



ELFT

COMPANION

NHS

East London
NHS Foundation Trust



OCTOBER 2023

Inside:

Stories

Poetry

Puzzles

Things to do

Hobbies

ELFT.BEFRIENDINGSERVICE@NHS.NET

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October**

Tis the season to be jolly? Not just yet but be sure to get to work on your garden! **Read more on p. 11 - p. 12**

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The recipe in this edition is an absolute wonder!

Read more on **p. 18**



*So it's becoming a little colder and the year has nearly come to an end.
What's on your mind?
We're curious as it's our 15th edition!*

What do I like about the Companion Magazine?

What do I wish I could see more of?

Any 2023 resolutions that I want to complete before the year ends?

Did I make any changes since November last year?



WHAT'S THIS?

**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 DECEMBER EDITION!**



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



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 an activity - Pilates. Sometimes our health and wellbeing isn't just about finding a way to process our day but instead taking part in activities that gets our blood pumping and helps to make us feel good.

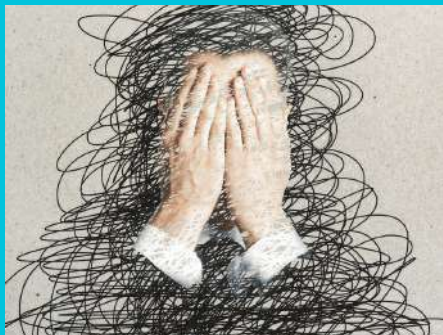
WRITTEN BY ABDUL

Pilates



FOUR THINGS TO CONSIDER

➔ Reduces Stress & Anxiety



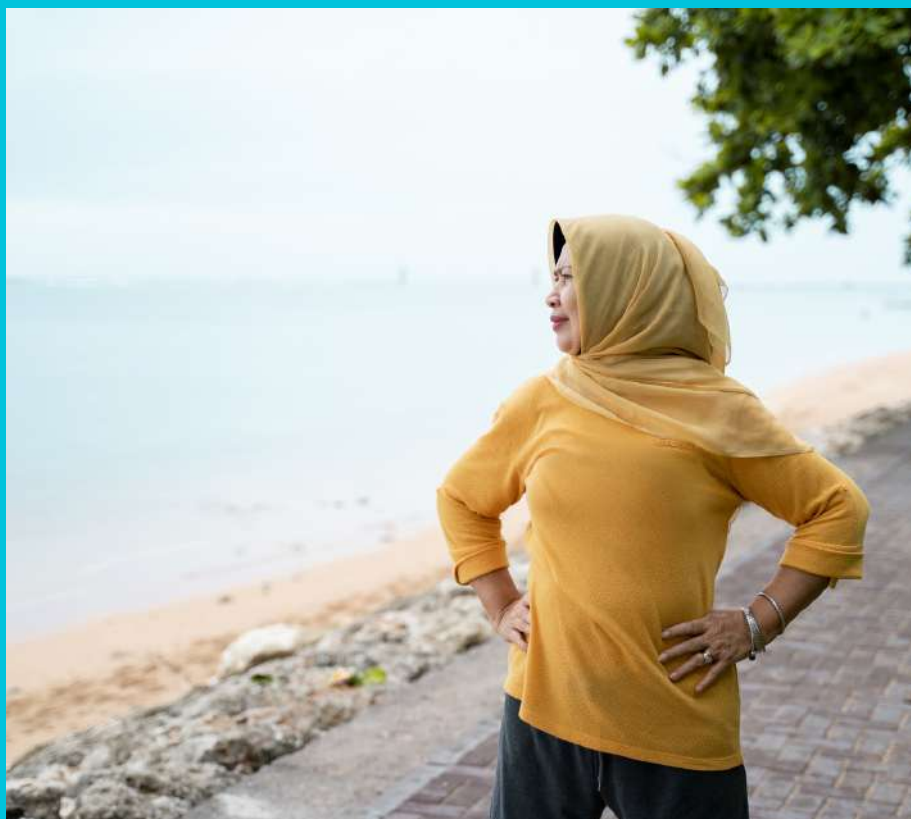
➔ Improves Mood



➔ Improves Sleep Quality



➔ Increases Self-Awareness



HMMM PILATES - SHOULD I GIVE IT A GO?

By Abdul

In today's fast-paced world, stress and mental health issues have become all too common. Many of us are searching for ways to reduce stress, improve our mental well-being, and find a sense of balance. One avenue that's gaining recognition for its positive impact on mental health is Pilates. While Pilates is often associated with physical fitness and toning, its benefits extend far beyond a sculpted physique. Let's explore how practicing Pilates can enhance mental health and contribute to a healthier mind.

Pilates is not just a physical fitness regimen; it's a holistic approach to wellness that encompasses both the body and the mind. Its emphasis on mindfulness, stress reduction, and enhanced body awareness can lead to numerous benefits for mental health. By incorporating Pilates into their routines, individuals can tap into the mind-body connection, finding a path to improved mental well-being and a more balanced, fulfilling life.

Find yourself a small space with or without a mat, whatever you feel comfortable with and see if it works for you. There's plenty of online resources to read up or you can watch videos which are available on YouTube if you want to 'do as you watch'. Don't worry! There's plenty for beginners!

