



**ELFT**

# COMPANION

**NHS**

East London  
NHS Foundation Trust



**Inside:**

Stories

Poetry

Puzzles

Things to do

Hobbies

FEBRUARY 2023

[ELFT.BEFRIENDINGSERVICE@NHS.NET](mailto:ELFT.BEFRIENDINGSERVICE@NHS.NET)

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See the recipes we've got this  
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# TIME TO SHOW YOURSELF

## LOVE IN

### february 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			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	Why not do one thing that makes you smile, and one self-care activity a week this month?			

Things that make me proud of myself:

*E.g. Learning a new skill or doing something you have been putting off.*

Things that make me smile:

*E.g. A pet, loved one or a favourite book.*

Self care activities:

*E.g. Going for a walk or having your favourite dinner.*

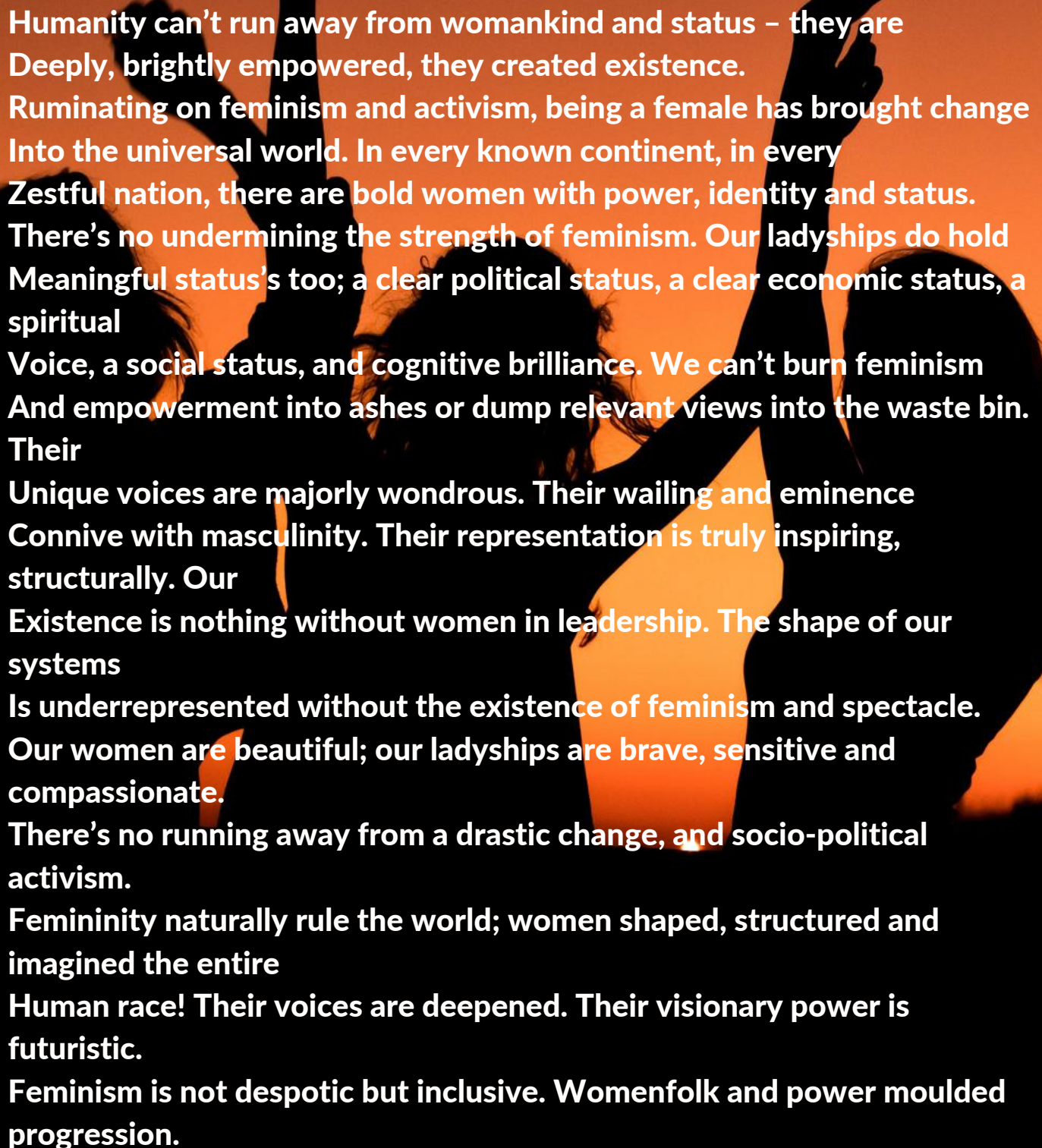
Ways I can treat myself:

