



**ELFT**

# COMPANION

**NHS**

East London  
NHS Foundation Trust



**Inside:**

Stories

Poetry

Puzzles

Things to do

Hobbies

OCTOBER 2023

ELFT.BEFRIENDINGSERVICE@NHS.NET



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**OCTOBER**

**2023**

S M T W T F S

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				

*3 months before the arrival of the new year! Time flies tend to be an understatement when you're going about your day-to-day and getting caught up with so much - have you had a chance to reflect?*

What have I accomplished?

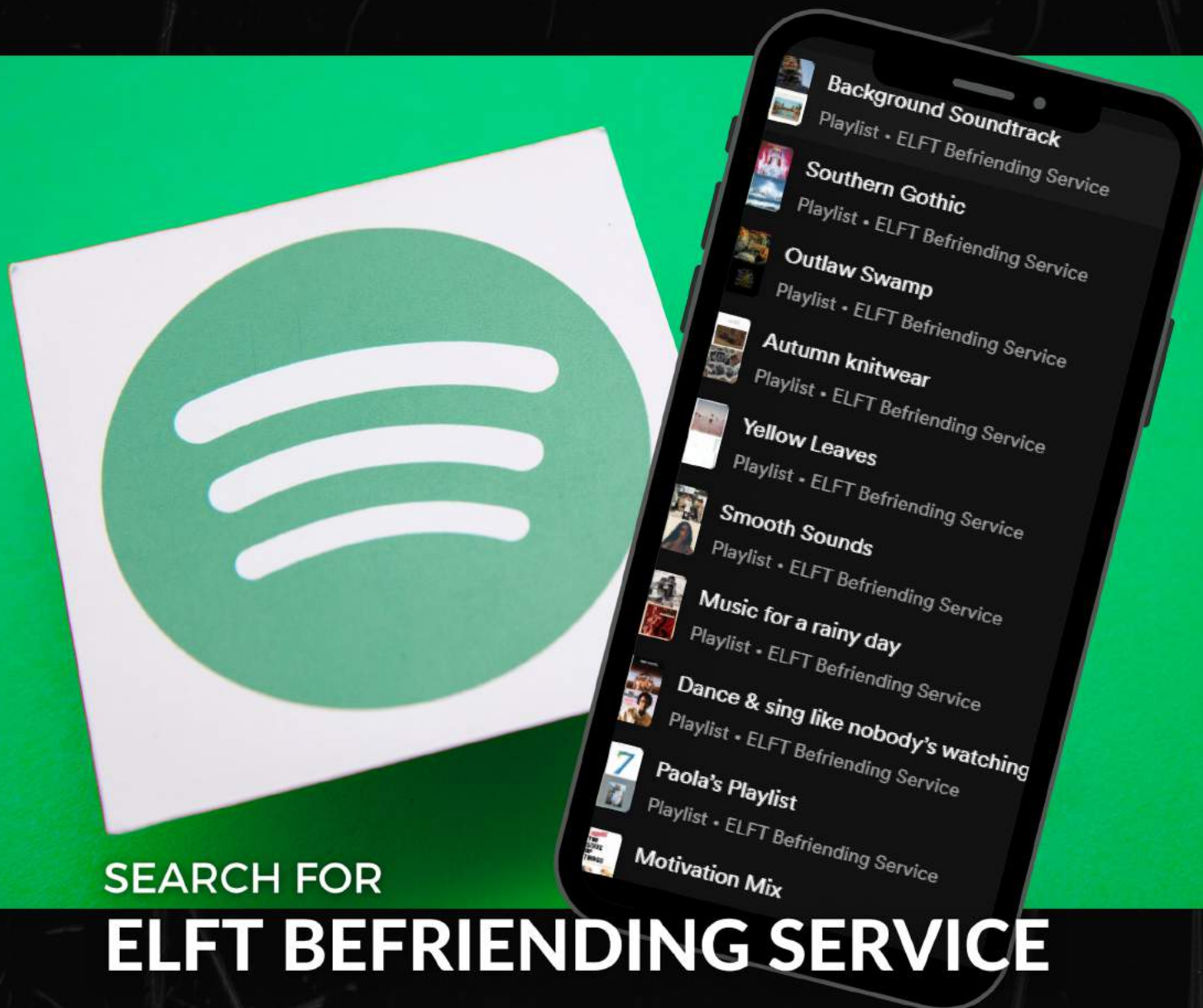
What are some things that have made me happy up until now

What moments can I remember up until now?