Coffee...

...As a Hobby???

For coffee lovers, it's not just a basic boost of energy, it's a full-bodied, aromatic experience that keeps them buzzing all day.

But, have you ever thought of taking it to the next level? Brewing coffee can be complex and rewarding hobby! Dive deep into the art of coffee-making, explore new techniques, and awaken your taste buds to a world of unique flavours!



Coffee isn't just a drink, it's a way of life. And if you're a coffee aficionado looking to bond with your tribe, there's a world of communities and forums out there. So pack your bags and hit the road to explore the local coffee scene. Or hop online and join a group of like-minded coffee-loving pals. By immersing yourself in the culture, you'll discover new depths of your coffee obsession and connect with others along the way!

**Coffee people are
some of the most
delightful that you
can get to know.**

**There's
more to
coffee than
a jar of
instant!**



Exploring different cafes is a great way to try new coffee, brewing methods, and café cultures while enjoying unique atmospheres. It also helps discover hidden gems, meet new people, and support local businesses.

Some excellent places to try are:

Prufrock Coffee.
23-25 Leather Lane
EC1N 7TE

Copper Coffee
45 Aldgate High Street
EC3N 1AL

Bad Coffee
Unit 9 Prince Edward Road
E9 5LX

Ozone Coffee
11 Leonard St, London
EC2A 4AQ

Coffee with Art
82 High St, Bedford MK40
1NN

Sacred Beans
157 Biscot Rd, Luton LU3
1AW

At the heart of our mission at Companion, we continually explore ways to uplift the spirits and well-being of our friends, both Befrienders and Befriended. During our recent Befriender Meeting, a remarkable service in Bedford known as Gig Buddies came to our attention, and it sparked a fascinating discussion about the potential for enriching our support system. Today, we want to share this exciting possibility with you and celebrate the profound impact of social activities on mental health and loneliness.

Gig Buddies, a service based in Bedford, has made it their mission to cater to the unique needs of individuals with Autism and Learning difficulties. They understand that the simplest pleasures, such as going to the cinema or sharing a cup of coffee at a local café, can have a profound impact on someone's life.

The Transformative Power of Social Activities

Imagine, for a moment, the difference it makes in the lives of ourselves and our friends when we have a companion to join them in their everyday adventures. These activities aren't just casual outings; they are lifelines to a world outside their daily routines.

1. **Improved Mental Health:** Engaging in social activities boosts mood and reduces feelings of loneliness and depression. The camaraderie that blossoms from shared experiences is an effective shield against the often-isolating world of mental health challenges.
2. **Enhanced Self-Esteem:** Sharing experiences with a friend can boost one's self-esteem. When someone knows they are valued and enjoyed as a companion, their self-worth soars.
3. **Widening Horizons:** By going out to cinemas, cafes, or other social settings, individuals are exposed to new perspectives and experiences, helping them grow as individuals.

Our Vision at Companion

At Companion, our mission has always been to create a community that cares. We understand that loneliness is a formidable foe, especially in the realm of mental health. The Gig Buddies model inspires us to think creatively about how we can offer a similar service to our friends.

By learning from their successes and embracing the principles of companionship, we hope to provide an avenue for our Befrienders and Befriendeds to come together and create bonds through shared activities. The impact of such an initiative could be immeasurable.

THINGS TO DO

LUTON & BEDS

MANOR FARM LAKES

Manor Farm Lakes is an extensive 100 acre Fishery based in the heart of Central Bedfordshire, with easy access from the A1. Manor Farm Lakes consists of a range of 7 different fishing lakes with an 18 van touring caravan site with electric hook-ups and fresh water supply. A range of Fishing experiences are catered for at Manor Farm Lakes including Carp Fishing for pleasure anglers and specialists, Night Fishing, Fly Fishing for Carp, Match and Coarse angling as well as Predator spinning, lure and deadbait fishing in the winter months.

The River Ivel acts as the boundary along our eastern edge and is also available to fish with a good head of Chub, Pike and Bream. It'll be good to wrap up warm and get out there and the best thing about it is they are open 24 hours!

ADDRESS:

Great North Road,
Lower Caldecote,
Biggleswade,
Bedfordshire,
SG18 9BB

PHONE NUMBER:

01767601138

EMAIL:

enquiries@manorfarmlakes.com



Winters Lake | www.manorfarmlakes.com

LIST OF LAKES - SIZE | DEPTH:

Becks Lake - 4 Acres | 4 - 10 feet
Blunham Lake - 2 Acres | 8 - 12 feet
Booneys Lake - 16 Acres | 17 feet
Carp Lake - 4 Acres | 3 - 12 feet
Damsel Lake - 5 Acres | 5 to 12 feet
Match Canal - 20 Meters Wide | 5 feet average
Winters Lake - 5 Acres | 4 - 12 feet



Manor Farm Lakes | www.manorfarmlakes.com

BOOKINGS INFORMATION:

One Non-fishing visitor per Angler plus children are welcome at a small fee of £3 for Day Tickets and £5 for Night Tickets per person. **NO OTHER VISITORS.** A single visitor ticket can be purchased online with your booking or on arrival at our Kiosk, payable by card only, we are a cashless complex. When we are fully booked we only allow your **ONE** non-fishing Adult visitor entry if they arrive with the Angler in the same car.