*E.g. Buying yourself flowers or going to the cinema.*



# POETRY

## Women & Status

The background of the entire page is a solid orange color. Overlaid on this background are the dark silhouettes of several women. Their arms are raised high, with some hands open and others in a 'V' or peace sign gesture. The silhouettes are positioned behind the text, creating a layered effect.

Humanity can't run away from womankind and status – they are  
Deeply, brightly empowered, they created existence.  
Ruminating on feminism and activism, being a female has brought change  
Into the universal world. In every known continent, in every  
Zestful nation, there are bold women with power, identity and status.  
There's no undermining the strength of feminism. Our ladyships do hold  
Meaningful status's too; a clear political status, a clear economic status, a  
spiritual  
Voice, a social status, and cognitive brilliance. We can't burn feminism  
And empowerment into ashes or dump relevant views into the waste bin.  
Their  
Unique voices are majorly wondrous. Their wailing and eminence  
Connive with masculinity. Their representation is truly inspiring,  
structurally. Our  
Existence is nothing without women in leadership. The shape of our  
systems  
Is underrepresented without the existence of feminism and spectacle.  
Our women are beautiful; our ladyships are brave, sensitive and  
compassionate.  
There's no running away from a drastic change, and socio-political  
activism.  
Femininity naturally rule the world; women shaped, structured and  
imagined the entire  
Human race! Their voices are deepened. Their visionary power is  
futuristic.  
Feminism is not despotic but inclusive. Womenfolk and power moulded  
progression.

Dele Oladeji

# DID YOU KNOW - YOU CAN FIND US ON SOCIAL MEDIA!!!



**INSTAGRAM**

<https://www.instagram.com/elftbefriendingservice/>



**TIKTOK**

<https://www.instagram.com/elftbefriendingservice/>

[HTTPS://WWW.ELFT.NHS.UK/GET-INVOLVED/BEFRIENDING-SERVICE](https://www.elft.nhs.uk/get-involved/befriending-service)

# THINGS TO DO

## LUTON & BEDS

### LUTON'S FULL HOUSE FEB FEST

Every year Luton hosts a whole range of fun activities for the family during February Half term. This year they have a wide selection of shows and workshops, as well as an 'imagination station'- time for free drop-in craft activities. Some of the activities for this year include a beatboxing workshop, Family comedy club, a Samba drumming class, circus skills workshops and a production of Hamlet. All activities are split between three venues across Luton and are guaranteed to be an immersive and enriching time for both kids and adults looking for things to do whilst off from school!

You don't have to take part in every activity, but rather sign up for the ones that most interest you!

Admission per event:  
Between £5-£7  
(Some events allow adults to  
go FREE).



Look out for! Their social media pages will be filled with extra information. Check them out at @lutonfebfeast

#### Locations:

Hat Factory Arts Centre,  
65-67 Bute Street, Luton, LU1 2EY

Stockwood Discovery Centre  
London Road, Luton LU1 4LX

Wardown House, Museum and Gallery  
Old Bedford Road, Luton, LU2 7HA



#### Booking info:

BOX OFFICE: 01582 878100  
[www.culturetrust.com](http://www.culturetrust.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

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**"I used to want the words 'She tried' on my tombstone. Now I want 'She did it.'"**