Did I make any changes since the summer began this year?

DID YOU KNOW, WE'RE ALSO ON

# SPOTIFY?



SEARCH FOR

## ELFT BEFRIENDING SERVICE

WE HAVE A GROWING SELECTION OF PLAYLIST TO HIT THE RIGHT MOOD, WHATEVER YOU MAY BE FEELING.

[SPOTIFY.COM/UK/FREE/](https://SPOTIFY.COM/UK/FREE/)

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From the distance, I heard the  
Holy call. It sounded like great music  
To my ears. My thoughts  
Drifted – I ended up somewhere  
Enchanting – This Holy sound reverberated.  
Somehow, I missed my steps  
Towards the Gates of Desire, Empathy and  
Bravery.

Then the music came back to me,  
Hyperactively. I could hear the Angel's sing  
sonorously.

My mind drove out of purgatory – I had  
Nowhere to hide. I looked into the  
Deep blue sky, I saw the Trumpet of Hope  
dangling.

It blew itself to the world. I cried. I caterwauled.

Then the night fell – Adam was present,  
Laughing at me, holding the image of Eve in his  
Stretched fleshy hands - My world collapsed –

Then I turned  
A different corner. The Angelic music started  
again.

Save my wandering soul, sweet lord.

Dele Oladeji



# HEALTH SUITE

Welcome to the Health Suite. Here is where you can find health and wellness tips/suggestions to improve your quality of life or even make you feel good.

While dealing with isolation or loneliness, we tend to forget that it's the small things that can help our mood or physical health.

This edition, I'll be focusing on **Sleep**. It is such an important aspect of our lives and we might take it for granted. The late nights or the staggered sleep, because the mind and body don't have a routine, can become something that has a negative effect over the long run.

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WRITTEN BY ABDUL

*Sleep*

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## FOUR THINGS TO CONSIDER

### ➞ Improved Mood & Emotional Regulation



### ➞ Improved Cognitive Function



### ➞ Improves Overall Wellbeing



### ➞ Reduces Risk to Multiple Health Problems



## TO SLEEP OR NOT TO SLEEP?

By Abdul

Sleep is essential for our physical and mental health. When we sleep, our bodies and minds have a chance to rest and repair themselves. Sleep also helps us to consolidate memories, learn new things, and regulate our emotions.

It is easier said than done of course and don't let anyone tell you otherwise. For those of us taking regular medication to those who find it challenging to sleep because the mind starts to wonder and explore at a time where we want to catch a few winks - it'll take time to find the sweet spot and what works to prepare for a relaxing night (or day, for those of you who love the night).

When we don't get enough sleep, we are more likely to experience irritability, anxiety, and depression. Over the day - we are more likely to make mistakes and have difficulty concentrating.

Getting enough sleep doesn't necessarily mean being able to close your eyes for 8 - 10 hours, but instead, should be based on how good you feel when you wake up. It's more likely to contribute to positive emotions, feeling more energetic, and having better relationships.

Give it a go today - figure out what works for you, and see if sleeping a little more (that includes naps throughout the day) helps! You know your body better than anyone else!



# ART



SILENCE



# WHAT'S ON YOUR MIND?

Send in any questions for the Befriending Service to answer and we'll do our best to have a response in the next edition! Keep your eyes open - you never know if your question makes it to the mag!

ASK US  
**ANYTHING**

## How can we create a more mentally healthy society?

There's a range of things that applies here. It could be anything and everything which makes you feel good but when thinking about it from a general point of view, here are a few things that spring to mind:

- Reducing poverty and inequality
- Improving access to education and employment
- Promoting social connection and support
- Protecting human rights and promoting social justice
- Challenging stigma and discrimination
- Investing in mental health services and prevention

## What is the relationship between mental health and physical health?

Mental health and physical health are closely linked. Mental health problems can increase the risk of physical health problems, and vice versa. For example, people with depression are more likely to have heart disease, stroke, and diabetes. And people with chronic physical health conditions are more likely to experience depression and anxiety.

