



ELFT

COMPANION

NHS

East London
NHS Foundation Trust



Inside:

Wildlife

Poetry

Puzzles

Things to do

Hobbies

DECEMBER 2022

ELFT.BEFRIENDINGSERVICE@NHS.NET

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POETRY

by Dele

The Healing Songs

The classical songs heard were exhilarating and kindly too,
Sweetly nurtured. Deeply so.
Hearing them came to life, feeding the madness in the muddled
Cerebrum. Escaping with fine, smooth songs took one onto journeys
Unknown. Amazing ones too! Warmly sensed.
Heads so strong, amplified by moulded eerie sounds and smooth,
Enchanting sonorous voices, tuned musically. Worldly fine.

Elevating lives' precious trips into Heaven and back, into Jupiter and
Venus! Alive in the crazed imagination, coloured
Brightly and incredibly enchanting for humanity. So it felt to the soul.
Living life with the healing songs; voices crafted in charms, in strength, in
boldness,
In empathy. Joyously and finely, we get connected. Happily too! Deeply so!

Inside the heavy head The Verve bellowed. It's Sophie B. Hawkins, Toto, and
Then Jon Secada. It's all about inspiring music to the listening ears.
Nothing made sense to the mind but music; these great songs, these unique
Voices holding on, revving on, singing loud to humankind. Lively songs!
Gathering buckets of earthly, joyous dreams layered in euphoria, in hope, and a
Smooth road into Planet Mars and beyond.

Softly, softly and warmly music transports oneself into the Sweet Haven
Of God! The Angels of God waiting; weeping, dancing and singing!
Only then does music and songs empower; coloured flamboyantly and boldly.
Never out of sight; so calmly, calmly, softly the darkened, wandering minds
Softened, and merrily wept. Holding on. Feeling great! Loving life!
Going back in time, fine music created the routes towards cure, recovery
And stability.

So the healing songs boom inside the brain, in the soul, into Nebula
And then the Milky Way! It's deeply great traveling with the healing songs.
It's madly unique too; it's all about the incredible beauty of life and
connectivity.
Music is alive!! It's all about exquisite sounds! It's all about creativity!!

It's the healing songs! The cheerful songs! The bravery songs! The happy dark
songs!
We're all conquerors! Feeling good!! Enjoying a fulfilling life!
Loving magnificent music!!
Music!!!

THINGS TO DO

— LUTON & BEDS —

STOCKWOOD ILLUMINATED SLIP END, BEDS, LU1 4DG

This Winter, bring the family together for a journey through the myth and magic of the ancient tree spirits, as they shine bright and illuminate the gardens at Stockwood Illuminated.

Experience a journey through the age old trees of Stockwood Discovery Centre. Centuries old, these giants have grown through the years, seen plenty and have many stories to tell. This winter will illuminate and shine a light on the gigantic scale of their beauty.

Listen carefully and you may hear the whispers of their tales and the melody of their song.

Running time: 60 mins, with slots available every 15 minutes

This event is part of the Winter with The Culture Trust programme of events.



