



# **ELFT** **COMPANION**



JANUARY 2023

**Inside:**  
Stories  
Poetry  
Puzzles  
Things to do  
Hobbies

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**(YOU ARE HERE)**

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for our Hobbies this  
edition!

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Like a puzzle?

See what we've included in  
this edition.

Find it on **p. 16 - 21**

# January

# 2023

Please fill each box with a  
goal or your resolutions

## 2023

Designed and compiled by  
Jan (befriender) ©2022

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# POETRY

I thought about you a while ago. Then I called your  
Number, the line went dead. I wondered,  
'What's happening with Dennis?' Then, somehow, I heard  
Through the grapevine that you passed away.

Your spirit was speaking, connecting. Damn it, I remember your  
Bi-polar well, the best mind in the world. You lived with  
It well. You shone with it, you were graceful, you glow. Then I was  
Told that the evil, crazy, bastard, cancer visited you and took  
You away unexpectedly. I was bewildered. Your life will shine gracefully.

A million sparkling stars and the moon would glitter in the heavenly  
Skies, looking down to watch over us. You're gone away buddy, but deeply,  
You still exist in our memory. Your Bi-polar was truly beautiful, no  
One would take that away from you, lovely, Den. Now that you're far away  
and  
Resting well, please do look down on earth and say a prayer every now  
And then for survival. Oh yes, my dear, friend! The good Lord will

Honour you tremendously. Your entrancing voice still reverberates in my  
Head. Your eyes wet, with hot bubbly silvery tears. Your spirit would  
Linger around us. You're not vanished, my pal. Oh dear me, you're not dead,  
Dennis,  
But resting eternally. Your existence was precious, your soul, enchanting.

Dele Oladeji

Dennis, My friend



# "BOB'S YOUR UNCLE" BREAD PUDDING

## INGREDIENTS

- 8 - 10 slices of any white bread
- 5 eggs
- 500ml of milk
- 2 Tbsp Brown sugar
- 2 Tbsp Caster sugar
- Mixed spice (optional)
- Dried fruit (optional)
- Cranberries or raisins to top



## DIRECTIONS

1. Preheat oven to 220C or Gas mark 7 and grease a medium baking tin or oven proof dish.
2. Without heating, Combine the eggs, sugar and milk to make a custard.
3. Soak the bread well in the custard mixture and combine by hand until it is broken up and has absorbed the liquid throughout.  
  
Dried fruit and mixed spice can be added to the mixture at this point (optional)
4. Leave to soak for 10-15 minutes.
5. Transfer to the prepared baking Tin or Oven proof dish and spread evenly.
6. Sprinkle some extra sugar and cranberries or raisins on top.
7. Bake in the top of the oven for 20 minutes or until the top becomes golden brown.
8. Best served warm with tinned custard.



# AM NOT AFRAID TO SHINE

In my darkest hour  
My light was hidden away  
Out of sight and  
Out of reach  
but it did not stop to flicker  
It's warm glow  
Burning me from the inside  
Urging me to possess  
My soul in patience  
Finally, in the dawn of a new life,  
my light has reignited  
Spiritually and morally  
I hold a torch I intend to follow  
Wherever it will lead me to  
All I need to do now is to shine  
And let others  
'See' me.

# BIPOLAR

Sitting in a cafe' one early  
morning.  
Overtaken by a symphony of  
thoughts  
Dancing in perfect tune  
With sublime feelings  
Of bliss  
  
In the chaos of a dual exhistance  
Fluctuating between royal highs  
And wretching lows  
My soul find respite  
In the knowledge  
That all experience  
Is a blessing.  
Within pain and hardship  
Diamonds are to be found.

An open book with autumn leaves and a small plant on it.

POETRY

# THINGS TO DO

## — LUTON & BEDS —

### SHUTTLEWORTH

#### ALDER DRIVE, BEDS, SG18 9EA

A fun day out with all the family, where you get the opportunity to explore the grounds of Shuttleworth, and check out the collection of planes, cars, buses, motorbikes, steam engines and farm machines. There is also the opportunity to learn about the history of the vehicles as well as view their restoration in the workshops. Once your tour of the transportation models is over, you can waltz through the Victorian and regency layered gardens filled with picturesque and beautiful greenery, or visit the exquisite sceneries of the Lakeside Parkland where you have the opportunity to see duck filled lakes, wonderful and unique sculptures along the woodland trails or sit and have a coffee at the café kiosk.



Winter Opening Hours: 10AM - 4PM  
(Last entry at 3:30PM)  
£19.50 Adults | £15.50 Concessionary  
Children | Essential Carers  
GO FREE

Stockwood Discovery Centre  
London Road  
Luton  
LU1 4LX

#### Activities to do:

- Explore almost 60 acres of Shuttleworth and Shuttleworth House
- The Shuttleworth collection
- The Swiss Gardens
- Historical Lakeside Parkland
- Childrens Playground

#### Event days in January:

- Tai Chi in the Gardens (Thu 19th Jan).
- Winter walks and Lunch with Head Gardener (Fri 27th Jan).
- Forest Bathing (Sat 28th Jan).