## How can we reduce the stigma associated with mental illness?

We can reduce the stigma associated with mental illness by:

- Talking openly about mental health
- Educating people about mental illness
- Challenging negative stereotypes and misconceptions
- Celebrating the achievements of people with mental illness
- Supporting people with mental illness to live full and meaningful lives

## “HOW AM I FEELING TODAY?”

### What should I do if I am concerned about my own mental health or the mental health of someone I know?

Get in touch with your GP and see if it's possible to have a conversation or a face-to-face appointment to discuss what you may be experiencing. If you head towards the end of the magazine - you can see we have a couple of pages dedicated to contacts which you can use should there be a need





# THINGS TO DO

## LUTON & BEDS

### REAPING THE REWARDS OF AUTUMN AT ASHRIDGE ESTATE IN HERTFORDSHIRE: A JOURNEY FOR BODY, MIND, AND SOUL

The very name Ashridge Estate evokes a sense of tranquillity, of timelessness—an invitation to step out of our busy lives and into a natural sanctuary. Located in the idyllic landscape of Hertfordshire, Ashridge Estate is a testament to the enduring relationship between man and nature. This unique gem is a must-visit, particularly in the autumn season when the landscape transforms into a palette of golden hues. Here, we'll explore the manifold benefits—both physical and mental—of spending time in this natural oasis, as well as delve into the history of its majestic manor house.

#### The Mental Benefits of Nature

The sheer aesthetic beauty of Ashridge Estate in autumn serves as a feast for the senses. As leaves transform from green to shades of amber, crimson, and gold, you can't help but feel a sense of tranquillity. This visual stimulus has been scientifically proven to reduce stress levels, promoting a sense of wellbeing.

The setting is a perfect backdrop for contemplation and artistic inspiration, the open environment can serve as a catalyst for idea generation, freeing your mind from the shackles of everyday worries.

#### Contact the Estate:

Address: Moneybury Hill, Ringshall, Near Berkhamsted, Hertfordshire, HP4 1LT

Number: 01442851227

Email: [ashridge@nationaltrust.org.uk](mailto:ashridge@nationaltrust.org.uk)

#### Opening Times During October:

Monday - Sunday

Estate - Dawn - Dusk

Cafe - 10:00 - 17:00

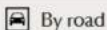
Shop - 10:00 - 17:00

Visitor - 10:00 - 17:00

Centre



Golden Valley in autumn at Ashridge Estate | © National Trust Images/Hugh Mothersole



#### By road

The entrance to Monument Drive and the Estate Visitor Centre is off the B4506 between Berkhamsted and Dagnall

Parking: Free The car park will be locked between 10pm-6am.

Sat Nav: HP4 1LT



#### On foot

The Ashridge Visitor Centre is a short detour from the Ridgeway footpath at Ivinghoe Beacon



#### By train

Tring train station 1½ miles - from the station you can take a taxi or walk to the Estate on a footpath that parallels the Aldbury road. Ivinghoe Beacon: Cheddington train station 3½ miles



#### By bus

Buses stop close to the end of Monument Drive. 378 Buses stop in Aldbury village which is a ½ mile uphill walk and also in Tring, which is a 1¼ mile walk.



#### By bicycle

The Ashridge visitor centre is close to the Chilterns Cycle Route and there are cycle stands at the centre.



# PROHIBITION

There are no tears in the corners of eyes.  
After wearing a few drops on the cheek  
It is necessary to remove;  
it without anyone noticing .

There will be a touch of laughter  
On the lips again ,  
When you walk, make noise again  
But what a silent walk.

Blowing air out the door.  
It is time to came home  
What a darkness breeze.

Someone said without holding hands  
Close the outside door  
It's time to come home.

Don't soak the tears from side to side.  
Keep the arrangement  
Voice hidden in mind.



POETRY

# Gardener's Guide

October is a busy month in the garden, as there is still plenty to do to prepare for winter and get ahead for next year.

With October here, you might ask - well what can I do in the garden if everything is starting to lose its leaves? Preparation and maintenance is key to ensuring that you're ready for 2024!

I'll be mentioning a few things - primarily around Planting, Maintenance and Other tasks that can be accomplished around the garden.

Don't forget! Halloween is on the approach!



## What can I plant?

- Plant spring-flowering bulbs, such as tulips, daffodils, and crocuses.
- Plant winter-flowering pansies and violas for color in the colder months.
- Plant bare-root fruit trees and shrubs, such as apples, pears, plums, and berries.
- Sow overwintering vegetables, such as broad beans, peas, and garlic.