Images Copyright Trip Advisor

02 Dec 2022 - 23 Dec 2022

Multiple times

£6.50 Adults | £4.50 conc

Suitable for all ages

Stockwood Discovery Centre
London Road
Luton
LU1 4LX



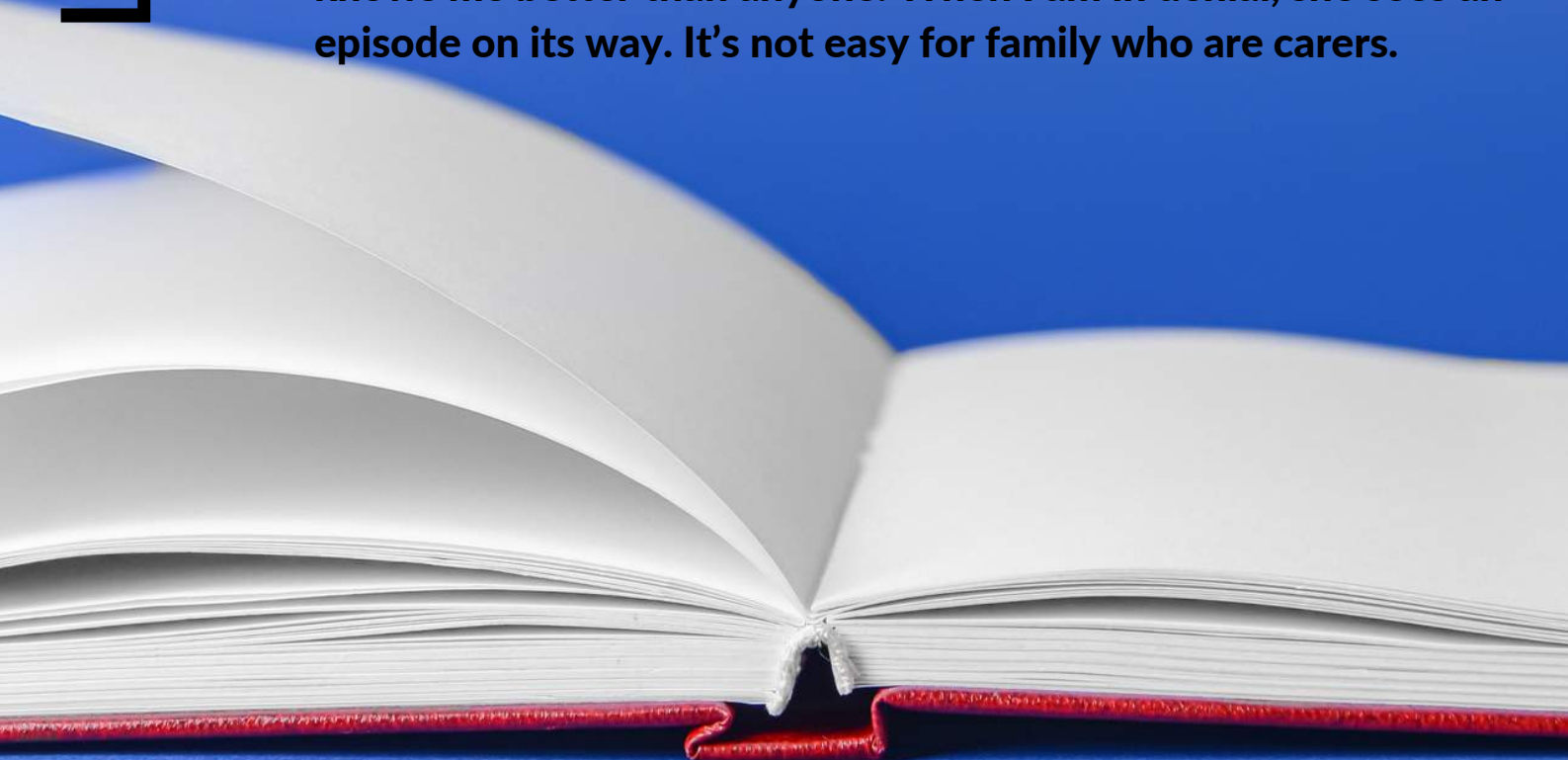
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LET ME TELL YOU SOMETHING

I have been a Befriender since the summer. What I have learnt above all else is that family, whatever our differences, are of paramount importance and that working on bonds and building memories are also vital. We take these for granted sometimes and need to be reminded.

My Mother was, God rest her soul, a troubled woman when she walked the earth. She struggled to accept me firstly because of my Christian faith and secondly because of the behaviours I displayed with Bipolar. I was rejected by her purely and simply because I was the sole survivor of three siblings. I had been a rebel as a teenager and she never forgave me. Her life was tough and difficult for me too.

In 1994, when I reached 30, along came my daughter. I had prayed for a child. She gave me a reason to live and a reason to love. My befriendeers have taught me the true value of children as a source of love and also what a wellspring of comfort they can be in middle age and as I approach the evening-time of my life. My daughter is sensitive and caring. She has seen me go through episodes and relapses with my mental health and knows me better than anyone. When I am in denial, she sees an episode on its way. It's not easy for family who are carers.



LET ME TELL YOU SOMETHING

After being a single Mum for all of my daughters' life she moved away to university and I was so heartbroken that I had a major breakdown with a few Sections under the Mental Health Act. She was in Bristol at this point and I was in Worcester. I lost my footing and after feeling no roots; I moved back to London to be close to a church I liked.

After two years of living in London – which I have enjoyed despite feeling a little isolated and missing my daughter – because my Befriendees have somehow taught me the value of our children, no matter what our differences political or otherwise, I am taking steps to relocate to be by my nearest and dearest daughter in Bristol who is my only close family and I am overjoyed!

I have learnt that we must never undermine our family but show them all the love we possibly can whilst we are still alive and have the privilege and honour.

Amanda



ELFT Profiles

Each month, we aim to bring you a profile on different roles around ELFT. This is so you can see more of what goes on around the trust and the parts of the puzzle which makes up a bigger picture of care.

Please tell us what your role is at ELFT and a little bit about your day to day.

Like an increasing number of people at ELFT, I have two roles! My main role is that I'm the Lead Transformation Pharmacist, and in that role I'm trying to train our prescribers (Doctors, GPs, Nurses, Pharmacists) to prescribe less medication and think more holistically. I also conduct medication reviews with service users with an aim to reducing the number of medicines that they are on. So, most of my days are split between doing training, and doing those reviews.