In January the grounds have several events on offer for a small fee such as morning Tai Chi sessions in the Gardens allowing for a meditative and calming exercise class, a tour of the Swiss

Gardens with its Head Gardener who will highlight all the beauties of the greenery in the winter time, and a unique opportunity to bathe in the woodland park (not literally!) through the art of Shinrin-yoku, the Japanese art of allowing your senses to become eclipsed with the beauty of nature through mindful practices.



Images Copyright Shuttleworth.org

**Don't miss out on! Shuttleworth is home to the oldest flying aircraft in the world! Find it in the collections and even watch it take off!**

**Keep an eye out for! The Swiss Gardens is home to a pair of gorgeous peacocks who like to strut their stuff around the greenery!**

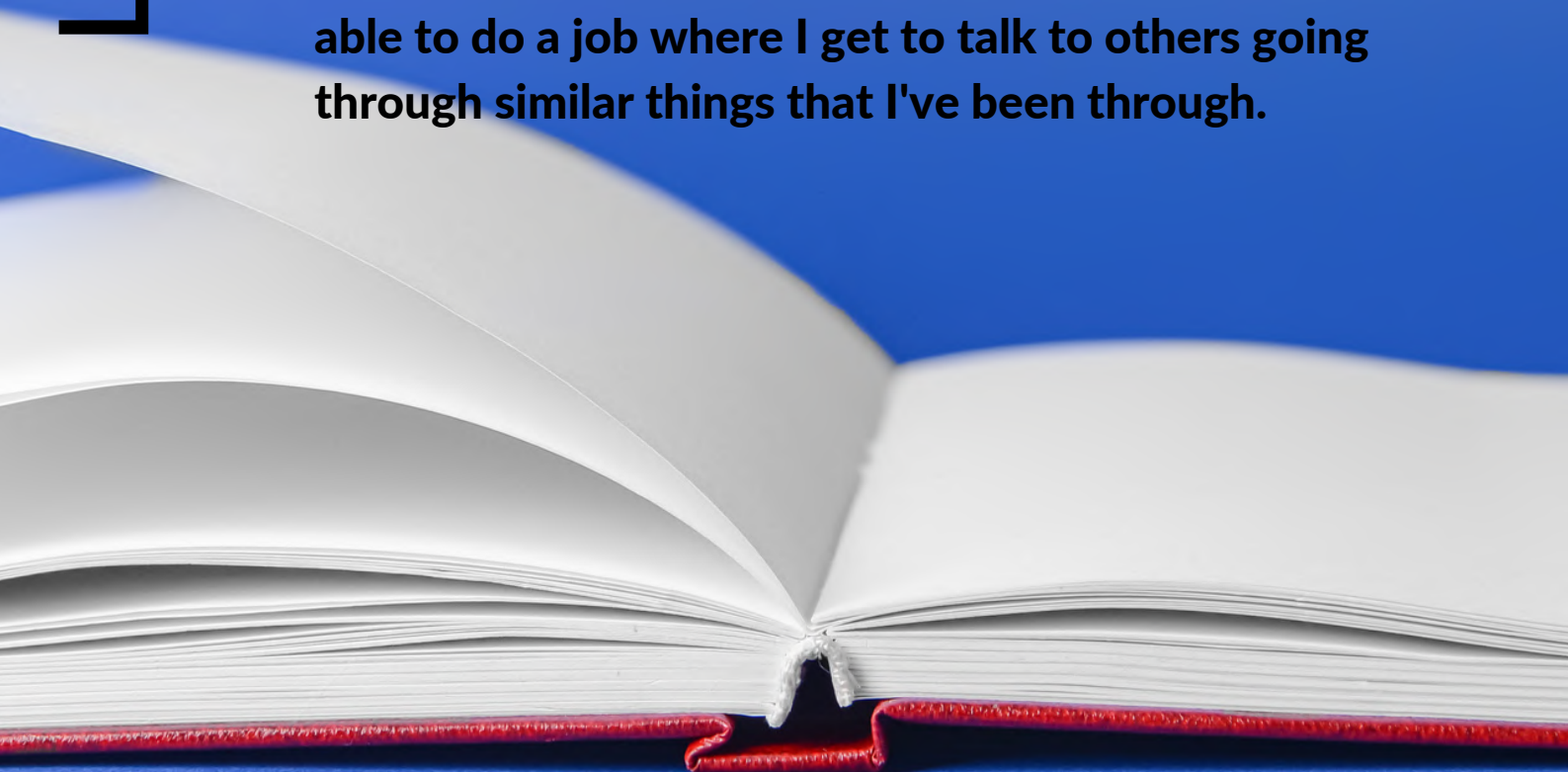


# LET ME TELL YOU SOMETHING

Hi all,

I'm Ricky and I currently live in Bedford and work as a Befriender with ELFT. I've been under mental health services since I was 15 and the road to recovery has been very long and hard but to see where I am now in my life, it's been well worth it. I still have bad days but also have very good days and being in recovery seems strange sometimes.

I first got diagnosed with mental health problems when I was 15 and back then I clearly remember that things seemed very very negative for me. Over the years I've learnt to talk about my mental health more and to be honest when I'm struggling but to also not be ashamed to ask for help when I need it. When I saw the role of Befriender advertised, I knew that it was a job that I wanted to do and applied for it. I always thought that because I have mental health issues that I'd never be able to do a job where I get to talk to others going through similar things that I've been through.