## Maintenance? What more is there to do?

- Rake up fallen leaves and compost them or add them to your borders as mulch.
- Aerate and fertilise your lawn.
- Clean and store garden furniture and tools.
- Protect tender plants from frost.
- Prune your trees and shrubs.





# Gardener's Guide

Apart from planting and garden maintenance, you mentioned something about other tasks?

Yes, that's correct - sometimes it isn't enough just cleaning up. Making sure that the garden is and stays organised is really important.

Here's a few things to consider, should they apply to you

- Collect seeds from your plants to sow next year.
- Divide perennials that are overcrowded.
- Lift and divide tubers, such as dahlias and begonias.
- Mulch borders and vegetable beds with bark chippings, well-rotted manure, or leaf mould.
- Clean out your greenhouse or conservatory.



Staying in line with the fact that it's October, here a few more things you can do or consider as we all enjoy Autumn before it ends:

- Start to lift and store tender plants from the greenhouse or conservatory before the first frosts.
- If you have a pond, start to prepare it for winter by removing any dead leaves or plants.
- Bring houseplants indoors before the weather turns too cold.
- Check your bird feeders and make sure they are clean and filled with fresh food.
- Take some time to enjoy the autumn colors in your garden!



**Do you have any tips and tricks for gardening? Why don't you send it in to:**

**[elft.befriendingservice@nhs.net](mailto:elft.befriendingservice@nhs.net)**

**It'll have the potential to be featured in upcoming editions so let's get going!**



# JACK 'O LANTERN QUESADILLAS

**CHEESY  
HORROR**

## INGREDIENTS

- 250G COOKED, SHREDDED CHICKEN
- JUICE OF 1/2 LIME
- 1/2 TSP CHILI POWDER
- 1/2 TSP GARLIC POWDER
- 8 MEDIUM FLOUR TORTILLAS
- 100G SHREDDED CHEDDAR
- 100G SHREDDED MOZZARELLA
- 1 TBSP OLIVE OIL
- HOT SAUCE, FOR SERVING

## DIRECTIONS

1. PREHEAT OVEN TO 220° AND WIPE A LARGE BAKING TRAY WITH OIL.
2. IN A LARGE BOWL, ADD CHICKEN AND TOSS WITH LIME JUICE, CHILI POWDER, AND GARLIC POWDER.
3. USING A POINTED KNIFE, CUT A JACK-O-LANTERN PATTERN INTO 4 FLOUR TORTILLAS.
4. SPRINKLE CHICKEN AND CHEESE ONTO THE OTHER 4 TORTILLAS, AND TOP WITH JACK-O-LANTERNS.
5. PLACE QUESADILLAS ONTO BAKING SHEET, BRUSH WITH OIL, AND BAKE UNTIL CHEESE IS MELTED AND TORTILLAS ARE GOLDEN.





# SPOOKY QUOTES



**"It's Halloween.  
Everyone's  
entitled to one  
good scare."  
-Halloween, 1978**



**"Listen to them,  
the children of  
the night. What  
music they  
make!"  
- Dracula, 1931.**



**"Even a man who is pure at heart, and says  
his prayers at night, may become a wolf  
when the wolfsbane blooms and the autumn  
moon is bright."  
- The Wolf Man, 1941.**



# THINGS TO DO

## LONDON

### LONDON DUNGEONS

The London Dungeon is a tourist attraction/haunted attraction along London's South Bank, England, which recreates various gory and macabre historical events in a gallows humour style. It uses a mixture of live actors, special effects and rides.

The Dungeon is divided into a series of themed areas, each of which tells the story of a different dark period in London's history. Visitors can learn about the gruesome executions of the Tower of London, the terrifying reign of Jack the Ripper, and the bubonic plague that devastated the city in the 17th century.

The Dungeon is not for the faint of heart. It is a dark and atmospheric place, with live actors who jump out at visitors and special effects that can be quite startling. However, it is also a very entertaining and informative experience. Visitors can learn a lot about London's history in a fun and engaging way.



London Dungeons Website | <https://www.thedungeons.com/london/>

#### Opening Times During October:

Monday - Friday

11:00 - 16:00

Saturday - Sunday

10:00 - 16:00





Be sure to check online as times during the Halloween period will be extended incase your an early bird!