**– Katherine Dunham**



**"Never be limited by other people's limited imaginations."**

**– Mae Jemison**



**"In February there is everything to hope for and nothing to regret."**

**– Patience Strong**



**"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."**

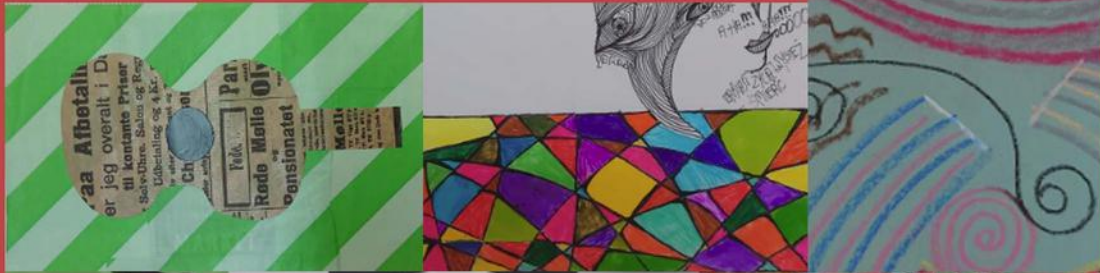
**– Martin Luther King, Jr.**



**ARTSCAPE presents...**



# **“Expoobident”**



## **Art Exhibition**



**3rd February to 23rd February 2023**

**Stratford Unitarian Meeting House & Gallery**

**West Ham Lane, London, E15 4PH**

**Open Saturdays between**

**2.00pm - 5.00pm**

**All other times by appointment contact Julian: 07956 381 995**





# **Low Sugar Peanut Butter Cookies**

These cookies contain no flour and **almost** no sugar but still retain all the taste you would expect.

## **YOU WILL NEED...**

**130g Peanut butter (low sugar)**

**65g Powdered sweetener**

**15g Butter**

**1 Egg**

**1 tsp Sugar free vanilla extract**

## **METHOD**

**1. Preheat oven to 180 degrees C and Line a baking sheet with grease-proof paper.**

**2. Combine all the ingredients in a bowl and mix well until a dough is formed.**

**3. Separate the dough in half and then separate each half into 6 even amounts. Roll each piece into a ball and place them on the baking sheet. Press each one down flat with a fork, in a criss-cross pattern. (You may need to bake in 2 batches)**

**4. Bake in the the preheated oven until edges look golden, (12 to 15) minutes.**

**5. When the cookies are fresh out of the oven they will be fragile, so let them cool for a couple of minutes before gently transferring them to a wire rack.**

**6. Allow them to fully cool on the wire rack to ensure they set as they can be very crumbly!**



# Sow and Grow

Gardening has many benefits, from getting outside and saving money to supporting local wildlife. Here are some great reasons to get your gloves on and get outside:

## *Good food*

Growing fresh and tasty food encourages you to eat more healthily. It also has the added benefit of reducing your plastic use by buying less shop-bought food.

## *Cheap food*

Growing food can also help you to save on your food bill and your carbon footprint. You can buy seeds from supermarkets or garden centres, and you can even find some cheap seedlings at car boot sales!

## *Connection to nature*

Green exercise has a greater restorative effect to wellbeing than indoor exercise. Being in the garden gives you time to switch off, be mindful and focus.

## *Community*

Gardening at an allotment has the added benefit of gardening around others. Allotments can be a great place to meet new friends, learn tips and share your produce!

## *Wellbeing*

Sowing a plant from seed, supporting its growth and finally picking your produce to eat can give you a real sense of achievement. Gardening can also be a great way to learn new skills, get creative and boost your self-esteem.

## *Supporting wildlife*

Did you know that gardens and allotment gardens support pollinators better than other urban spaces such as parks, verges and even some nature reserves? By growing a rich variety of fruit and vegetables, you can encourage healthy soils and a diverse community of plant and animal species. (Just make sure you lay off the chemical inputs!)

## *Physical activity*

Working in the garden is a great way to add exercise into your routine. As little as 30 minutes of active gardening can promote better sleep and help you recover from stress.

You can find out how to apply for a local allotment plot at: <https://www.gov.uk/apply-allotment>



# THINGS TO DO

## LONDON

### WOMEN IN SCIENCE TOUR NATURAL HISTORY MUSEUM

To celebrate the International Day of Women and Girls in Science, which takes place on the 11th February 2023, why not head down to the Natural History Museum and take a Women in Science tour?