# LET ME TELL YOU SOMETHING

I had my interview which I felt was completely different to what I expected as my mental health wasn't looked at as a negative and I felt very lucky to be accepted for the role. I've been doing the role for a while and I get to chat to some really lovely people every week, I find that the role makes me feel proud and I'm very privileged to get to know other people and hear their recovery journey.

I obviously have rules and guidelines in place that I adhere too in order to keep my Befriendees safe as well as myself but I thoroughly enjoy this role. I now know that I can do anything that I set my mind too and feel that I can relate to my Befriendees as I've lived through my journey of recovery. I hope I can inspire the next group of Befrienders, that I can progress within my role and to continue to grow as a person.

**Ricky Oates**  
**Befriender**





# INSPIRATIONAL QUOTES

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**“New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours.”**

**– Alex Morritt**



**“January looks forward to the new year and back to the old year. He sees past and future.”**

**– M.L. Stedman**



**To appreciate the beauty of a snowflake, it is necessary to stand out in the cold.”**

**– Aristotle**



**“If I had my way, I would remove January from the calendar altogether and have an extra July instead.”**

**– Roald Dahl**



# MY CARER'S JOURNEY

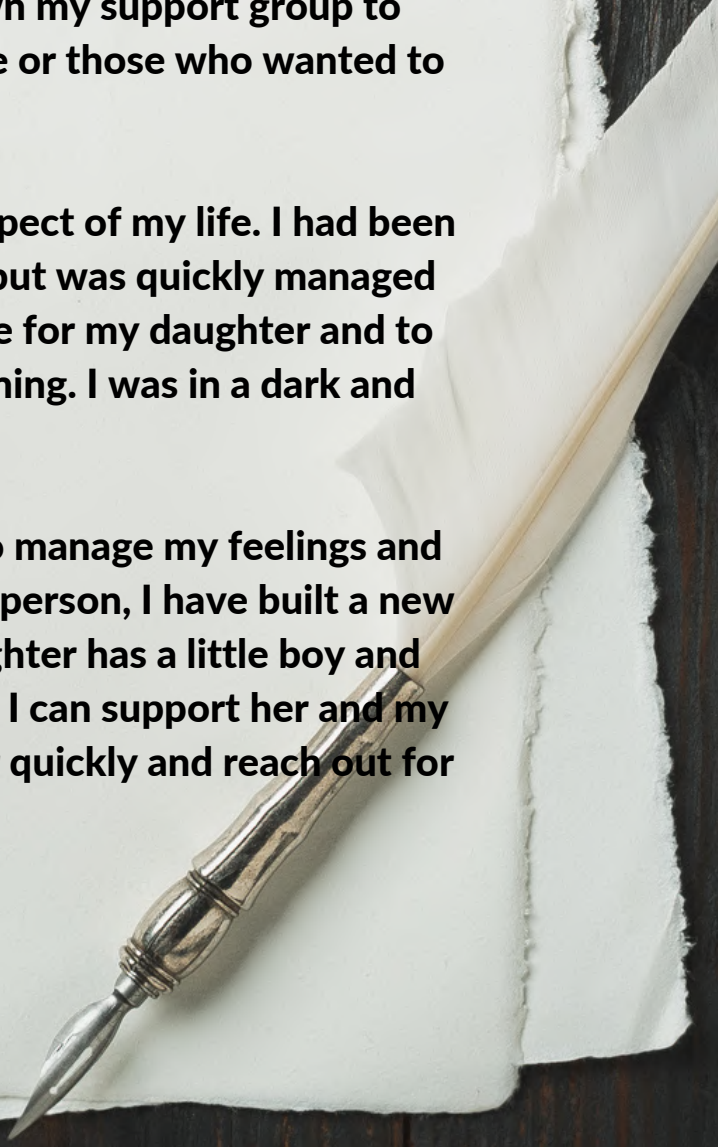
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Where to start? My daughter, who is now 25, had her first mental health crisis just before her 18th birthday-it appeared to come out of the blue as she was a police cadet and was doing well at college. She had no history of anything that could have indicated how unwell she would become.

I remember her first admission to an inpatient unit and the devastation I felt-I did so much soul-searching, trying to work out what had gone wrong. I had so many sleepless nights and cried every day for hours on end. I had always had a wide circle of friends and a good social life but that changed very quickly. I learned how people have so little understanding of mental ill-health and how judgemental some people can be. 'It's probably because you worked that your daughter has these issues'. 'She's just doing it for attention'. I heard so many insensitive things that made me decide to whittle down my support group to people who were genuinely supportive or those who wanted to learn.

My daughter's illness affected every aspect of my life. I had been with the same employer for 27 years but was quickly managed out when I had to take time off to care for my daughter and to come to terms with what was happening. I was in a dark and lonely place.

However, as time passed, I was able to manage my feelings and regroup and, being a naturally resilient person, I have built a new and different life for myself. My daughter has a little boy and they now live with me and husband-so I can support her and my little grandson, spot any changes in her quickly and reach out for support.

