe and this is truly remarkable. The concept has become so successful that some GP's prescribe patients parkrun as an alternative to medication.

Each time you cross the finish line at a parkrun, you automatically receive a personalised time when you have your barcode and finish token scanned by a volunteer. All recorded times are uploaded onto the official parkrun website at the event location where you ran or walked. Whether you run, walk or volunteer at parkrun, you can be rewarded with a milestone t-shirt.

Did you also know that on a Sunday morning at 9:00am there is a separate 2K junior parkrun for children aged 4 to 14 years olds. Even if you are too old to take part, they do love a larger team of volunteers to help set up these events and make them safe for the children.

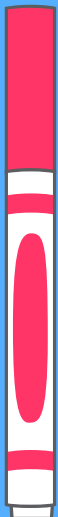
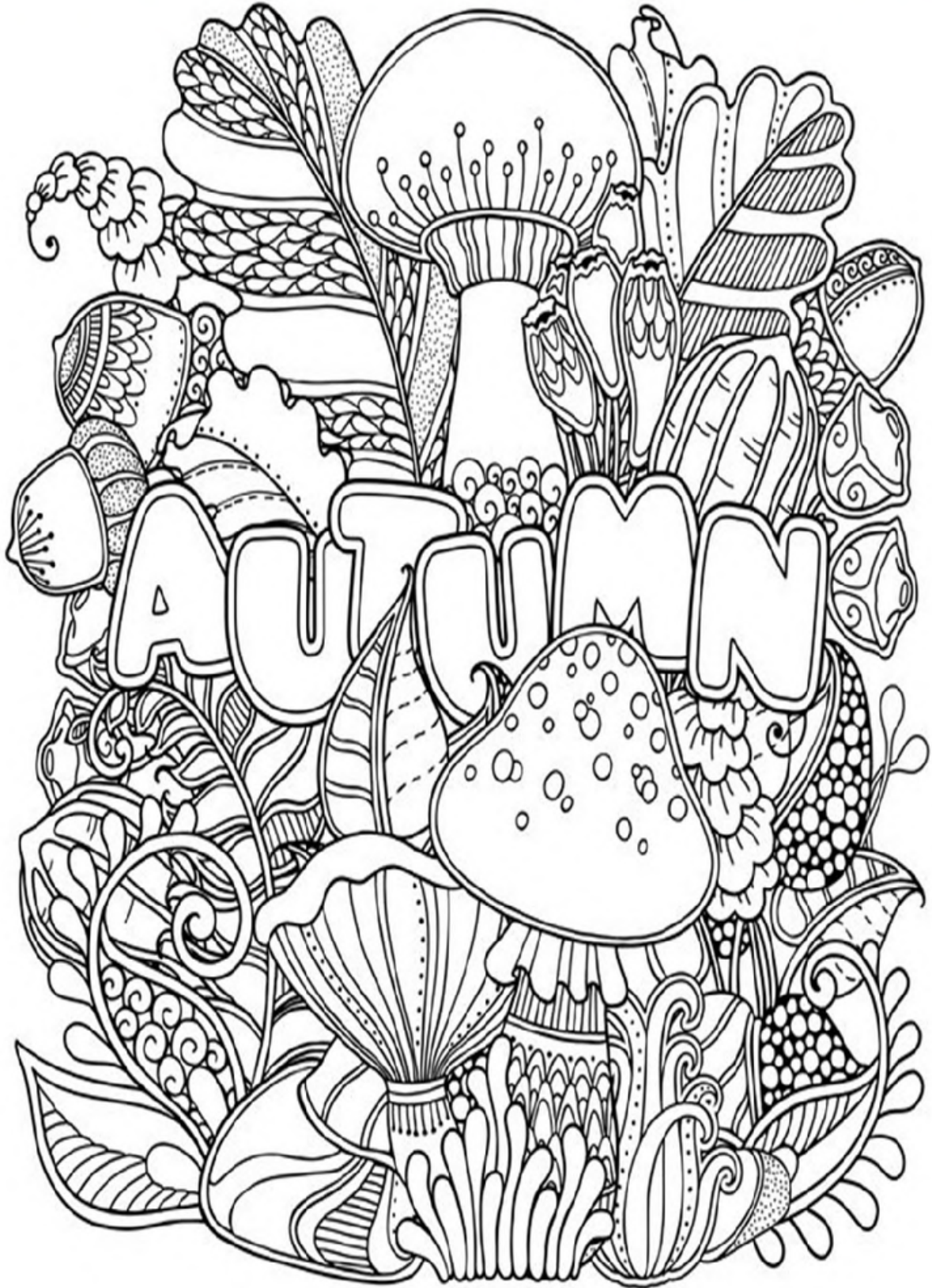
For more information about parkrun, visit www.parkrun.org.uk where you can register online for your free personalised barcode and you're ready to take your first step to a healthier lifestyle.