These guided tours will take you through an extensive look at the contributions of women to the science world throughout history, getting the opportunity to learn in detail about their work, passions and stories about how they began working in the science field.

Each tour is slightly different but allows you to develop your knowledge about female contributions to science in fields such as space, crystallography, geology and more. It allows for these women to be recognized for their hard work in an industry where female involvement had often been downplayed or unrecognized, giving agency to these pioneers and displaying their dedication to their crafts.



Picture taken from: <https://www.nhm.ac.uk/events/women-in-science-tour.html>

#### Date and Time:

The tours take place several times throughout the month on Mondays and Tuesdays, several Sundays, and on Saturday 11th February marking the special day for women in science.

Mondays: 14:00-14:45

Tuesdays: Either 13:15-14:00 or 14:00-14:45 (check day scheduled to visit)

Sundays: in February 13:15-14:00

#### Address:

Natural History Museum  
Cromwell Road, South Kensington,  
London, SW7 5BD

#### Museum opening times:

10:00am-17:50pm (last entry 17:30)

#### Admission:

FREE

Look out for! An array of specimens collected by Mary Anning, a pioneering palaeontologist and fossil collector who made landmark discoveries on the Jurassic coast.

Whilst you're there! The Natural History Museum is brimming with stunning exhibitions, each one just as exciting as the one before. If you have the time, look through what the museum has to offer!

Don't forget! The tour only allows 12 people at a time on a first come, first served basis- so get to the meeting point early if you want to secure your spot!

Tour Meeting point:  
Upper Level of Hintze Hall, right next to Guy the Gorilla.  
From the lift, take a right from the lift lobby and the meeting spot is straight ahead. From the stairs, Face the Whale and walk up the staircase, the meeting point is at the top of the stairs, after turning right from the Darwin Statue.

# Staying Safe Online

Tuesday, 7 February 2023

Tuesday 7th of Feb is "Safer Internet Day" Whether you are a young person, a parent, a Service User or a Carer, everyone has a role to play in creating and maintaining a better online world. Read on to find out more about practical ways in which you stay safe online, not just on Safer Internet Day but all year around!

01

Protect your email by using a strong and separate password

Cyber criminals can use your email to access many of your personal accounts, leaving you vulnerable to identity theft.

02

Install the latest software and app updates

Software and app updates contain vital security updates to help protect your devices from cyber criminals.

03

Turn on 2-step verification (2SV)

2-step verification is recommended to help protect your online accounts.

04

Password managers: how they help you secure passwords

Using a password manager can help you create and remember passwords.

05

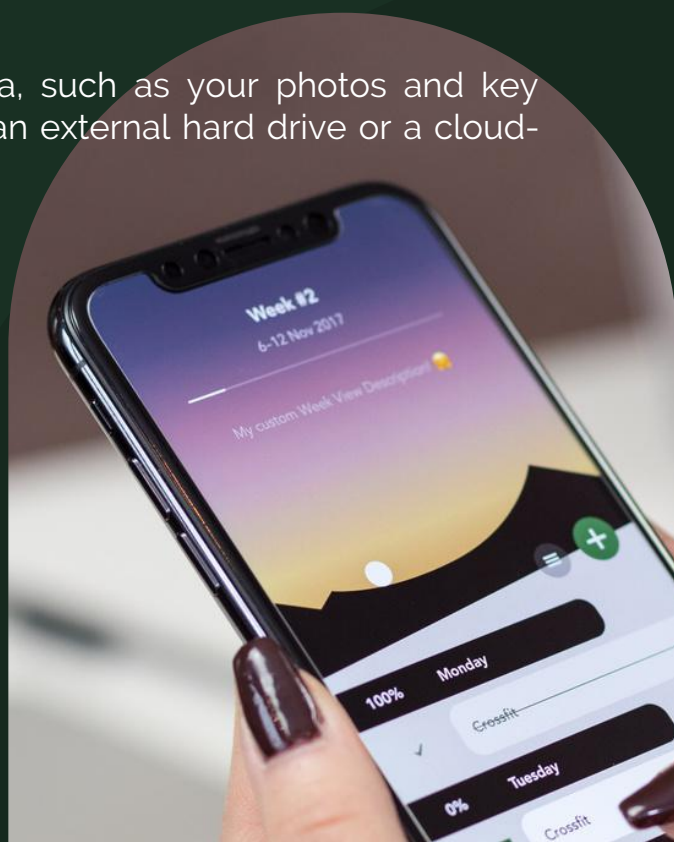
Backing up your data

Safeguard your most important data, such as your photos and key documents, by backing them up to an external hard drive or a cloud-based storage system.