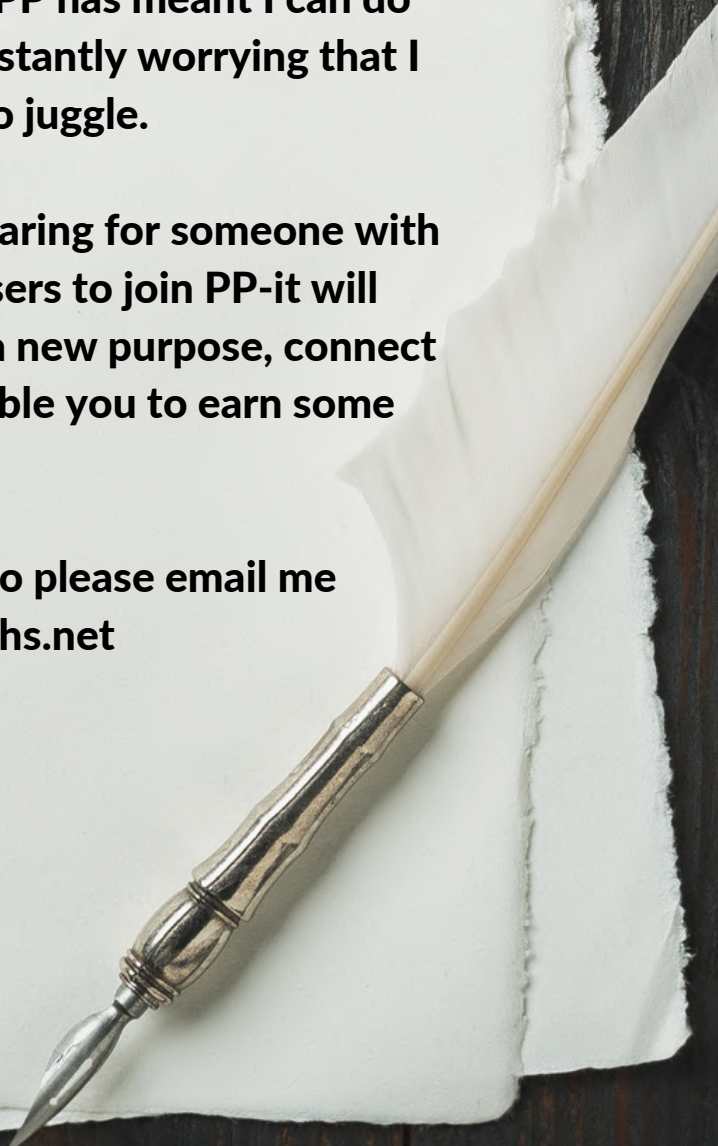


**I moved to a new job straightaway after my job of 27 years ended but, after 3 years, everything became too much and something had to give, so I left my new job. I thought I would be unemployed but I had heard about People Participation as my daughter had done some work a few years ago. I started to sit on interview panels and attend some Working Together Groups and then-my dream came true!**

**A role came up which was part-time and flexible (People Participation (PP) Lead for Inpatient Redesign. I applied and was successful! PP has been a life-saver for me-the team is so supportive, I'm able to work around my caring responsibilities and my role enables me to work towards making things better for everyone. PP has meant I can do everything I need to do without constantly worrying that I have too many balls to juggle.**

**I would encourage everyone who is caring for someone with mental ill-health and all service-users to join PP-it will definitely change your life, give you a new purpose, connect you to like-minded people and enable you to earn some extra money.**

**I would love to hear from you, so please email me  
[louise.stephens9@nhs.net](mailto:louise.stephens9@nhs.net)**





# THINGS TO DO

## LONDON

### ROAD TO RECOVERY EXHIBITION NATIONAL ARMY MUSEUM

This is an insightful exhibition homed at the National Army Museum, that takes an in-depth look at the recovery and rehabilitation journeys of Soldiers during the conflicts in Iraq and Afghanistan.

The exhibition looks at the improvements to battlefield medical care that has allowed for these soldiers to live with these life changing injuries, both mental and physical

The struggles faced by these soldiers, the help they have received, and the setbacks that they have faced along these journeys to recovery are all also explored in detail and gives a comment to the fortitude of these men and women who are continuing on their paths to betterment.



**Date:** Present - August 2023

**Address:** Royal Hospital Road, Chelsea,  
London SW3 4HT

**Opening Times:**  
Mondays: Closed  
Tues-Sun: 10.00am- 5.30pm

**Entry:** FREE

**Getting there:**

Tube

Sloane Square is a 10-minute walk.

Train

Victoria is a 20-minute walk.