COLOURING IN

Let your mind drift as you add
some colour to this picture.



JOURNALLING

WHAT'S ON YOUR MIND?

So, we are getting to that time of year where the weather is dreary and it's getting dark immediately after lunch. It can be a rough period if you're the type of person to get stuck in your own thoughts, like me. Which is why it is the perfect time to start journaling.

Journaling - the "mature" version of writing a diary - is just the act of keeping track of your personal thoughts and experiences. There are so many different ways to journal: art journals, daily segments, or a question-of-the-day style. The whole point is to find what best works for you. Personally, I choose a different type of journaling for the specific scenario; such as keeping a record of my holiday trips with drawings that reflect the activity (even if I can't draw very well). It is nice to look back on and relive the memory or at least try to figure out what I actually did that day from my weird pictures of a fish playing cards.

I think it is nice to spend the remainder of the year reflecting on the good, the bad, and the weird. Even if you feel as though you haven't done anything "worth journaling", it can be focused on what you want to do in the upcoming year or there are many hobbyists who journal from a different perspective (like a pirate on sea-faring adventures or a character from your favourite show). The point is to write for you this November and enjoy the places it will take you.

Some starter questions:

- Share your strangest dream
- What is something small that makes you irrationally angry?
 - Favourite thing to see on a rough day
 - What song lyric represents you the most on that day?
- Draw your day from the perspective of your younger self

INSPIRATIONAL QUOTES

"If you hear a voice within you say 'you cannot paint,' then by all means paint and that voice will be silenced."

— Vincent Van Gogh



"Some people never go crazy. What truly horrible lives they must lead."

— Charles Bukowski



"The soul that sees beauty may sometimes walk alone."

— Johann Wolfgang von Goethe



"How wonderful it is that nobody need wait a single moment before starting to improve the world."

— Anne Frank

Current food prices can make it hard to justify buying the extras. Here you will find some tips and tricks to add flavour to your dinner on a budget, and keep your green fingers busy over winter.



Ever wondered why your supermarket herbs die so quickly?

You can buy pre-potted herbs from most supermarkets, but within a week, they often look sad and wilted if they haven't already died!



Many people throw out these plants but they can be re-potted to be used again and again

Below are my three top tips to create the perfect windowsill herb garden:



1. Separate overcrowded herbs

Pots of supermarket herbs often contain many individual plants. To maximise your growing success, I would suggest separating out the plants.

Squeeze the pot to remove the plant and find a place where the roots and soil easily separate into two. Ensure both halves have a hefty root mass to give them the best chance of growing. Pull them apart, and you're ready for repotting.

SOW & GROW

2.Repot

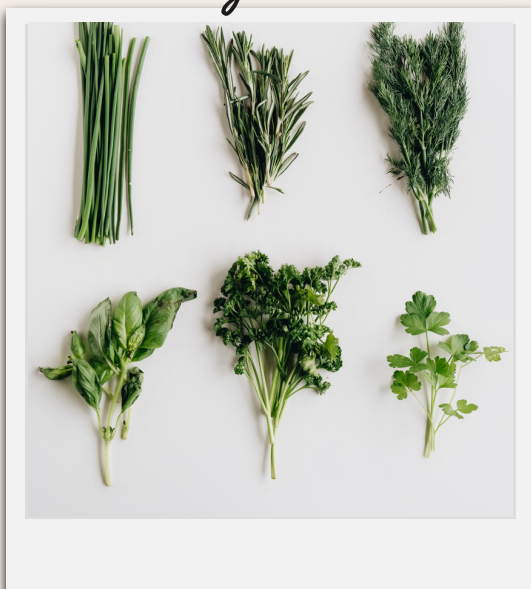
Supermarket herbs are sold in tiny pots with no room for the roots to grow. To give them the best chance of flourishing, repot them!