Day Ticket Bookings are 6am to 9pm. Your Day Ticket expires at the exit gate at 9pm so please ensure you are offsite before 9pm.

Arrival for 24 hour Nights is from 3pm to set up for a 4pm start. Your 24 hr Ticket expires at 4pm so please ensure you are offsite before 4pm the next day.

Grandfather

He was brave
and did his bit,
even when the bullets hit.

His teenage face of tears and mud,
Charging through the fear and blood.
It's only when the silence fell,
Came memories of falling shells.

His brothers in arms, at his side,
This day would leave them terrified.
With fateful iron and powder blast,
He saw his brother's breathe their last.

He came home by George's grace,
To his child, who'd forgot his face.
A frightened girl, who ran and hid
And never knew the things he did.

When it was done and peace returned,
The mask he wore looked unconcerned.
He went to work, drank too much beer,
Stayed silent in his private fear.

He would laugh and joke,
But never spoke,
About the war
And the parts it broke.



Gardener's Guide

Safeguarding Your Garden: A Complete Guide to Firework Safety for Home Celebrations

As the days grow shorter and the air turns crisp, anticipation begins to mount for the most dazzling spectacle of the year: Bonfire Night. While the allure of fireworks illuminating the night sky is undeniable, it's crucial to remember that safety should never be eclipsed by the excitement. In this comprehensive guide, we'll explore the art of celebrating safely in your garden, ensuring that your festivities are both enchanting and secure.

Preparing Your Garden for Bonfire Night

Before you delve into the world of fireworks, take the time to prepare your garden for the upcoming celebrations. A few simple steps can make all the difference:

1. Clear the Path:

Start by ensuring a clear, unobstructed path from the entrance to the display area. This allows guests to move around safely without tripping hazards.

2. Firework-Free Zone:

Designate a "firework-free" zone where spectators can watch the display from a safe distance. This area should be clearly marked to prevent accidental entry.

3. Garden Inspection:

Conduct a thorough inspection of your garden, removing any flammable materials like dry leaves, overhanging branches, or garden furniture. A well-manicured garden is less likely to catch fire during the display.



Gardener's Guide

Selecting the Right Fireworks for Your Garden
Choosing the appropriate fireworks for your garden is essential to ensure safety and enjoyment. Here are the key types to consider:

1. Sparklers:

Ideal for small gardens, sparklers are low-risk and can be held by children with adult supervision.



2. Fountains:

Fountains emit stunning displays without ascending into the sky, making them suitable for confined spaces.

3. Roman Candles:

With a limited range, Roman candles are a garden-friendly choice, creating striking, colorful effects.

4. Catherine Wheels:

These fireworks are designed to be securely affixed to a post or fence, spinning while emitting sparks. Ensure a stable mounting point for this captivating choice.

IMPORTANT: AFTER THE DISPLAY

Once the display is over, it's essential to practice responsible cleanup:

1. Douse Fireworks:

Before disposing of used fireworks, soak them in water to ensure they are completely extinguished.

2. Tidy Your Garden:

Clean up any debris or waste from the fireworks to maintain a safe environment.

POETRY

DEEP WITHIN ME

In the quiet corners, where shadows often dwell,
Mental health challenges unwelcome, a silent toll to tell.
A roller coaster of emotions, a tempest wild and free,
Yet within this storm, I find the heart to see.

I wake up in the morning, not knowing where to start,
Uncertain of the journey, of the course that lies ahead.
What to expect, what's happening, in the world around me,
Yet I gather up my courage, face what's meant to be.

Lost within this maze, not knowing myself true,
Seeking fragments of the soul, in moments both old and new.
But at the end of the day, when the twilight casts its spell,
I stand tall and whisper, "All is well."

For I made it through, I did what I needed to do,
In the dance of life's uncertainties, I found a strength anew.
I am calm, responsive, resilient, as the tides of time unfurl,
A testament to the fire that burns within, the power deep
within me.

by Ruth

SUPPORT YOUR LOCAL

LIBRARY



GETTING STARTED COULDN'T BE EASIER

Ready to dive into a world of books? Start by tracking down your local library, online or in person. Keep in mind, each library has its own vibe and offerings.

Signing up is free and open to bookworms of all shapes and sizes, just don't forget to pack your ID with your name and address.