Bus

170 stops outside the Museum.



taken from the national army museum website : <https://www.nam.ac.uk/>

# 10 TIPS FOR BETTER HEALTH

1. Volunteer at a 5K parkrun on a Saturday morning or at a 2K junior Sunday parkrun near where you are located. This is an opportunity to get outside, make new friends, have fun, learn new skills and to be a valuable part of your local community. [www.parkrun.org.uk](http://www.parkrun.org.uk)
2. Walk, Jog or run at a local 5K parkrun. Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along. It is “free for everyone forever” as stated on their [www.parkrun.org.uk](http://www.parkrun.org.uk) website.
3. Take a look at YouTube to see what free exercise programmes you can find and do in your own living room. A good one to try is yoga as there are lots to choose from and some do not have any annoying adverts to spoil your enjoyment.
4. Check out your council’s free sports and leisure facilities in your area. This may be a walk around the country park, a field to kick a ball around or do some exercise, tennis courts and using resistance training equipment. Take your own drink to avoid paying rip-off café prices.
5. Join a free local running club, led by qualified and insured run leaders. There are plenty to choose from if you type in your nearest town or postcode at <https://runtogether.co.uk>. Belonging to a RunTogether group is a fantastic way to keep motivated with other people.
6. Take your dog or offer to take a friend’s dog for a walk in your local area. This will give you both some exercise in the outdoors and the fresh air can help boost your mental health. You can see a different perspective of things when you are in a different place.
7. Download a free mobile app to help with your physical fitness and mental health. There are hundreds to select from including FitOn for physical exercise, Breath2Relax for deep breathing, Diarium for journaling and Insight Timer for meditation and sleep.
8. Pay a visit to your local library to read an interesting book, article, newspaper or magazine. You will come into contact with other people in there and someone you may not know giving you a smile can really make a difference to your mood.
9. Have a good browse on the government’s recommended <https://doit.life/volunteer> website to search for volunteer work that will interest you. There are lots of ways to give your time to help others in your local area and helping you to feel better about yourself.
10. This last tip can be overlooked because it sounds too obvious. You need to be truly honest with yourself about your personal finances to help you to organise your worrying thoughts in your head if you are having financial difficulty and make constructive decisions.



# HOBBIES

# BOARD GAME CAFÉS

Board Games are a timeless form of entertainment; whether its forced family time, a good night in with friends or the perfect pass time during a blackout, it's always a giggle. Beyond the usual Monopoly and Cluedo, there are millions of games with a variety of adventures that you work together in or try and crush your friends with. Unfortunately, board games usually need more than one person to play.

So, where is a place that lone people can go play board games for free in weekly events? Board Game Cafés.

Board Game Cafes are essentially what is said on the can – a café that has board games you are welcome to play whilst you drink or eat. Outside of selling board games and other geeky content, there is often a library of available board games to play for free (sometimes with the criteria of buying a drink).

It is a great place to spend the day and try out something new. If you're like me who doesn't have anyone to play board games, many of these cafés have event nights where you come to play with others. If you find yourself somewhere near one of these cafés, maybe pop in and see if there is anything that interests you.

## Local Board Game Cafés

**Ready Steady Roll** - Studio 5, Ivy Lodge Farm, Rushden Road, Sharnbrook, Bedford MK44 1ND

**Geek Retreat** – The Harpur Centre, Unit 10N - 10s, Horne Ln, Bedford MK40 1TJ

**D20 Café** - 87 Queen's Rd, Watford WD17 2QN

**The Box Room** - 58 Regent St, Cambridge CB2 1DP

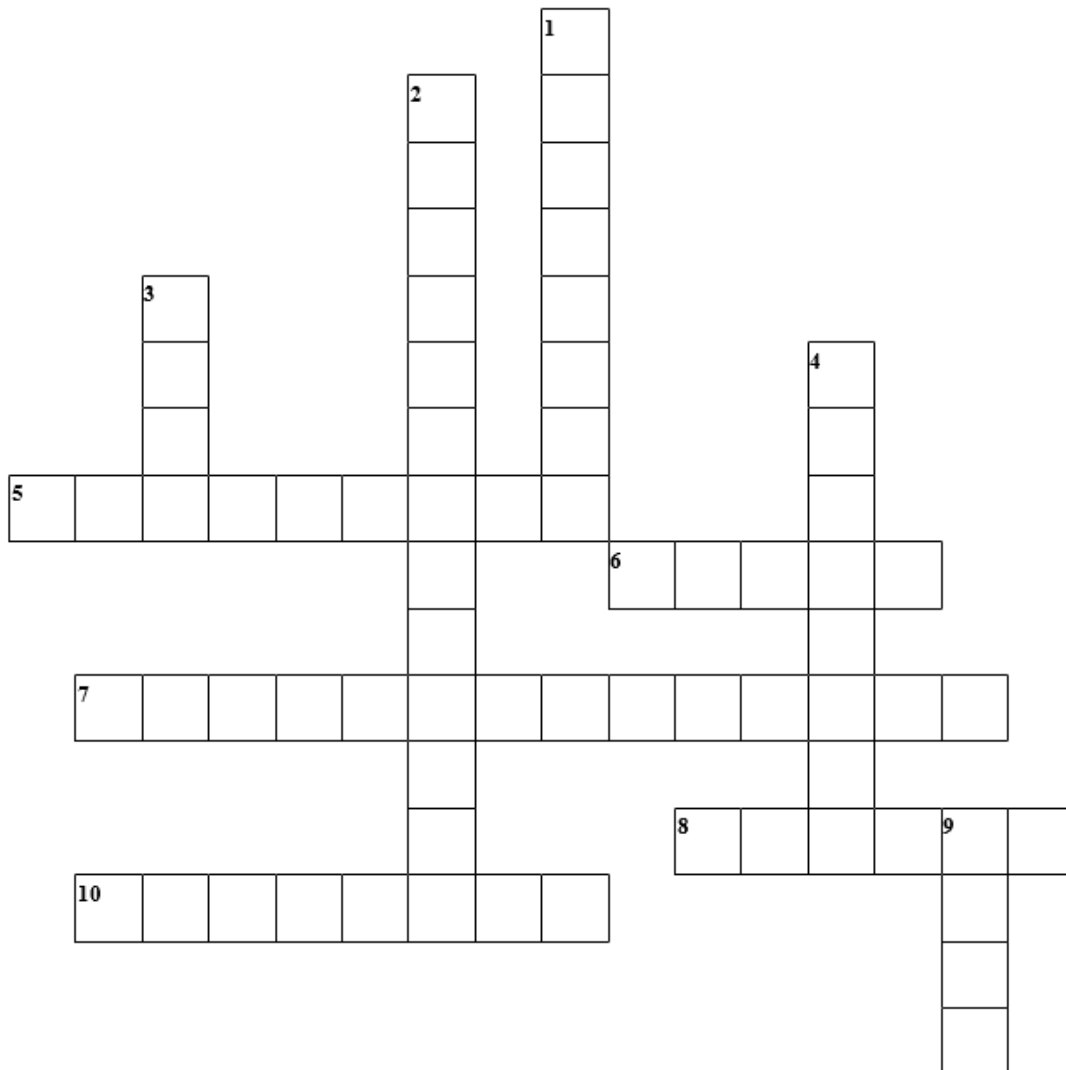
**GamesHub** - 38a Market Square, Saint Neots PE19 2AF