You can buy pots in many high-street stores- alternatively you can craft your own. Use any old plastic containers, such as ice cream tubs, but make sure to cut small holes into the base to allow for drainage. Your new pot should be roughly double the size of the original pot. Multi-purpose compost is a great medium to fill your bigger plant pot.

Once re-potted pop them on a sunny windowsill and give them plenty of water.

To keep your herbs thriving, make sure you're harvesting them correctly:



3.Harvesting

Basil & Mint – Harvest only the tips of the plants every two weeks.

Coriander & Parsley – Remove a couple of the outer-most stems from each plant and allow the middle to grow for a couple of weeks.

Chives – Cut the leaves close to the base.

Bonfire Toffee

What you need...

75g Golden Syrup
75g Black Treacle
150g Brown Sugar
75g Butter
¼ tsp Cream of Tartar



How to make it...

This recipe involves boiling hot, sticky sugar so sorry kids, this one is just for adults to make!

1. Line a 15 x 20cm baking tray with non-stick baking paper.
2. Melt the butter in a deep, heavy-based saucepan over a medium heat. Add the rest of the ingredients and stir until the mixture is smooth and ALL THE SUGAR has dissolved.
3. When the sugar is dissolved and the mixture is smooth, increase the heat and bring the mixture to a fast boil.
4. If you have cooking thermometer the toffee is ready at 140C.
5. If you don't have a thermometer, every few minutes CAREFULLY take a teaspoon of the mixture out and pour it into a small bowl of cold water. It will cool in a couple of seconds and will form firm but pliable threads when ready.
6. Once ready, pour the toffee mixture into the prepared pan to cool.
7. When cooled but still warm, partially cut the toffee into even pieces with an oiled knife. When it has cooled completely, break along these lines. Alternatively let the whole lot cool in one large piece and smash into shards with a rolling pin.
8. When fully cooled, store in an airtight container.

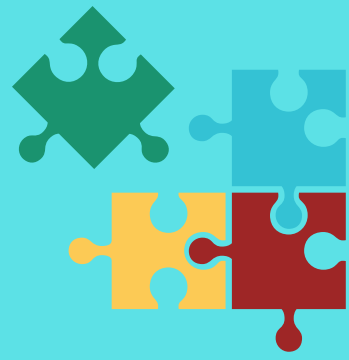




PUZZLES

ENJOY A BRAIN GAME?

Can you unscramble the words?



Guy Fawkes

Unscramble these words to solve the puzzle!

1. NSEOXO IPL _____
2. RBNEOIF _____
3. DAFELI _____
4. UYG ESWAKF _____
5. IGNK JSAME I _____
6. IRKSEOFWR _____
7. AIOLCCTH _____
8. NETGRMNVEO _____
9. OTNUECEXI _____
10. RSTETWSINME _____
11. POTL _____
12. NAROEST _____
13. NPAAETILRM _____
14. OGPDUENWR _____
15. ITARL _____
16. HTFIF _____
17. COPYARICSN _____
18. BLRREA _____
19. NERYUSR EYMRH _____
20. VNMRBOEE _____

NOVEMBER 5TH BONFIRE NIGHT A BRIEF HISTORY

THE GUNPOWDER PLOT WAS ORGANISED BY ROBERT CATESBY, AN ENGLISH CATHOLIC WHO ORGANISED THE ATTEMPTED BLOWING UP OF PARLIAMENT ON THE 5TH OF NOVEMBER 1605.