06

Three random words

Use three random words to create a single password that's difficult to crack.





# LEARN A NEW LANGUAGE

Have you ever wondered what it would be like to be able to introduce yourself in German, French or Chinese? Do you often feel like it would be cool to speak to people all around the world regardless of their language? Maybe you love a certain country or culture and would be interested in learning more about it?

Well, why not try picking up a new language for a new hobby!

In this modern day and age, diverse communities and cultures are more intertwined than ever before and so having another language under your belt allows you to connect more with the world around you, make new friends and develop a whole new skill set that's sure to impress.

Not only is learning a new language a great way to keep busy, but it also has many benefits regarding your cognitive function too. It has been said to help to improve memory, enhance creative thinking and problem-solving skills and benefit your verbal and spatial abilities. Therefore, this is a fun hobby to try out, that gives you real world benefits that will support you day to day.

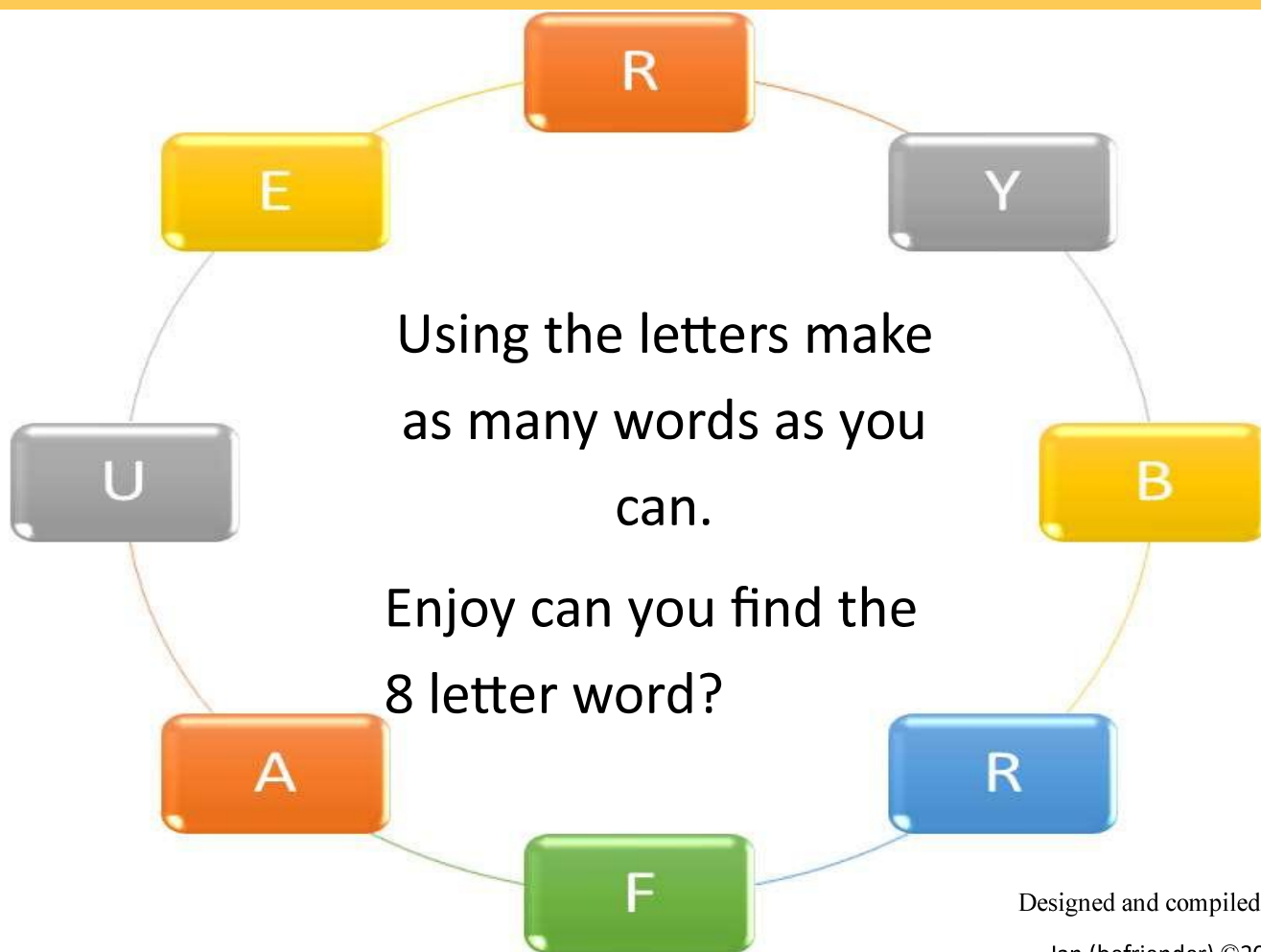
Moreover, one of the perks in this modern world is the number of free resources available to really help you to shape up on your language skills. For example, podcasts allow for a stress-free way to listen to language lectures whilst you may be trying to relax, tidy up or fall asleep. YouTube is also jam packed with videos for literally every language available, from beginner classes to intermediate, or even the best shortcuts on how to become fluent.