# CROSSWORD

Can you figure out all the words?

## Types of Foods



### Across

- [5] closed, wide cap, oyster and chestnut are some.  
[6] split, tin, cob, seeded, wholemeal and rolls with that too?  
[7] this veg wears one in wintertime when it's cold?  
[8] shortcrust, sweet crust, hot water and cold water are to name only a few.  
[10] carrots, onion, cabbage and salad cream makes this?

### Down

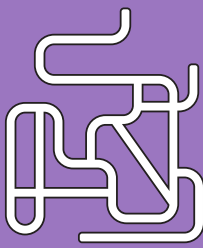
- [1] many flavours banana, honey, Greek.  
[2] cherries, peaches apples, strawberries mix it up?  
[3] scrambled, boiled or fried they make a meal or a runny side?  
[4] different types of carbohydrates, king Edwards and jersey are a few.  
[9] grown in a paddy field?





# WORD SEARCH

CAN YOU FIND ALL THE WORDS?



LEARNANEWRECIPES	GETFIT	EATHEALTHIER	JOINACLUB
BEPOSITIVE	VOLUNTEER	RECYCLE	TRAVEL
KINDNESS	KEEPAJOURNAL	CLEAROUTCLUTTER	NEWHOBBY
SPADAY	SLEEPBETTER	YOGA	MEDITATION
CALLFRIENDS	ADOPTANANIMAL	CREATEAROUTINE	CALLFAMILY



# PUZZLES

ENJOY A BRAIN GAME?



Have a go at Sudoku!

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

## #1

## #2

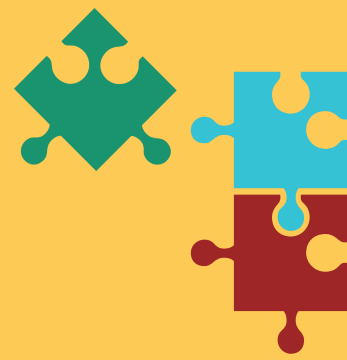
8	9				7	3	6	2
	3			1	9	5		
4	2			6		9	1	
	4		7	3				
	5		1			4		3
1		3	9	2				
		6	5					
	1	4			3	2		
	7		6					

by Canan





# ANSWERS



## WORD SEARCH SOLUTION

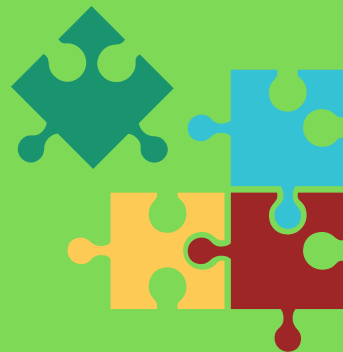
W	Y	N	D	D	Q	A	H	Q	J	S	N	C	Y	U	V	R	U	E	R	E	E	T	N	U	L	O	V	A	V
B	L	U	V	C	C	R	E	A	R	O	U	T	I	N	E	H	N	J	B	F	B	P	J	F	Y	W			
Y	M	A	C	A	N	I	L	K	S	R	E	I	H	T	L	A	E	H	T	A	E	B	U	Q	I	K	M	A	W
W	J	D	A	L	X	C	H	W	S	F	X	R	G	T	C	H	O	M	W	B	V	Q	U	Z	I	A	D	R	J
G	K	J	Z	L	V	C	C	O	D	K	E	V	T	J	Z	E	C	A	Q	M	O	B	L	N	A	O	O	O	O
R	E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