<https://www.thedungeons.com/london/plan-your-visit/before-you-visit/opening-hours/>

Here are some of the most popular attractions at the London Dungeon:

- **The Descent:** A thrilling drop ride that takes visitors down into the dark and dangerous depths of the Dungeon.
- **The Tyrant Boat Ride:** A boat ride that takes visitors on a journey through some of London's most gruesome historical events, including the Great Fire of London and the Black Death.

- **Guy Fawkes' Gunpowder Plot:** A live show that tells the story of Guy Fawkes' attempt to blow up the Houses of Parliament in 1605.
- **Curse of the Witch:** A live show that tells the story of a witch who was burned at the stake in London and whose curse still haunts the city today.
- **Drop Dead: Drop Ride:** A drop ride that takes visitors down into a pit of zombies.

Standard Ticket	Midweek Madness Sale	Anytime Entry	Screams and Spirits
Online from £29.50 Per adult	Sale price £19.80 Per adult	Online from £43 Per adult	Online from £41 Per adult
On the day £33 Per adult	On the day £33 Per adult		
			
Buy in advance and save!	Book now - sale ends 12th October	Arrive any time on your chosen day	Upgrade your Dungeon experience
<b>Ticket includes</b>	<b>Ticket includes</b>	<b>Ticket includes</b>	<b>Ticket includes</b>
<ul style="list-style-type: none"><li>✓ Entry to the London Dungeon at your chosen time slot</li><li>✓ Pre-book to guarantee entry and reschedule for free</li><li>✓ Best available rate online. Find out more</li></ul>	<ul style="list-style-type: none"><li>✓ Get up to 40% off London Dungeon tickets by booking at least one day ahead, valid for visits between Tuesday and Thursday</li><li>✓ Guarantee entry by booking online</li><li>✓ Sale ends Thursday 12th October - don't miss out!</li></ul>	<ul style="list-style-type: none"><li>✓ No time restrictions - arrive anytime at the London Dungeon on your chosen day</li><li>✓ Book your spot and enjoy flexible access with guaranteed entry</li></ul>	<ul style="list-style-type: none"><li>✓ Entry to the London Dungeon at your chosen time slot</li><li>✓ Plus a Premium Cocktail of your choice in our Tavern</li></ul>
Book Now	Book Now & Save	Book Now	Book Now



# AROMATHERAPY'S AUTUMN ELIXIR

# CITRUS BLISS

As the vibrant hues of autumn, paint the world in shades of red, orange, and yellow, there's a natural inclination to seek warmth and comfort. In aromatherapy, one elixir stands out during this season – citrus oils. Citrus oils are known for their uplifting and energizing properties, making them perfect for this time of year. Additionally, citrus oils can help relieve stress and anxiety. These zesty essences not only invigorate the senses but also offer a host of uplifting benefits for your mind and body.

**The Power of Citrus Oils:** Citrus oils are derived from the rinds of fruits like oranges, lemons, limes, and grapefruits. What makes them truly exceptional are their bright and invigorating scents. These oils are like bottled sunshine, and their aroma alone can instantly elevate your mood, making them perfect for countering the autumn blues.

**Mood Enhancement:** Bewitching the mind and ensnaring the senses. For those who find the shorter days and cooler temperatures of autumn a bit gloomy, citrus oils can be a game-changer. The aroma of citrus oils, such as orange and bergamot, are known to stimulate the release of serotonin in the brain, a neurotransmitter responsible for promoting feelings of happiness and well-being. Diffusing these oils in your home can help chase away feelings of slight seasonal depression.



**Immune Support:** As the temperature drops, so does our immunity. Citrus oils like lemon and grapefruit are packed with immune-boosting properties. Their high levels of vitamin C, antioxidants, and antibacterial compounds can help fortify your body's defences against seasonal illnesses. Simply add a few drops of these oils to a water spray bottle to infuse a room of your choice or use them in a warm bath to reap the benefits.



# AROMATHERAPY'S AUTUMN ELIXIR

# CITRUS BLISS



## “Top Tips for Harnessing Citrus Oils’ Radiant Energy”

- A few high-quality citrus essential oils of your choice (e.g., lemon, sweet orange, or grapefruit).
- Epsom salts or bath salts for a cosy, soothing bath.
- Tea light candles to use in an oil burner.
- Relaxing music to unwind and soothe the soul at the end of a long day.
- And finally, a few deep breaths, whilst being centred on unwinding. Then simply allow the magic of the oils to commence.