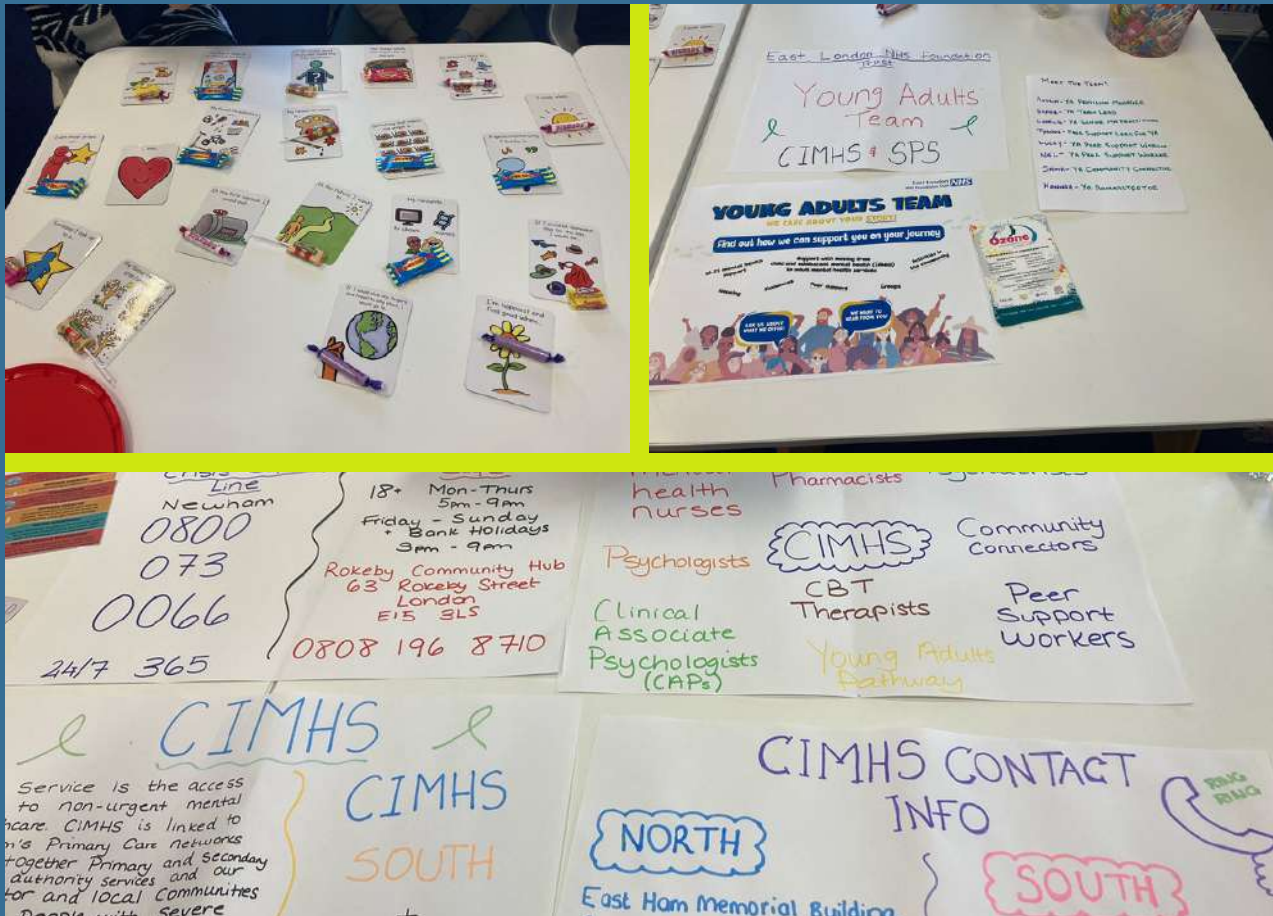
The library staff are wizards, eager to guide you through the membership process and help you pick out something tailored just for you.

Once you sign up you'll be granted the holy grail of bookish treasures: your very own library card. This card grants you access to a world of reading and beyond. Borrow books, eBooks, DVDs, and even jigsaw puzzles. If you're feeling extra studious, dive into online courses and subscriptions.

So, what are you waiting for? Get your library card and let the adventures begin!

To find your nearest library you can visit <https://www.gov.uk/join-library> and type in your postcode.

WORLD MENTAL HEALTH DAY



"The Power of Self-Care on World Mental Health Day"

On this World Mental Health Day, Week or even Month, take the first step towards nurturing your mental health through self-care. As you reconnect with yourself, you'll discover that loneliness can be a friend, not a foe. The most important relationship you'll ever have is the one with yourself, and in cultivating this relationship, you'll find that you are your own most comforting Companion.

Self-care is a necessity for preserving our mental health. Through self-care practices such as mindfulness, we can reconnect with ourselves.

Mindfulness is the art of living in the present moment, free from the weight of past regrets or the anxiety of future uncertainties. It involves paying attention to your body, finding a quiet place, and concentrating on your breath.





FREE
ENTRY

Shop
Local

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12-5pm

Saturday 18th November 2023

VICTORIAN CHRISTMAS Fayre



OUTSIDE

Coconut Shy | Fresh Popcorn | Baked Potatoes

INDOORS

Over 30 stalls selling jewellery, clothes, skincare,
gifts & lots more. Facepainting & an appearance from
Father Christmas

POP UP CAFE

Hot & Cold Drinks | Homemade Sausage Rolls
Cakes | Brownies & Cookies (seating available)

ST PAULS CHURCH ST PAULS SQUARE, BEDFORD MK40 1SQ

ConfettiCakeLab20@outlook.com



INSPIRATIONAL QUOTES



"When you go home, tell them of us and say, for their tomorrow we gave our today."

**-Rudyard Kipling,
The Old Issue**



"To live in hearts we leave behind is not to die."

**- Thomas
Campbell**



"You remember only what you want to remember. You know only what your heart allows you to know."