My other role is as Lead of the Intergenerational Network. The aim of the network is to discover the strengths of all the different age groups (eg. 18-25, over 50+) in our workforce, so that we can maximise everyone's potential and try to remove some of the barriers to them working well. On days that I am in this role, most of my days are spent in focus groups.

Since working at ELFT I have realised that I'm not the biggest fan of video calls and that I am much more productive in the evening than I am in the morning!

What do you like to do when you aren't working and how to you take care of your own wellbeing?

My partner is pregnant so I currently spend all of my spare time trying to figure out which is the best (and most affordable) pram and car seat to purchase. Other than that, I read fiction before bed as a way to occupy, distract and eventually switch off my brain before sleep. This helps me forget about the day and get a good night's sleep. I'm always on the lookout for book recommendations so please email me any of your favourite fiction reads.

What one piece of advice would you give to people about how to try and stay healthy?

Keep a mood diary. Looking for patterns and trends in your mood can be so effective at predicting when things are starting to head in the wrong direction.



Shy Teli

**Lead Transformation Pharmacist
+ Intergenerational Network Lead**



DANCE

NO PRESSURE WORKOUTS

I think we all know it is going to be an extra cold winter this year; I currently have a candle next to me, so I can keep warming my hands whilst I type. So, I googled how to stay warm. Outside of the tips of buying extra blankets and reversing my ceiling fan, I found a simple but classic answer - Get Moving. Which sounded horrific at first...until I remembered dance videos.

Dance workout videos are an abundance on YouTube - offering a variety of exercises and difficulty levels that you just follow along to at home. Most commonly, they last around 15 minutes and use zumba methods to the rhythm. For me, it takes away the pressure of exercise and just allows me to have fun and try to match the best I can. Even on the days where I can't stand, doing this activity with just my arms still feels like an accomplishment. Do I dance well? Absolutely not - but I do feel warmer and like I made the effort that day.

To get started, just search "Dance workout" into YouTube and pick a video that sticks out to you. Don't feel bad if that particular one doesn't fit you, just look for another one. You can also go one step further and add a specific song, artist or genre to your search and someone would have created a workout related to it. Where else would I find a heavy metal zumba class?

Get stuck in, do what you can, and reward yourself afterwards for giving it a go.

INSPIRATIONAL QUOTES

"Winter is a season of recovery and preparation."

— Paul Theroux



"Winter is on my head, but eternal spring is in my heart."

— Victor Hugo



"No winter lasts forever; no spring skips its turn."

Hal Borland

— Hal Borland



"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour."

— John Boswell

THINGS TO DO

— EAST LONDON —

LONDON'S CHRISTMAS LIGHTS A FREE WALK AMONGST THE STARS

London's various Christmas light displays are switched on from early November and they're free to visit. Wander round Regent Street, Oxford Street, Covent Garden, Carnaby and other areas in the dark to see London at its twinkly, festive best.

If you can spare a couple of quid, hop on a bus for an even better way to see the lights.

To see the major West End lights (Oxford Street's glowing stars and Regent Street's ever-popular angels), the 139 route is your friend.

Hop on outside Selfridges — stop BC on Oxford Street or stop BZ on Orchard Street. Ideally, you want a front seat on the top deck, but those four choice positions can be difficult to obtain..



There's a focus on sustainability, with reduced operating hours and LED lights, producing two thirds less energy than last year (and with energy bills what they are, who can blame them).

Other lights can be seen at:

- Carnaby Street
- Covent Garden
- Regent Street and St James's
- Marylebone Village
- Bond Street
- Leadenhall Market
- Connaught Village
- Angel Islington
- Chelsea
- Trafalgar Square



WILDLIFE WATCHING

Winter can be tough on our mental health, and many of us find ourselves hibernating until spring. Making the most of natural light can help alleviate the winter blues. I am here to give you a reason to look out (if not) get outside in winter.

What's going on outdoors?

Winter is a critical season for many of our native and migratory species. Seeing robins in your garden or local green space is a sure sign that winter is fast approaching. They will be busy seeking a mate ready for the mating season in spring.

Believe it or not, many bird species migrate to our shores to seek refuge from colder places. Some migratory birds include the Fieldfare, Redwing, Waxwing and Brambling. After flying for hundreds to thousands of miles, these birds are hungry and tired.

We can give them a warm welcome by providing them some grub for when they arrive. And it gives us an opportunity to get outside in winter.



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What food?

The RSPB recommends sharing your festive leftovers with birds (if there is any left)! I have listed a few here to try:

Vegetables, roast potatoes, fresh and dried fruit, hard cheese, biscuits and pastry ([RSPB.org.uk](https://www.rspb.org.uk)).

Ensure the food you give them is unsalted, as this is harmful to many bird species.