Wand-ering if you are a Potter-head or Weasley minded, lets see if you are a Ravenclaw or are you a Hufflepuff!



1. what is Harry's wand made of?
2. Which ice cream flavor did Harry eat at the zoo, when he went out with the Dursleys.
3. Where was Harry's and Voldemort's last battle.
4. What is the name of Draco Malfoy's son?
5. When is Harry Potter's birthday?
6. Which actor plays Hermione Granger?
7. What house was Harry Potter in?
8. Who are Harry Potter's best friends?
9. What are the four Hogwarts houses?
10. Where did Harry and Ron meet?
11. What animal can Harry talk to?
12. Who brought Harry to the Dursleys?
13. Who was the first goblin Harry met?
14. Ron Weasley has a fear of what insect?
15. What are the names of Harry Potter's parents?
16. Which spell is also known as the Thief's friend?
17. What animal can Professor Ragnock turn into?
18. What spell did Hermione use to free Harry and Ron from the Devil's Snare?
19. What is Harry's Patronus?
20. Where is the secret meeting place of Dumbledore's army?

Harry's Quiz



## Spooky do key Duo

Puzzle #1

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

Puzzle #2

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

## Sudoku

Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.



# TRICK OR TREAT!





# Oh Happy Days!!!

20 words of Happyness

FFJPPRWOBYYJUZAZEXHILARATEDDAB  
ZCDZBXLKMNA PQHVOROH PFWEOSWCMPX  
CNGTAMUSEDLOALTMTJDOJXCBUPJGON  
YJMBHLWAEEXBLNPJWQRAHHKPOLMEVQ  
GRTRSTIDNOMPPUVFN RJEONCOIFQZSR  
UUKGQFURTSRBETFLXKLPEBASC BHJYE  
RSQCGVJAHWMEHTYSOKEIAUPIALKEVQ  
UNZTNQXPUKAIMILVSFGEHZTTTRCCPOM  
XJLXITRUSMWZKELZUIGMZWIIGGFFWY  
NLJBHNTBIEEMPFOLEYLGCQVVCNHTTP  
LKVSGHKMAKHBKRJERSKBZLAEJ IAYXC  
XTSVUMYISTGWUJBVIPFLTMTFBLOSSX  
FTDRAFYGTDQMTDCHQOBLGTEQBKUGFH  
UILELJNYIPFNSYBBAEV GWH DGURPZGN  
QDPOLICGCZKRLOCVDELLIRFFRATQIW  
JLFFLITAWWYSXVTJCGZSNL MXPJUCB  
LLHIUDGRMSLCFEXHUPYYBIDYMSBIQN  
YKMSNSEHSVCZCRRPAUPKTVLUEODFYX  
GSHZGBITTTKGCFURENUHQEQXRIPCXK  
NHVVIRNJNEFEYMGYXFKPYLKRRJGTFQ  
IGFMUAGRIEDSONBSICNFDYYLYHKYIM  
DUEAIYFTKZTCKBMUAEDVUJEAXDJCLY  
KQDEXNSRVNNNKJHYSFZIBLFKCA CNGG  
DEBXIIWIPLIJOYZPVWQDCHNEGOFNRE  
LZRAMCZYIJEHH CZGODLHXFJOHWWMF E  
CLOIDRQVRCKQAZMFJQHQLBQKGQHCZF  
VOTYHJEMEEEEQMOV RHWRWHZKJCOBQTU  
BPUZGKWKGOERQSKRIMWEAOKTAYEKAH  
OICNVWZXKLHZQBNWIYAXDPHAU UZJJ  
CGWVPDXOBDVOCEIVBAIAMVHRMEDGKU

BLISSFUL  
EXHILARATED  
OPTIMISTIC  
FRILLED  
DELIGHTED

CHEERY  
GRACIOUS  
POSITIVE  
THANKFUL  
AMUSED

CONTENTED  
JOLLY  
SPARKLING  
LAUGHING  
CAPTIVATED

ENTHUSIASTIC  
LIVELY  
SMILING  
HOPEFUL  
MERRY



Double, double toil and trouble;