HE AND OTHERS DID NOT AGREE WITH THE ENGLISH GOVERNMENT AND WANTED IT REPLACED WITH ROMAN CATHOLIC LEADERSHIP.

GUY FAWKES AND FELLOW MEN WERE CAUGHT IN THE CELLAR OF THE HOUSES OF PARLIAMENT, PLACING BARRELS OF GUNPOWER. THEY WERE TRIED AND EXECUTED FOR HIGH TREASON.

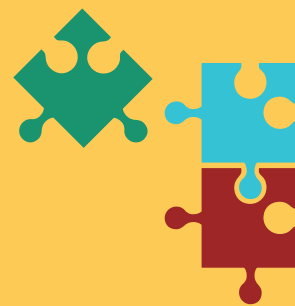
GUY FAWKES, HOWEVER REPORTEDLY DIED FROM JUMPING OR FALLING FROM THE LADDER TO THE GALLOWS AND BROKE HIS NECK.

WE CELEBRATE NOVEMBER THE 5TH AS A DEFIANT SHOW THAT THE GOVERNMENT WAS NOT OVERTHROWN AND IN 1606 NOVEMBER 5TH WAS MADE A DAY OF THANKSGIVING THIS IS NOW AS "GUY FAWKES DAY". WE CELEBRATE THIS DAY WITH FIREWORKS, BONFIRES AND BURNING HOMEMADE GUY'S ON THE BONFIRES.