Whether you have a big garden, a balcony or just a window to the outdoors, anyone can create a fly-through restaurant for birds. You can buy a premade bird feeder or make your own. Either way, these birds will show you their gratitude by visiting your feeder and bringing nature closer to your door. You can find out how to make a Christmas wreath for birds on the next page.

For more festive craft ideas, visit [wildlifewatch.org](https://www.wildlifewatch.org).

XMAS WREATH FOR BIRDS BELOW!

Make a Christmas Wreath for birds



You will need:

- Pines cones
- Long twigs
- Garden wire
- Soft lard
- Mixing bowl
- Holly and other leaves
- Bird seed, breadcrumbs and grated cheese
- Dried fruits or unsalted nuts

1 Twist together bundles of long twigs and fasten with wire into a ring.

2 Squish lard into a soft paste in a bowl. Mix in bird seed, breadcrumbs or grated cheese.

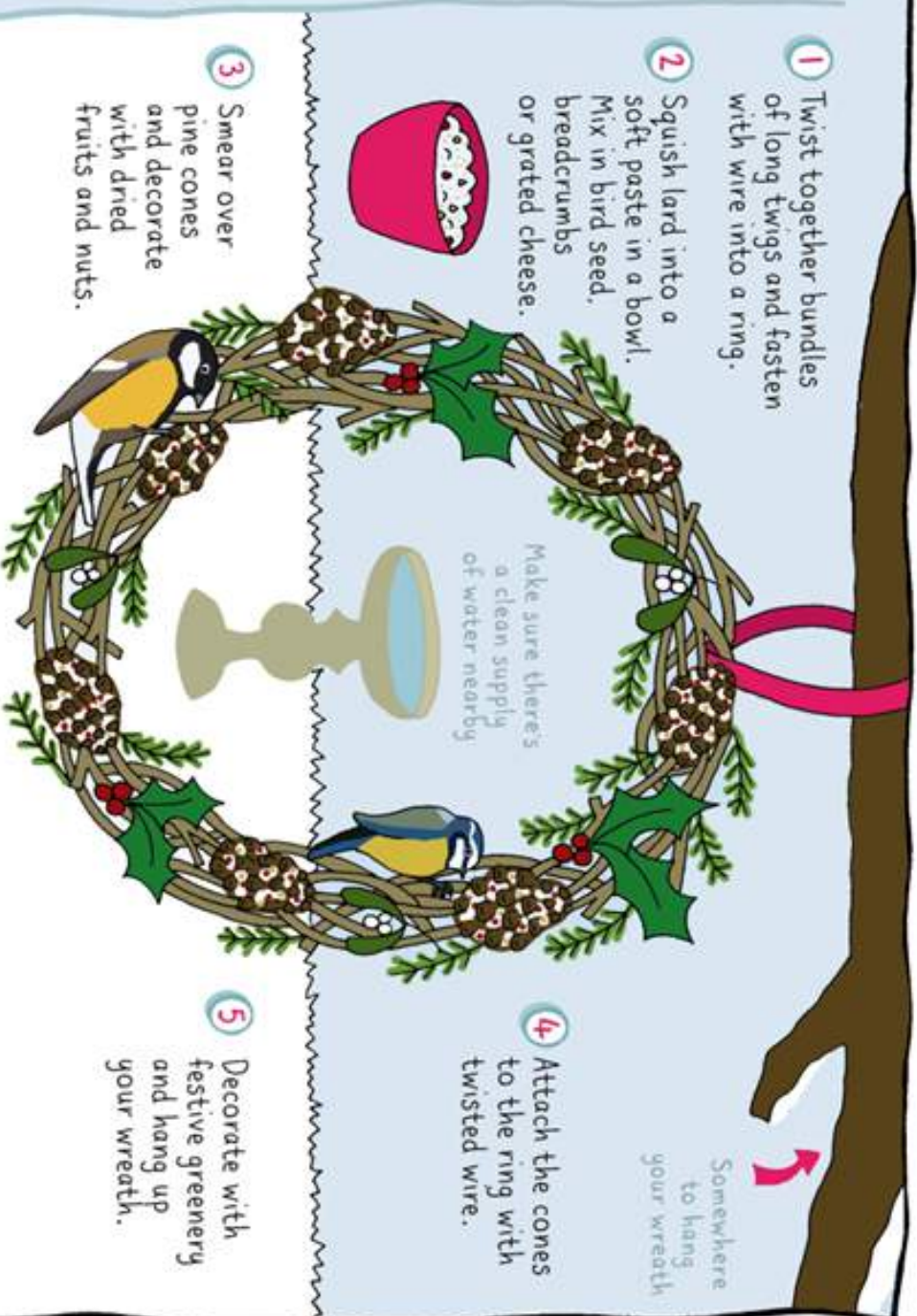
3 Smear over pine cones and decorate with dried fruits and nuts.