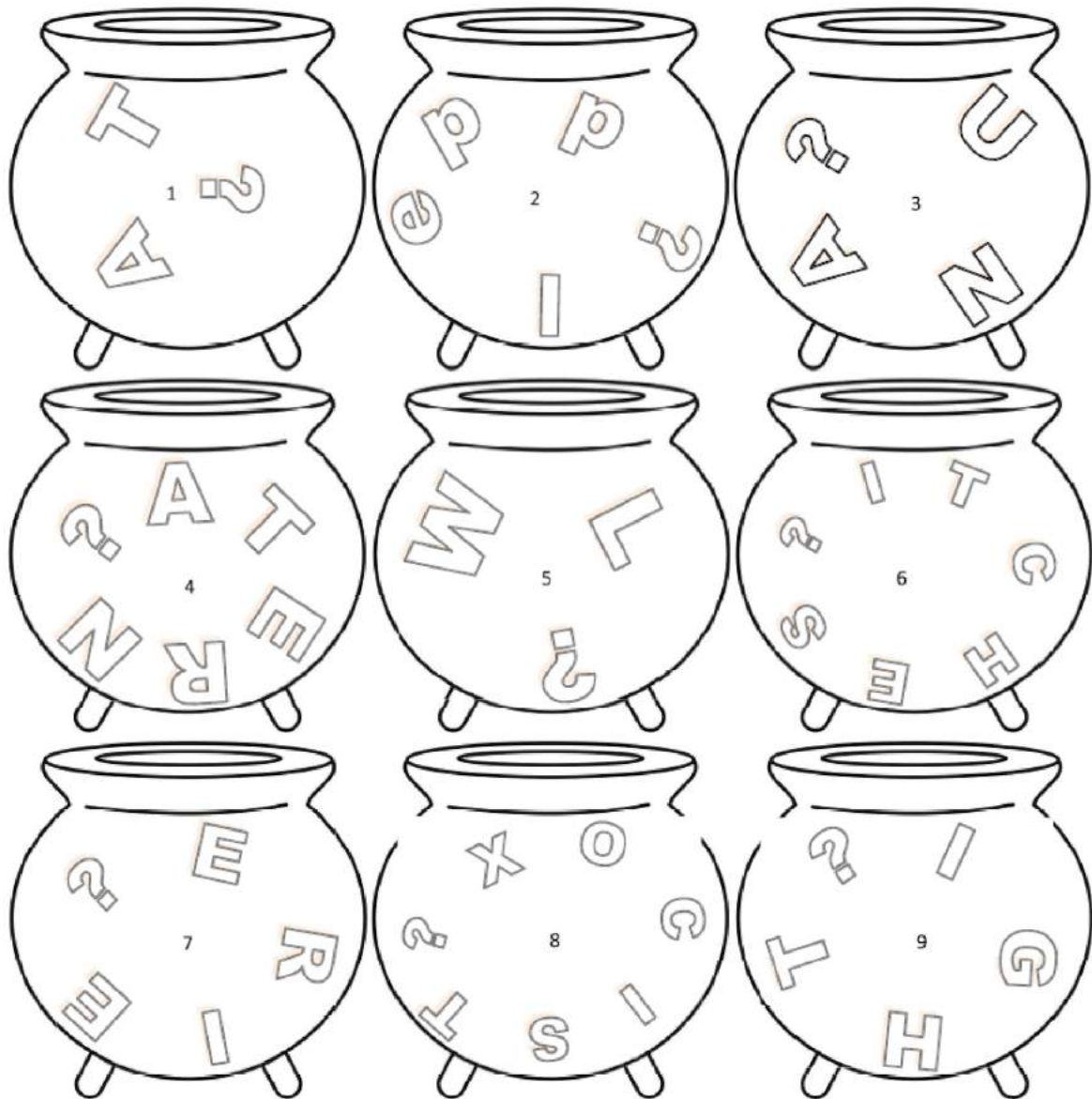
Fire burn and caldron bubble.

Sort them out from 1 – 9 in hastily manner you must find.

Find the letter that is not there, but fear not there is no scare.

Take the first letter of each word, put them together for the 31<sup>st</sup>.

Happy hauntings on your side, remember this and you'll be just fine!