- Amy Tan



Gerard's

APPLE TARTE TATIN

INGREDIENTS

- Ready made shortcrust pastry
- Filling:
 - 6 - 8 apples (depending on size)
 - 200 g (7 oz) caster sugar
 - 80 g (3 oz) butter



METHOD

- Preheat oven to 180°C (350°F).
- Heat a 20cm (8") ovenproof frying pan over a low flame.
- Pour 170g (6oz) of sugar into the bottom and leave to caramelize.
- Still on the heat, add 50g (1 ¾ oz) of butter, cut into small pieces.
- Remove from the heat and place the apples cut into large quarters over the bottom, rounded-side down in the caramel, squeezing them together.
- Add a second layer of apples, rounded-side up, so that they fit snugly between the first ones.
- Sprinkle 30g (1oz) of sugar over the top and dot 30g (1oz) of butter cut into small pieces over the apples.
- Roll out the pastry and cover the apples, tucking the edges inside the dish.
- Place in the pre-heated oven and cook for 40 minutes.
- Once removed from the oven, leave to stand for 10 minutes before turning out onto the serving platter.



-Use pears if you fancy a change

-Serve with whipped cream, custard or ice cream

THINGS TO DO

LONDON

BONFIRE NIGHT LONDON

Each year, London marks the historic moment when Guy Fawkes and his motley crew attempted to blow up the Houses of Parliament and King James I in the Gunpowder Plot of 5 November 1605.

It is still customary today for the cellars in the Houses of Parliament to be searched by the Yeoman of the Guard before each State Opening of Parliament. The day became known as Guy Fawkes Day or Guy Fawkes Night, but it's now more commonly called Bonfire Night.

As follows the tradition, Bonfire Night is celebrated every year on or around 5 November. Bonfires are usually lit on which effigies known as "guys" are burned, while the skies are filled with colourful fireworks. It's also a time to enjoy traditional Bonfire Night food and drink, alongside music, funfairs and family activities.



Alexandra Palace Fireworks Festival | www.visitlondon.com

- Head to one of north London's best vantage points for a night of fun at the Alexandra Palace Fireworks Festival. One of the top Bonfire Night events in London. 2023 activities at Ally Pally's fireworks include a German beer festival, DJ sets from Fat Tony and DJ Spoony, an ice disco and a dazzling light show. 3-4 November

A list of other places firework displays are taking place:

Wimbledon Park - 4th November

Morden Park - 5th November

Chiswick Park - To Be Confirmed

Beckenham (Croydon Recreation Ground) - 4th November

Barnes Sports Club - To Be Confirmed

Ealing Cricket Club - 4th November

Brent & Harrow - 4th November

Kempton Park Racecourse - 4th November

As Winter has arrived, so have the dark nights and you would hate to miss the beautiful and eye-catching firework displays that London has to offer. There's multiple areas hosting their own aside from the locals who set up their own displays for friends and families where and when possible.



Battersea Park Fireworks | www.visitlondon.com

Join thousands of revellers as this pretty park is illuminated with a huge bonfire and a spectacular fireworks display every year. Tuck into food and drink from the restaurants and bars at nearby Battersea Power Station, before enjoying the Battersea fireworks display on the banks of the river Thames. 3-4 November

UNLOCKING SERENITY: THE TRANSFORMATIVE POWER OF BREATHWORK

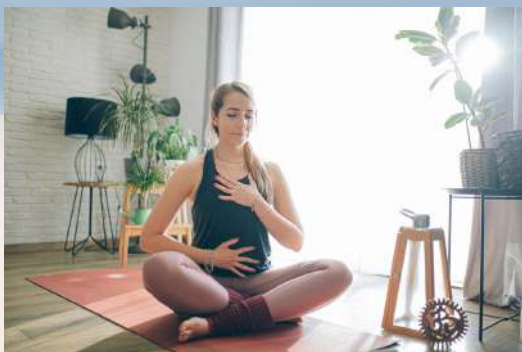
In today's fast-paced world, where stress and anxiety seem to be constant companions, the practice of breathwork has emerged as a gentle yet powerful tool to enhance mental and physical well-being. With techniques like alkaline breathwork and the breath of fire, individuals are discovering a path towards inner calm and vitality. Join me on this journey as we explore the profound benefits of breathwork for your holistic health.

The Science Behind Breathwork

At the core of breathwork lies the simple yet profound act of conscious breathing. It's a practice that transcends cultures and that has been utilised for centuries. When you focus on your breath, you engage the parasympathetic nervous system, which triggers the body's relaxation response. This shift in your physiological state has numerous benefits for your mental and physical health.

Mental Clarity and Emotional Balance

Breathwork can be a sanctuary for those battling with the constant chatter of the mind. By practising mindful breathing, you create a space for inner calm and mental clarity. This can be especially beneficial for individuals with ADHD, helping them harness their focus and creativity. Additionally, breathwork aids in emotional regulation. It allows you to navigate life's ups and downs with greater resilience, helping you stay centred in the face of challenges.



Physical Vitality and Alkaline Breathwork

Alkaline breathwork, a specific technique within the breathwork spectrum, focuses on achieving a balanced pH level in the body. By practising alkaline breathwork, you create an environment less hospitable to disease and inflammation. This can lead to increased energy levels and overall vitality.