Make sure there's a clean supply of water nearby

4 Attach the cones to the ring with twisted wire.

5 Decorate with festive greenery and hang up your wreath.

Somewhere to hang your wreath



HAVE YOU HEARD OF THE COUCH TO 5K PROGRAMME?

Taking up or returning to running can seem like a scary prospect, especially if you feel out of shape or unfit. Why not start the new year with a personal goal. A Couch to 5K programme can help you gradually build up your fitness to running a 5K in just 9 weeks. The free programme is a mixture of running and walking for absolute beginners; it involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks.

Is this for me?

Any Couch to 5K programme is for everyone. Whether you've never run before or you just want to get more active, Couch to 5K is a free and easy way of getting fitter and healthier. It can help you to complete the programme with other people and to make some friends. You do not have to run fast at all, it's just the goal of running or jogging non-stop over a 5K distance.

What are the benefits?

There are plenty of benefits from getting into running. It's an easy way of improving your physical health. Running requires little equipment, but a good pair of running shoes that suit your foot type may help improve comfort. Running regularly will improve the health of your heart and lungs. It can also help you lose weight, especially if combined with a healthy diet.

There are also mental benefits of running. Taking on the challenge of Couch to 5K can help boost your confidence and self-belief, as you prove to yourself that you can set yourself a target and achieve a goal. Running regularly can also be a great stress reliever and has even been shown to combat depression.

How do I join a Couch to 5K programme?

There are various apps on your mobile that you can download. A popular one is the free NHS Couch to 5K which is available. You can of course, search for a running group on RunTogether | Part of England Athletics to see if anyone is offering a Couch to 5K programme near where you live.

www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/get-running-with-couch-to-5k/

This could be a great start to your 2023.

by Adam





PERFECT CHOCOLATE CHIP COOKIES

WHAT YOU NEED:

220g flour
1½ teaspoons salt
1 teaspoon baking soda
225 butter
2 tablespoons water
220g soft brown sugar
100g white sugar
2 teaspoons vanilla extract
1 large egg (whole)
1 large egg yolk
85g chocolate chips
130g dark chocolate

HOW ITS DONE:

1. Add the butter to a saucepan and melt over medium heat.
2. In a large bowl, add the sugars, vanilla and melted butter. Cream together with an electric hand mixer until light and fluffy, 1-2 minutes.
3. Add the eggs and beat until incorporated.
4. Sift in the flours, salt, and baking soda, about a third at a time.
5. Using a wooden spoon, fold the chocolate chips and chunks into the dough.
6. Scoop golf ball sized amounts of the mixture onto a baking tray lined with parchment, space them around 3 inches apart.
7. For extra flavour, cover and refrigerate for 1 hour or, even better, overnight.
8. Preheat the oven to 180°C then bake the cookies for 12-14 minutes.
9. Let the cookies cool on the baking sheet for 2-3 minutes before transferring to a wire rack to cool completely.