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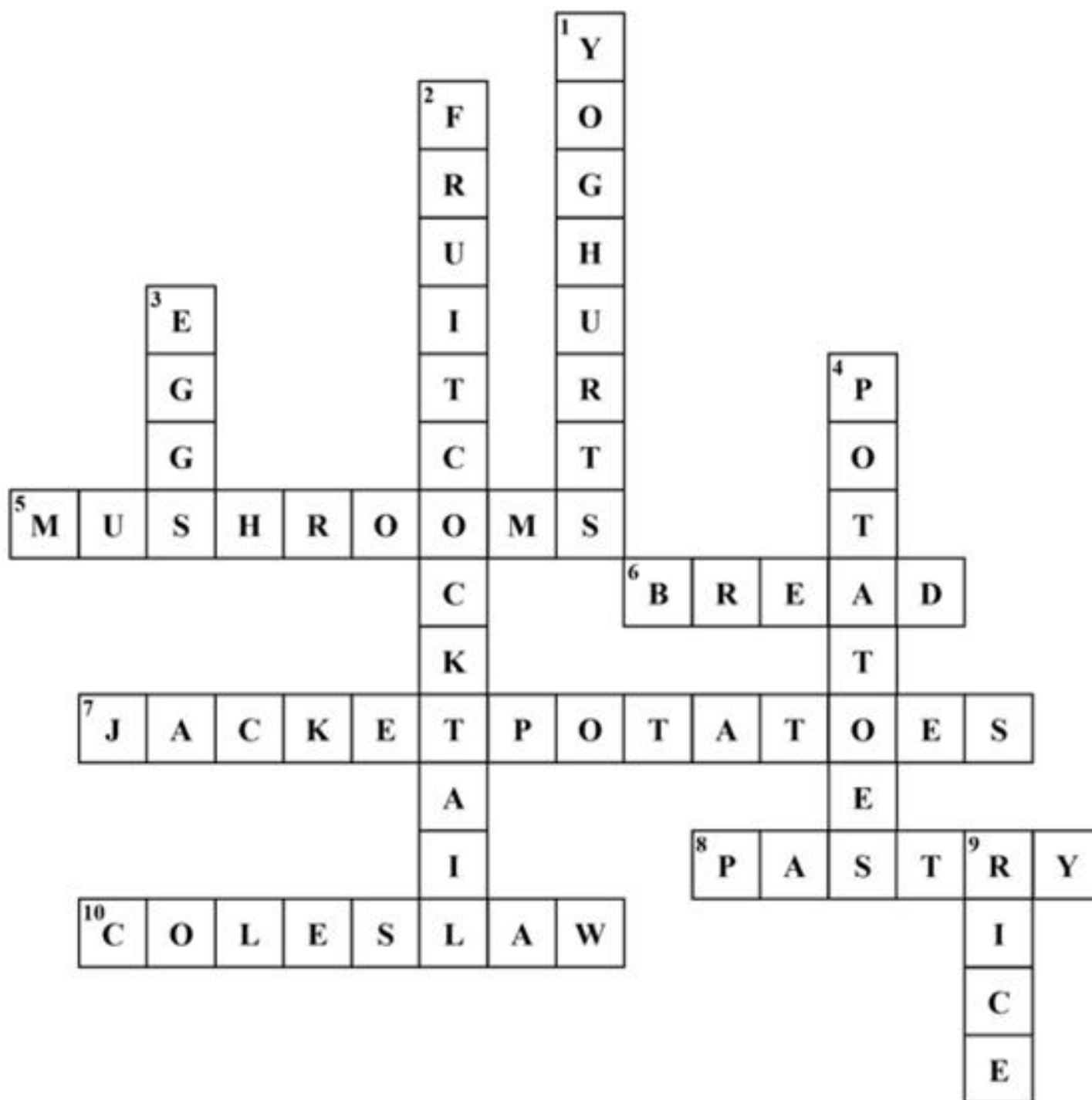
**DID YOU FIND THEM ALL?**



# ANSWERS



## CROSSWORD SOLUTION







# ANSWERS

## SUDOKU SOLUTION



# #1

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

# #2

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

# USEFUL CONTACTS

## NHS SUPPORT

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NHS	<a href="http://WWW.NHS.UK">WWW.NHS.UK</a>
ELFT	<a href="http://WWW.ELFT.NHS.UK">WWW.ELFT.NHS.UK</a>
Befriending Service	<a href="mailto:ELFT.BEFRIENDINGSERVICE@NHS.NET">ELFT.BEFRIENDINGSERVICE@NHS.NET</a>
People Participation	<a href="mailto:ELFT.PEOPLEPARTICIPATION@NHS.NET">ELFT.PEOPLEPARTICIPATION@NHS.NET</a>

## MENTAL HEATH CRISIS LINES

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Newham	0207 771 5888
Tower Hamlets	0207 771 5807
Hackney	0208 432 8020
Luton	01582 556971
Bedford and Mid-Bedfordshire	01234 315691

## SUPPORT FOR ADDICTION

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Talk To Frank	<a href="http://WWW.TALKTOFRANK.COM">WWW.TALKTOFRANK.COM</a>
Alcoholics Anonymous	<a href="http://WWW.ALCOHOLICS-ANONYMOUS.ORG.UK">WWW.ALCOHOLICS-ANONYMOUS.ORG.UK</a>
Cocaine Anonymous	<a href="http://COCAINEANONYMOUS.ORG.UK">COCAINEANONYMOUS.ORG.UK</a>
GamCare	<a href="http://WWW.GAMCARE.ORG.UK">WWW.GAMCARE.ORG.UK</a>