Likewise, there are multiple free apps to download on both iOS and android devices that give you a range of tools, lessons and quizzes to improve your language learning journey.

Why not try out Duolingo, Memrise, Lingo or Babbel? Just a few apps that dozens of people use daily to improve their language speaking skills! If you're the type of person who enjoys challenging yourself, strives to achieve new goals and looks to do something unique and interesting that you can tell all your friends about at your next gathering, then maybe this is the new hobby for you!







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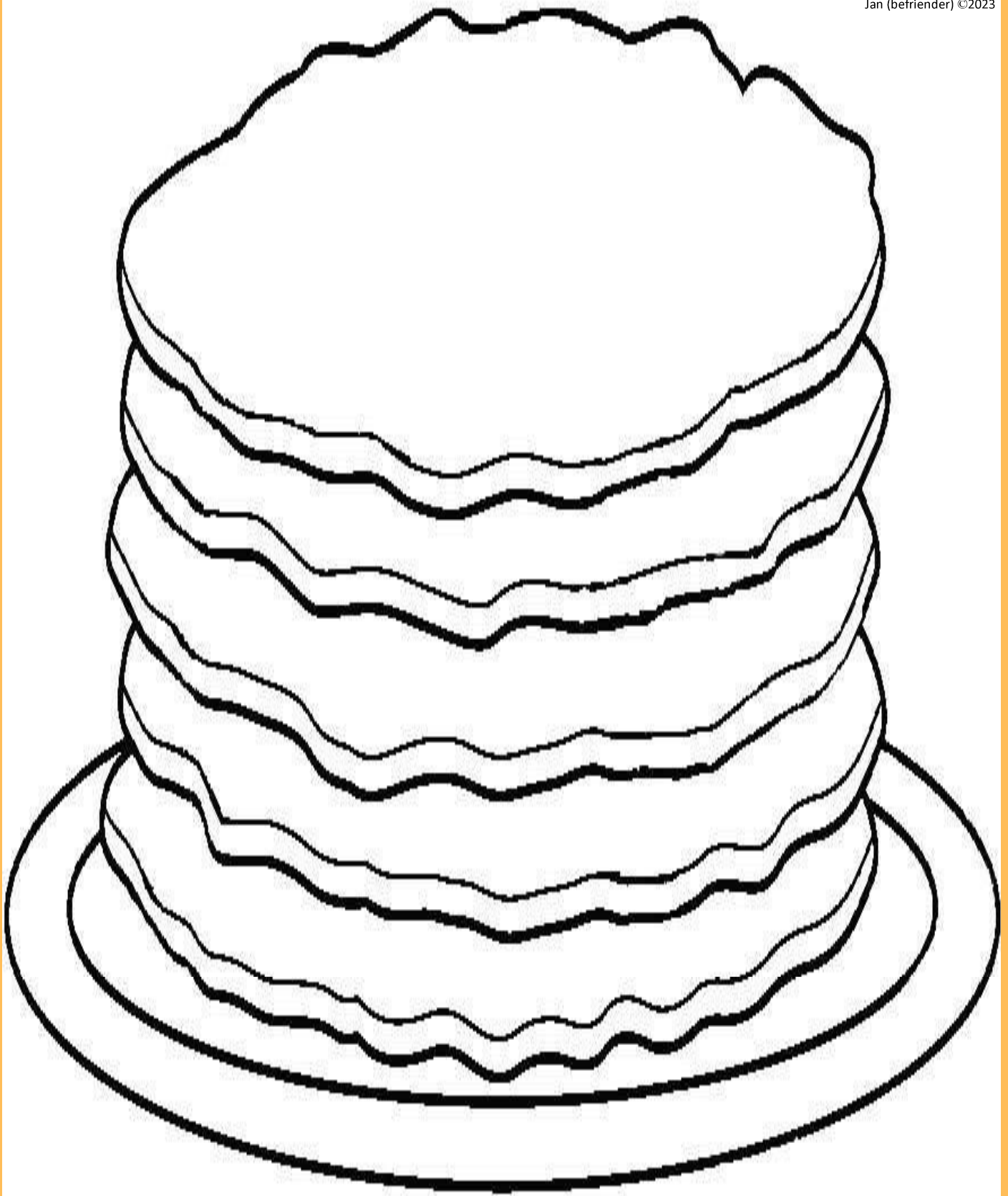
# MUSIC QUIZ