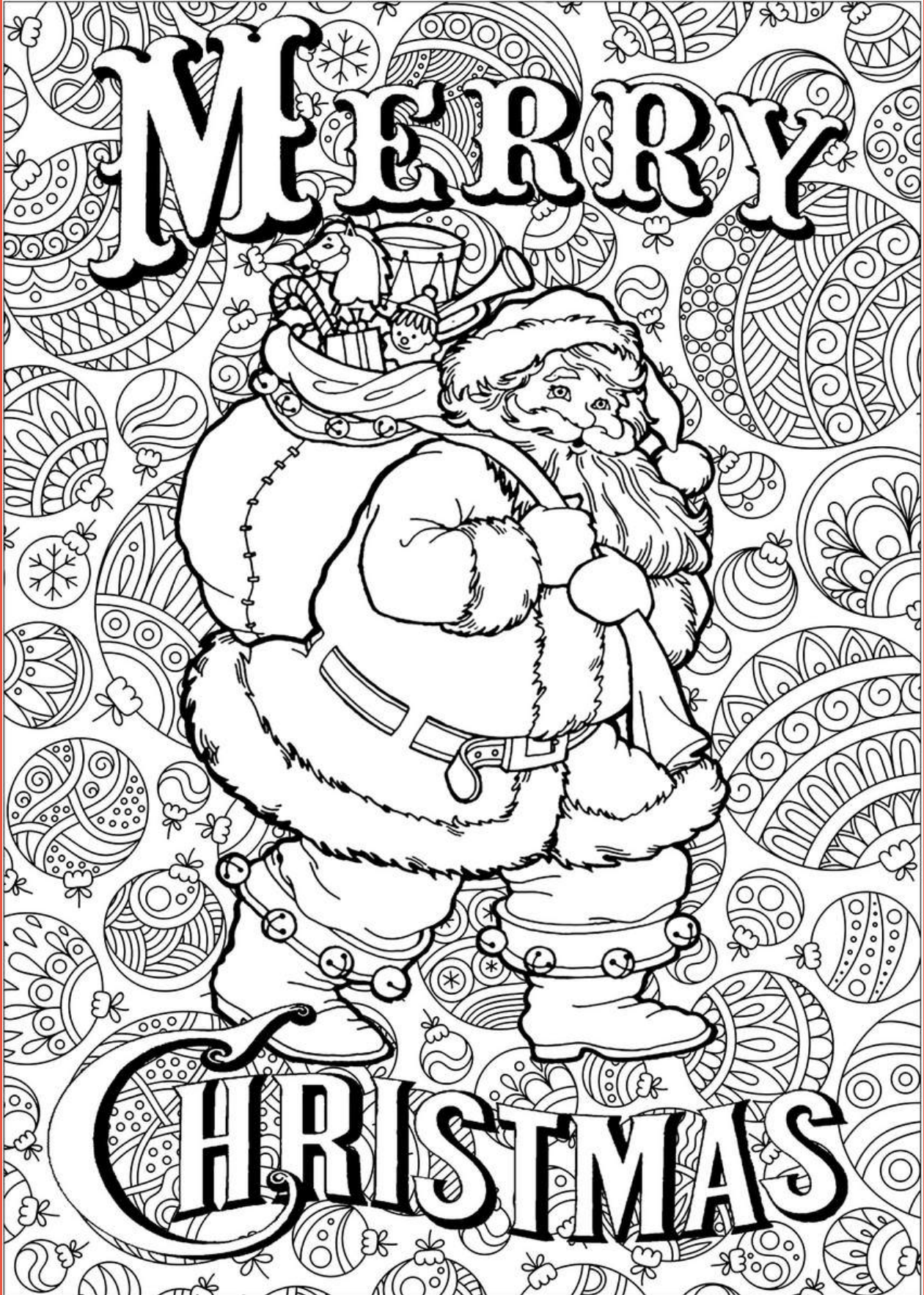
SPOT THE DIFFERENCE

Can you find all the differences?