A Step-by-step Guide to Alkaline Breathwork

1. Find a quiet, comfortable space to sit or lie down.
2. Close your eyes and take a few deep, cleansing breaths.
3. Begin to breathe slowly and deeply through your nose, allowing your abdomen to rise with each inhalation.
4. Exhale fully and completely through your nose.
5. As you continue this pattern, visualize soothing, alkaline energy entering your body with each inhale, and any tension or negativity leaving with each exhale.
6. Practice for at least 10-15 minutes daily to experience the full benefits.

The Fire Within Breath of Fire Technique

For those seeking a more dynamic practice, the breath of fire technique is a game-changer. This rapid, rhythmic breathing technique oxygenates the body and stimulates the energy centres. It's like stoking the internal fires of vitality and enthusiasm



The Breath of Fire Technique: A Quick Guide

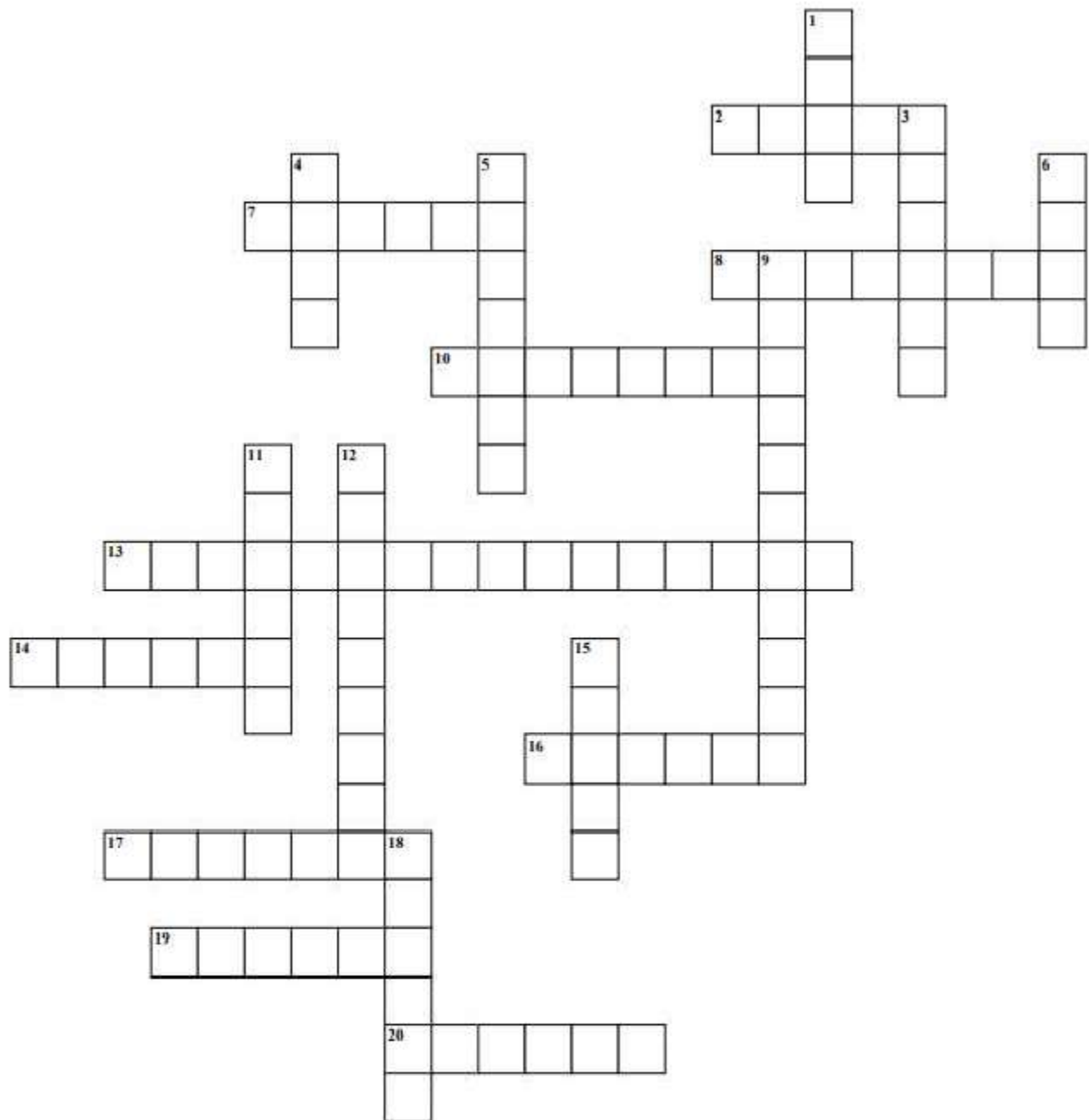
1. Sit comfortably with your spine straight and shoulders relaxed.
2. Place your hands on your lower abdomen.
3. Take a deep inhalation, then forcefully exhale through your nose by contracting your abdomen.
4. Continue this rapid, rhythmic breath, with the inhale and exhale of equal duration.
5. Practice for 1-3 minutes initially, gradually increasing the duration as you become more comfortable with the technique.
6. Incorporate these breathwork practices into your daily routine, and you'll be amazed at the transformation they bring to your mental and physical well-being. As you embark on this journey, remember that the breath is your constant companion—a loyal friend on the path to serenity and vitality.