1. What was Ritchie Valens most notable hit song?
2. 'Unchained Melody' has reached number one in the UK Singles Chart four times with four different artists, can you name all four?
3. Mary Isobel Catherine Bernadette O'Brien was better known professionally by what name?
4. Who left the group Clannad in order to pursue a solo career?
5. Who sang the title track of 60s Bond film Thunderball?
6. Gimme Shelter and Paint It Black were hits for which legendary British band?
7. How many number ones did The Beatles have during the 1960s in the UK
8. True or false: Penny Lane is named after a real street in London
9. How many number one albums did Cilla Black have in the 60s
10. Which blonde bombshell became the face of country music in the 60s?



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**Here is a stack of pancakes.** Add your very own toppings draw them on as many as you wish but don't forget **Shove Tuesday** is on the **21st of February 2023**. Have yourself a fun filled flip-out!



# Internet safety word search

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

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RANSOMWARE	ANTIVIRUS	VPN	PADLOCK
SECUREBROWSER	SPAM	MALICIOUSCODE	BUGS
CYBERBULLYING	CYBERSECURITY	VIRUSES	IDENTITYTHEFT
SPYWARE	CATFISHING	FIREWALL	PASSWORDS
PHISHING	SCAMS	UNKNOWNEMAILS	GRIEFERS

# SOLUTIONS

## February Music Quiz

1. La Bamba
2. Jimmy young (1955) the righteous brothers (1990) Robson and Jerome (1995) Gareth Gates (2002)
3. Dusty Springfield
4. Enya
5. Tom Jones
6. The rolling stones
7. 17
8. False its named after a street in Liverpool
9. None her first number one album was in 2015.
10. Dolly Parton

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### Some of the words that are made up form the word February

3 letter words: fab, fur, ray, far, fay, aue,

4 letter words: barry, furry, rare, rear, bury, fear, ruby, year, bray, bear, baye,

5 letter words: barre, buyer, rebuy, re-fry, fayer, fryer, rebuy

6 letter words: rebury

8 letter word: February

## Solution

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



# 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 HEALTH 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  
THE MARCH EDITION!**

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[ELFT.BEFRIENDINGSERVICE@NHS.NET](mailto:ELFT.BEFRIENDINGSERVICE@NHS.NET)**