COLOURING

ENJOY HAVING A GO AT THIS CHRISTMAS
COLOURING

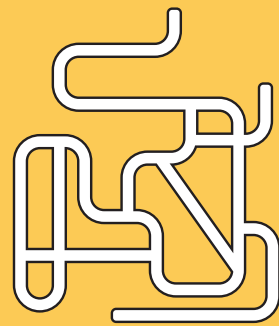


by Canan

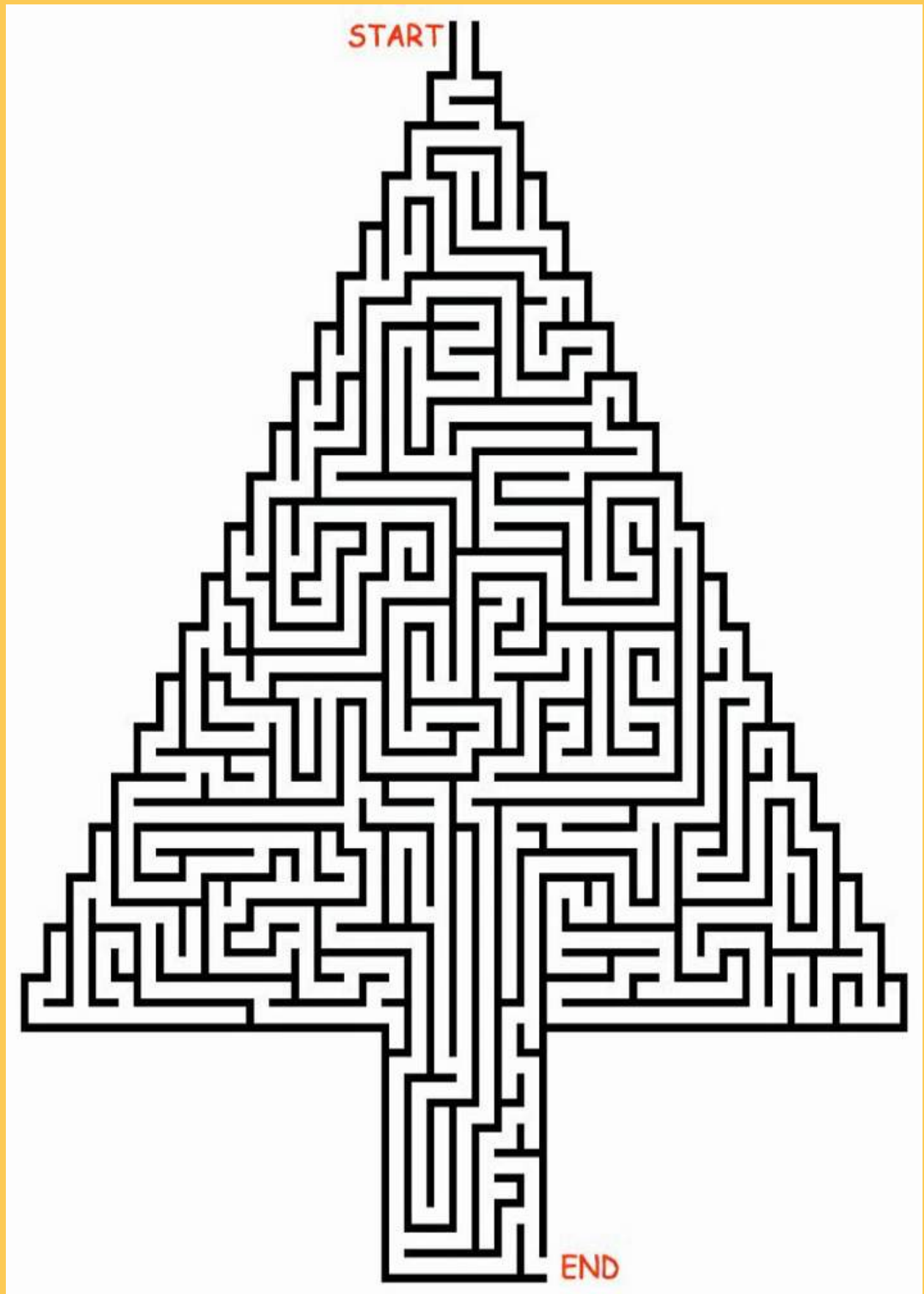


PUZZLES

ENJOY A BRAIN GAME?



Can you get from **START** to **END**



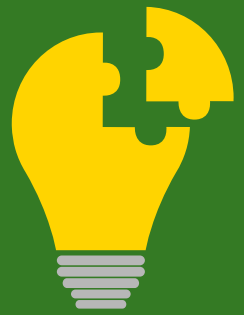
by Canan



PUZZLES

ENJOY A BRAIN GAME?

Try and unscramble these words



Word Scramble Wonderland

Unscramble these words to solve the puzzle!

1. BLAWOSNL _____
2. LSNGIGED _____
3. TASAN SCLUA _____
4. SARITHCMS _____
5. TEISEVF _____
6. OHT AOHOCCTLE _____
7. NSOW _____
8. COLD _____
9. WNETIR _____
10. IIESCLC _____
11. FSREI _____
12. BALKTNES _____
13. GLENSA _____
14. LSNSWFAEOK _____
15. GLHISE LSBLE _____
16. RNERIDAE _____
17. AYLOIHD _____
18. NSTSEERP _____



PUZZLES

ENJOY A BRAIN GAME?

Have a go at finding all the words



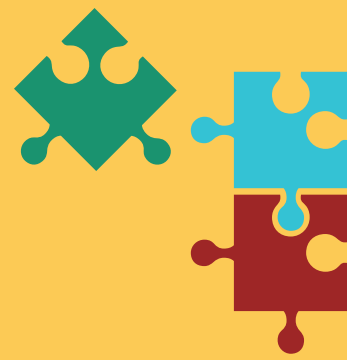
WinterWonderLand

OWUZJEHBECPTCVTSVDKWKDJO
 URLORCJJJBZMOIDIIJAYYASVZS
 SBDYFTUQLIFSFDNWYULETIDEE
 AYDPNUFDCJUDKSYVPQVWWUUL
 JMOFJRKCRFQUJQEEVNRAKNJKO
 BPOTHKBOBSOSURLSKUJFRCNPF
 RJJGGEFVGFAJDXIDHPRESENTS
 UZMPJYEWWMJOUKNIMRGXHYP
 TSFZRGEIRTGGRQMULLEDWINEKA
 SGFZZCAROLSIGNINGZNLTURTN
 EZRXEBCHRISTMASCAKEGWNEUT
 LKLFRCBHGJAAJATRXXRFDLFIGA
 SVJOOEQVRPMDPZNBYPDRWNNVC
 PMIKBCJGOBRHZVZJEYWYMYDML
 RZSIJQITWHEELMDOVRINOOSEWA
 OWNLHPDQCHRISTMASTREEBEKU
 UHOSTRADITIONLGI I IUQUCRWS
 TAWCFAMILYIAYYQSRYPHOBPF
 XSFNCXKTTTAYJNJBYPPOZGFBRU
 ACLOJIRLAI EHOZOEHULHYESNW
 LEASSSWCVGKEYHOLLYIDASYCW
 CXKUCHRISTMASBELLSDVATWBX
 EZEWBSMINCEPIEBBUKAUBIRJT
 TGSEYUTGGITPKCBRUTYDVVMEE
 IERZUGUAHRAQABPXLUSGSEUUX