For The Ultimate Experience

Simply go on to YouTube and type; Alkaline Breathing & Breath of Fire – 25s Breath Holds (3 Guided Rounds) here you will be guided through three rounds of transformative breath work with gentle background music, ultimately leading to a state of bliss.

Breathwork is a gift you give yourself, one that holds the power to unlock the infinite potential within. So, breathe deeply, and let the magic of breathwork lead you to a life of well-being and fulfilment.

Novembers CrossWord



Across

- [2] Folic, Cavort (5)
- [7] Legendary 'LADY' who rode naked through Coventry? (6)
- [8] Personal Magnetism (8)
- [10] Funny Person (8)
- [13] large carnivorous dinosaur, just out of reach? (13,3)
- [14] Challenge Aggressively (6)
- [16] blue flowered herb (6)
- [17] celestial bodies (7)
- [19] emotional wound or shock? (6)
- [20] male domestic feline? (6)

Down

- [1] finishing line for a foot race (4)
- [3] Traveling on Horseback (6)
- [4] emulate? (4)
- [5] Insensitive or Harmless? (7)
- [6] broken husks of the seed of Cereal grains? (4)
- [9] Weapon designed to be thrown (4,7)
- [11] Prejudiced (6)
- [12] squeeze or press together? (9)
- [15] combination of musical notes (5)
- [18] Sailors Rhythmical work song (6)



Color me in

True Or False Quiz

Please answer true or false to each question .

1. Friends star Lisa Kudrow was originally cast in the sitcom Frasier
2. If you're born between May 1st and 20th, then you're a Gemini
3. Emma Roberts is the daughter of Julia Roberts
4. There are over 2,500 stars on the Hollywood Walk of Fame
5. Fruit flies were the first living creatures sent into space
6. Cyclones spin in a clockwise direction in the southern hemisphere
7. Goldfish only have a memory of three seconds
8. The capital of Libya is Benghazi
9. Dolly Parton is the godmother of Miley Cyrus
10. Roger Federer has won the most Wimbledon titles of any player
11. An octopus has five hearts
12. Brazil is the only country in the Americas to have the official language of Portuguese
13. The Channel Tunnel is the longest rail tunnel in the world
14. Darth Vader famously says the line "Luke, I am your father" in The Empire Strikes Back
15. Olivia Newton-John represented the UK in the Eurovision Song Contest in 1974, the year ABBA won with "Waterloo"
16. Stephen Hawking declined a knighthood from the Queen
17. The highest mountain in England is Ben Nevis
18. Nicolas Cage and Michael Jackson both married the same woman
19. Japan and Russia did not sign a peace treaty after World War Two so are technically still at war
20. The mathematical name for the shape of a Pringle is hyperbolic paraboloid

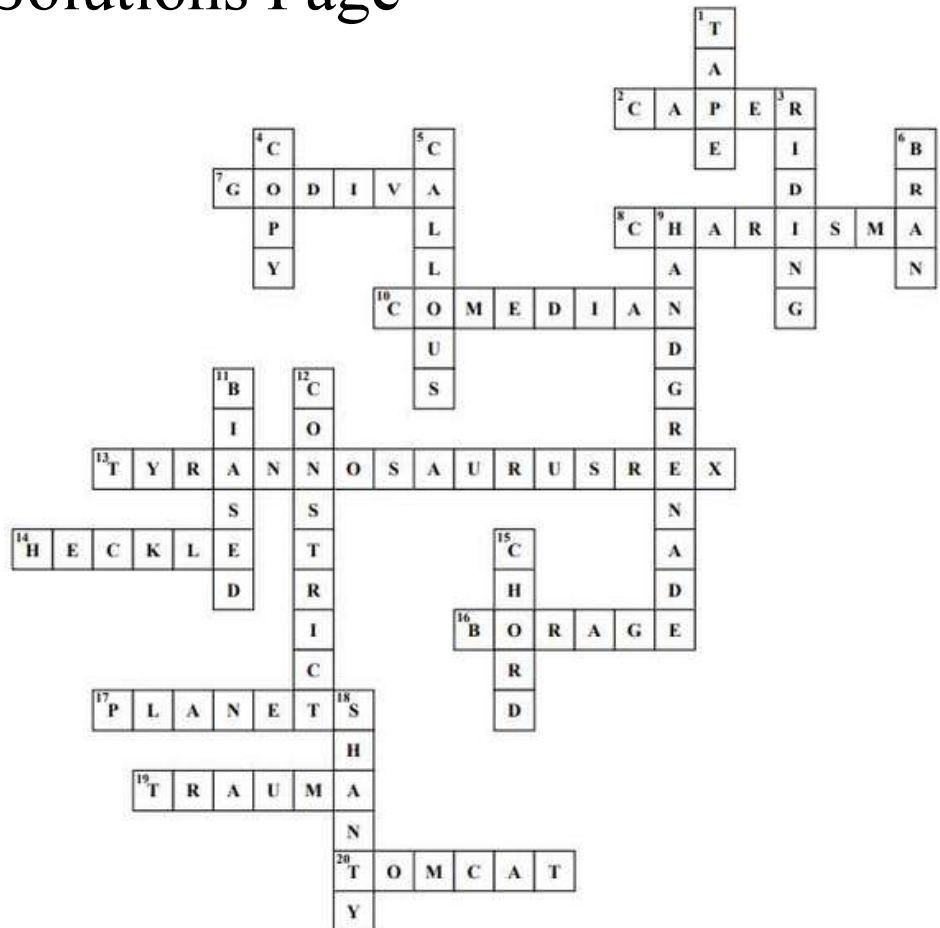
	9		3	5		4		2
	1		8	7			6	
5	6	3		4	1	7	9	
3	2	1	7		8			
					2	9	8	7
9	8	7		6		3	2	
8			6		4			5
2	4	6	5		3	8	7	9
	3	5			7	2		6