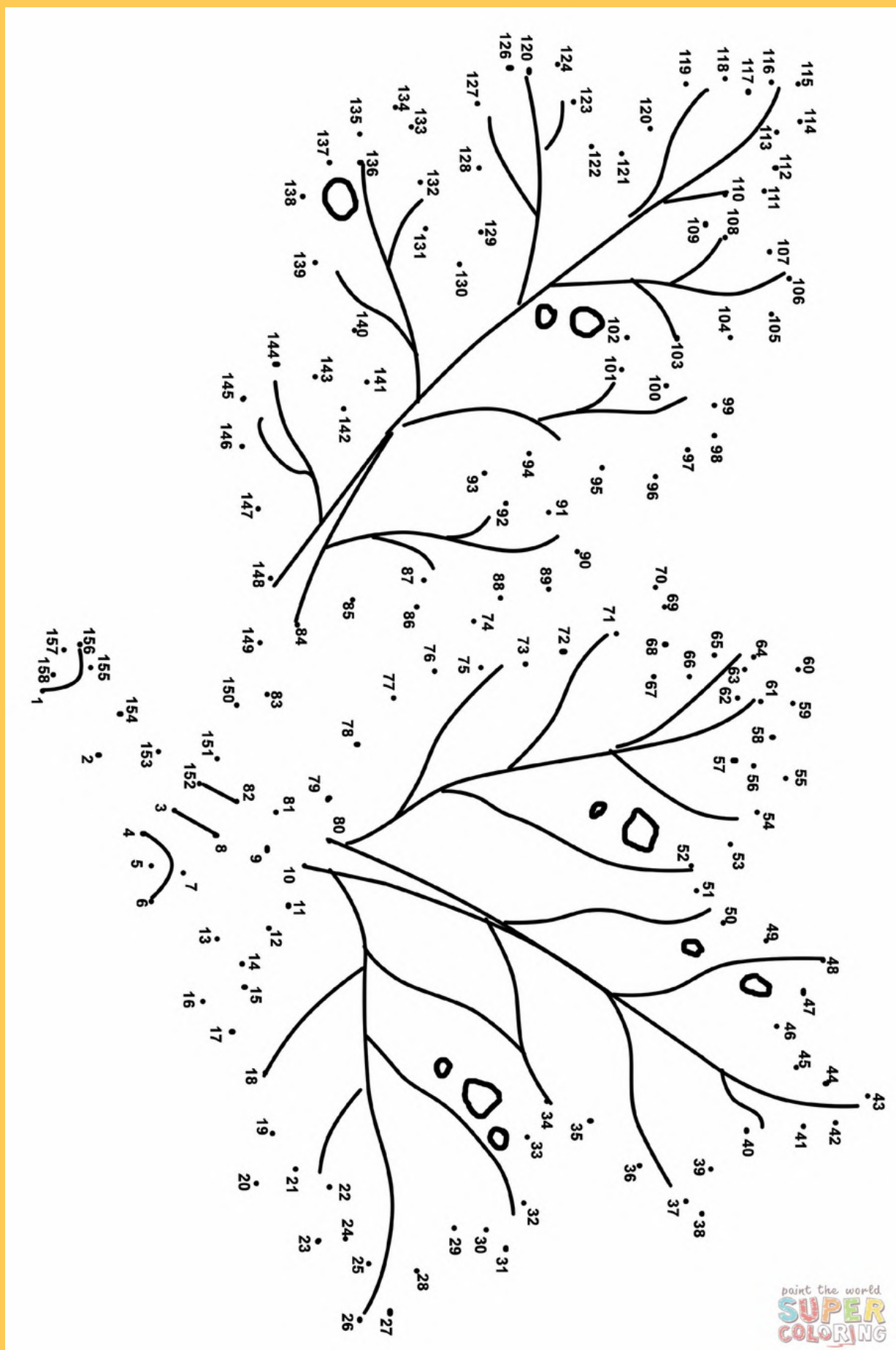


PUZZLES

ENJOY A BRAIN GAME?



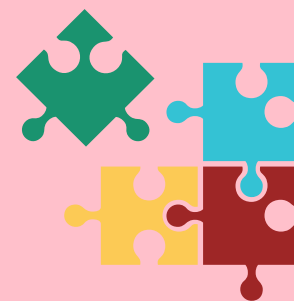
Connect all the dots starting from 1





PUZZLES

ENJOY A BRAIN GAME?



Give the word search a go!

Things Of Autumn

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

| | | | |
|----------|---------------|---------------|------------|
| FROSTY | SNUCCLE | ACORNS | BLANKETS |
| COZY | FIREWORKS | MUSHROOMS | FOG |
| BONFIRES | RAIN | PUMPKINS | CONKERS |
| SQUIRREL | FALLING LEAFS | TOFFEE APPLES | HOT DRINKS |
| SEASON | HARVEST | TREES | CHILLY |



ANSWERS



WORD SEARCH SOLUTION

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

FROSTY

SNUCCLE

ACORNS

BLANKETS

COZY

FIREWORKS

MUSHROOMS

FCG

BONFIRES

RAIN

PUMPKINS

CONKERS

SQUIRREL

FALLINGLEAFS

TOFFEEAPPLES

HOTDRINKS

SEASON

HARVEST

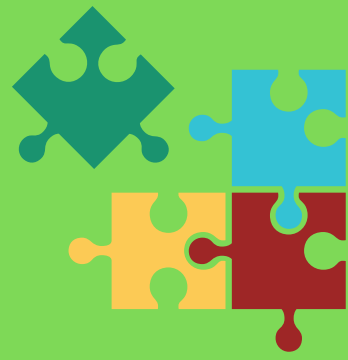
TREES

CHILLY

DID YOU FIND THEM ALL?



ANSWERS



WORD SCRAMBLE SOLUTION

- 1 EXPLOSION
- 2 BONFIRE
- 3 FAILED
- 4 GUY FAWKES
- 5 KING JAMES I
- 6 FIREWORKS
- 7 CATHOLIC
- 8 GOVERNMENT
- 9 EXECUTION
- 10 WESTMINSTER
- 11 PLOT
- 12 TREASON
- 13 PARLIAMENT
- 14 GUNPOWDER
- 15 TRIAL
- 16 FIFTH
- 17 CONSPIRACY
- 18 BARREL
- 19 NURSERY RHYME
- 20 NOVEMBER



DID YOU UNSCRAMBLE THEM ALL?

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)

Sane Line 0845 767 8000 (6pm - 11pm)
 www.sane.org.uk

Samaritans 08457 90 90 90 (24 hours)
 020 7771 5807
 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?**

"BECAUSE
NOBODY SHOULD
BE ALONE IN HOW
THEY FEEL"

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

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

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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