FESTIVE	CHRISTMASBELLS	SANTACLASUS	CHRISTMASTREE
CHRISTMASCAKE	MINCEPIE	YULETIDE	HOLIDAYS
PRESENTS	JOY	CAROLSIGNING	TURKEY
SNOWFLAKES	HOLLY	MULLEDWINE	TRADITION
FAMILY	REINDEER	TINSEL	BRUSSELSPROUTS



ANSWERS



WORD SEARCH SOLUTION

Solution

OWUZJEHBECPTCVTSVDKWKDJOW
URLORCJJBZMOIDI IJAYYASVZS
SBDYFTUQLIFSFDNWYULETIDEE
AYDPNU E FDCJUDKS YVPQVWWUUL
JMOFJRKCRFQUJQEEVNRAKNJKO
BPOTHKBOBSOSURLSKUJFRCNPF
RJJGGEFVGFAJDXIDHPRESENTS
UZMPJYEWWMJOUKNIMRGXHYP TS
SFZRG E IRTGRGQMULLEDWINEKA
SGFZZCAROLSIGNINGZNL TURTN
EZRXEBCHRISTMASCAKEGWNEUT
LKLFRCBHGJAAJATRXRFDLFIGA
SVJOOEQVRPMGDPZNB YDRWN NV C
PMIKBCJGOBRHZVZJEYWYMYDML
RZS IJQITWHEELMDOVRINOOS EWA
OWNLHPDQCHRISTMASTREEBEKU
UHOSSTRADITIONLGIIIUQUCRWS
TAWCFAMILYIAYYQSRYHOBPBFX
SFFNCXKTTTAYJNJBYP OZGFBRU
ACLOJIRLAIEHOZOEHULHYE SNW
LEASSSWCVGKEYHOLLYIDASYCW
CXKUCHRISTMASBELLSDVATWBX
EZEWBSMINCEPIEBBUKAUBIRJT
TGS EYUTGGITPKC BRUTYDVVME E
IERZUGUAHRAQABPXLUSGSEUUX

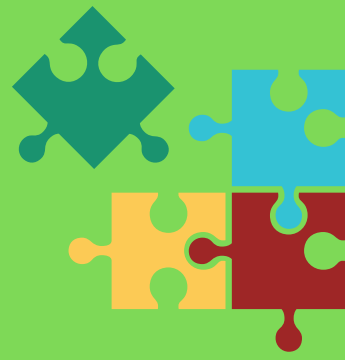
FESTIVE	CHRISTMASBELLS	SANTACLAUS	CHRISTMASTREE
CHRISTMASCAKE	MINCEPIE	YULETIDE	HOLIDAYS
PRESENTS	JOY	CAROLSIGNING	TURKEY
SNOWFLAKES	HOLLY	MULLEDWINE	TRADITION
FAMILY	REINDEER	TINSEL	BRUSSELSPROUTS

DID YOU FIND THEM ALL?

by Canan



ANSWERS



WORD SCRAMBLE SOLUTION

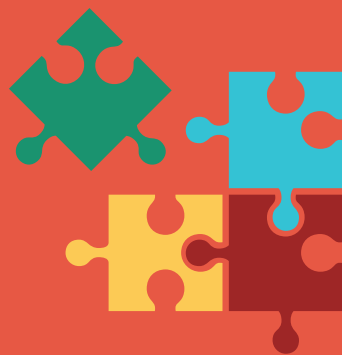
Solution

Unscramble these words to solve the puzzle!

1. BLAWOSNL SNOWBALL
2. LSNIGED SLEDGING
3. TASN SCLUA SANTA CLAUS
4. SARITHCMS CHRISTMAS
5. TEISEVF FESTIVE
6. OHT AOHOCCTLE HOT CHOCOLATE
7. NSOW SNOW
8. COLD COLD
9. WNETIR WINTER
10. IIESCLC ICICLES
11. FSREI FIRES
12. BALKTNES BLANKETS
13. GLENSA ANGELS
14. LSNWFAEOK SNOWFLAKES
15. GLHISE LSBLE SLEIGH BELLS
16. RNERIDAE RAINDEER
17. AYLOIHD HOLIDAY
18. NSTSEERP PRESENTS



ANSWERS



SPOT THE DIFFERENCE SOLUTION



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

The background is a watercolor-style illustration with a rainbow gradient. Two large, solid yellow circles are overlaid on the image: one in the upper half and one in the lower half. The text is placed within these yellow areas.

**DESIGN SOME ART WORK
AND HAVE IT FEATURED IN
JANUARY'S EDITION!**

**SEND IT TO US AT:
ELFT.BEFRIENDINGSERVICE@NHS.NET**