## SUPPORT FOR BEREAVEMENT

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Cruse	<a href="http://WWW.CRUSE.ORG.UK">WWW.CRUSE.ORG.UK</a>
Bereavement Partnership	<a href="http://NATIONALBEREAVEMENTPARTNERSHIP.ORG">NATIONALBEREAVEMENTPARTNERSHIP.ORG</a>
The Good Grief Trust	<a href="http://WWW.THEGOODGRIEFTRUST.ORG">WWW.THEGOODGRIEFTRUST.ORG</a>
At A Loss	<a href="http://WWW.ATALOSS.ORG">WWW.ATALOSS.ORG</a>

## SUPPORT FOR CARERS

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Carers UK	<a href="http://WWW.CARERSUK.ORG">WWW.CARERSUK.ORG</a>
Family Action	<a href="http://WWW.FAMILY-ACTION.ORG.UK">WWW.FAMILY-ACTION.ORG.UK</a>

## SUPPORT FOR DOMESTIC ABUSE

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Domestic Violence Helpline	0808 2000 247
For men experiencing domestic abuse	0808 801 0327
Refuge	<a href="http://WWW.REFUGE.ORG.UK">WWW.REFUGE.ORG.UK</a>



# USEFUL CONTACTS

## SUPPORT FOR FINANCIAL DIFFICULTIES

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The UK Government	<a href="http://WWW.GOV.UK/OPTIONS-FOR-PAYING-OFF-YOUR-DEBTS">WWW.GOV.UK/OPTIONS-FOR-PAYING-OFF-YOUR-DEBTS</a>
Step Change	<a href="http://WWW.STEPCHANGE.ORG">WWW.STEPCHANGE.ORG</a>
Citizens Advice	<a href="http://WWW.CITIZENSADVICE.ORG.UK">WWW.CITIZENSADVICE.ORG.UK</a>
National Debtline	<a href="http://WWW.NATIONALDEBTLINE.ORG">WWW.NATIONALDEBTLINE.ORG</a>

## SUPPORT FOR HOUSING PROBLEMS

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Your local council	<a href="http://WWW.GOV.UK/FIND-LOCAL-COUNCIL">WWW.GOV.UK/FIND-LOCAL-COUNCIL</a>
Citizens Advice	<a href="http://WWW.CITIZENSADVICE.ORG.UK">WWW.CITIZENSADVICE.ORG.UK</a>
Crisis	<a href="http://WWW.CRISIS.ORG.UK/GET-HELP">WWW.CRISIS.ORG.UK/GET-HELP</a>
Shelter	<a href="http://ENGLAND.SHELTER.ORG.UK">ENGLAND.SHELTER.ORG.UK</a>
StreetLink	<a href="http://WWW.HOMELESS.ORG.UK">WWW.HOMELESS.ORG.UK</a>

## SUPPORT FOR LONG TERM CONDITIONS

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The Patients Association	<a href="http://WWW.PATIENTS-ASSOCIATION.ORG.UK">WWW.PATIENTS-ASSOCIATION.ORG.UK</a>
Age UK	<a href="http://WWW.AGEUK.ORG.UK">WWW.AGEUK.ORG.UK</a>

## EXTRA SUPPORT FOR MENTAL HEALTH

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Hub of Hope	<a href="http://HUBOFHOPE.CO.UK">HUBOFHOPE.CO.UK</a>
MIND	<a href="http://WWW.MIND.ORG.UK">WWW.MIND.ORG.UK</a>
Samaritans	TELEPHONE: 116 123
Young Minds	<a href="http://YOUNGMINDS.ORG.UK">YOUNGMINDS.ORG.UK</a>
LGBT+ Helpline	<a href="http://SWITCHBOARD.LGBT">SWITCHBOARD.LGBT</a>

## SUPPORT FOR SEXUAL VIOLENCE

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The Survivors Trust	<a href="http://WWW.THESURVIVORSTRUST.ORG">WWW.THESURVIVORSTRUST.ORG</a>
Rape Crisis	<a href="http://WWW.RASASC.ORG.UK">WWW.RASASC.ORG.UK</a>
Survivors UK	<a href="http://WWW.SURVIVORSUK.ORG">WWW.SURVIVORSUK.ORG</a>

## EXTRA SUPPORT FOR SUICIDAL THOUGHTS

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Papyrus	<a href="http://WWW.PAPYRUS-UK.ORG">WWW.PAPYRUS-UK.ORG</a>
Ripple Suicide Prevention	<a href="http://WWW.RIPPLESUICIDEPREVENTION.COM">WWW.RIPPLESUICIDEPREVENTION.COM</a>
Shout	<a href="http://GIVEUSASHOUT.ORG">GIVEUSASHOUT.ORG</a>
Survivors of Bereavement by Suicide	<a href="http://UKSOBS.ORG">UKSOBS.ORG</a>
Campaign Against Living Miserably	<a href="http://WWW.THECALMZONE.NET">WWW.THECALMZONE.NET</a>

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



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