WHAT IS THE NEW NINE LETTER WORK

With eye of newt and a wart be stow Write your answer here below

--	--	--	--	--	--	--	--	--



# Solutions Page

## Harry's Quiz

## Oh Happy Days!!!

### Quiz Answers

1. holly and phoenix feather core
2. Lemon ice pop
3. The great hall of Hogwarts castle.
4. Scorpius Hyperion Malfoy
5. July 31st
6. Emma Watson
7. Gryffindor
8. Ron Weasley and Hermione Granger.
9. Gryffindor, Slytherin, Hufflepuff, Ravenclaw
10. Platform 9 <sup>3</sup>/<sub>4</sub> at Kings Cross
11. Snakes
12. Albus Dumbledore
13. Griphook
14. Spiders
15. James and Lilly Potter
16. Alohomora
17. Werewolf.
18. Lumos Solem
19. Stag

FFJPPRWOBYYJUZA ZEXHILARATEDDAB  
ZCDZBXLKMNA PQHVOROHPPFWEOSWCM PX  
CNGTAMUSEDLOALTMTJDOJXC B U P J G O N  
YJMBHLWAEEXBLNPJWQRAH H K P O L M E V Q  
GRTRSTIDNOMPPUVFNRJEONCOIFQZSR  
UUKGQFURTSRBETFLXKLPEBASC B H J Y E  
RSQCGVJAHWMEHTYSOKEIAUPIALKEVQ  
UNZTNQXPUKAIMILVSFGEHZTTRCCPOM  
XJLXITRUSMWZKELZUIGMZWIIGGFFWY  
NLJBHNTBIEEMPFOLEYLGQCVVCNHTTP  
LKVS GHKMAKH B K R J E R S K B Z L A E J I A Y X C  
XTSVUMYISTGWUJBVIPFLTMTFBLOSSX  
FTDRAFYGT D Q M T D C H Q O B L G T E Q B K U G F H  
UILELJNYIPFN SYBBAEVGWH D G U R P Z G N  
QDPOLICGCZKRLOCVDELLIRFFRATQIW  
JLFFLITAWWYSXVTJCGZSNLMXMPJUCB  
LLHIUDGRMSLCFEXHUPY Y B I D Y M S B I Q N  
YKMSNSEH SV C Z C R R P A U P K T V L U E O D F Y X  
GSHZGBITTTKGC F U R E N U H Q E Q X R I P C X K  
NHVVI RNJNEFEYMGYXFKPYLKR RJGT F Q  
IGFMAUAGRIEDSONBSICNFDYLYHKYIM  
DUEAIYFTKZTCKBMUAEDVUJEA X D J C L Y  
KQDEXNSRVNNKJHYSFZIBLFKCAACNGG  
DEBXIIWIPLIJOYZPVWQDCHNEGOFNRE  
LZRAMCZYIJEHHCZGODLHXFJOHWWMF  
CLOIDRQVRCKQAZMFJQHQLBQKGQCHCZF  
VOTYHJEMEEEQMOVHRWRWHZKJCQBQTU  
BPUZGKWKGOERQSKRIMWEAOKTAYEKAH  
OIICNVWZXK L H Z Q B N W I Y A X D P H A U U Z J J  
CGWVPDXOBDVOCEIVBAIAMVHRMEDGKU

### Cauldron's Bubble

1. Hat
2. Apple
3. Luna
4. Lantern
5. Owl
6. Witches
7. Eerie
8. Exorcist
9. Night

## Spooky do key duo

Puzzle #1

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

Puzzle #2

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

The New nine Letter word is:

HALLOWEEN





**DO YOU HAVE SOMETHING YOU  
WOULD LIKE TO HAVE FEATURED  
IN THIS MAGAZINE?**

**IT COULD BE ART, A POEM,  
PHOTOGRAPHY OR WHATEVER  
YOU CAN THINK OF!**

**SEND IN YOUR WORK FOR IT  
TO BE POTENTIALLY SHOWN  
IN THE NOVEMBER EDITION!**



**SEND IT TO US AT:  
[ELFT.BEFRIENDINGSERVICE@NHS.NET](mailto:ELFT.BEFRIENDINGSERVICE@NHS.NET)**





# 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
City & Hackney	0208 432 8020
Luton	01582 556971
Bedford and Mid-Bedfordshire	01234 315691

## SUPPORT FOR ADDICTION

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Path 2 Recovery	0333 332 4019
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>