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

Solutions Page

Sudoku Solution

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



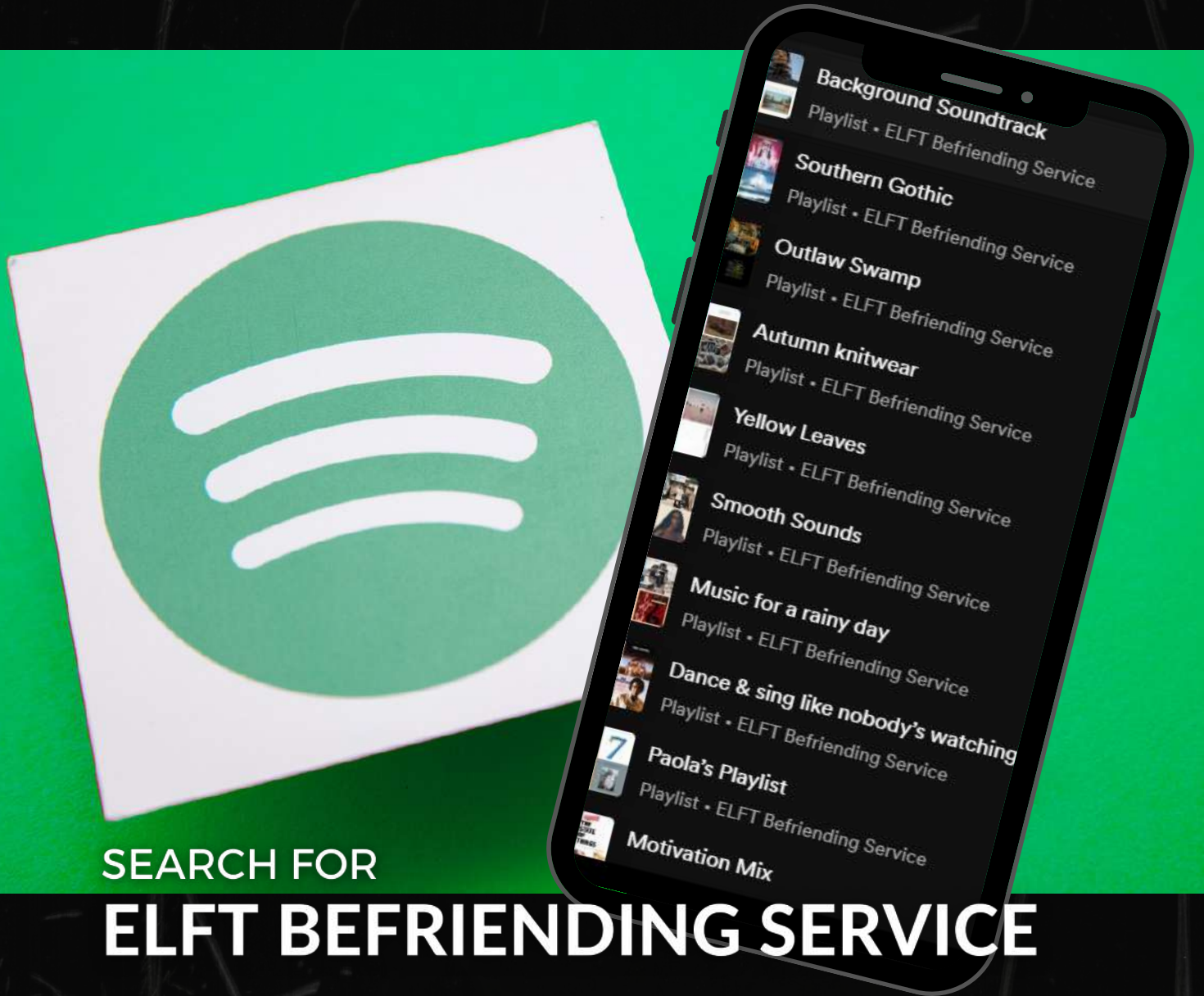
True Or False

Answers

1. True – she was cast as Frasier's producer Roz but fired after just one episode and replaced by Peri Gilpin
2. False – you're actually a Taurus if your birthday falls within those dates
3. False – Emma Roberts is actually Julia Roberts' niece
4. True – there are 2,691 stars as of 2020
5. True – fruit flies were sent into space in a V-2 rocket in 1947
6. True
7. False – scientists have found their memories can actually last for months
8. False – it's Tripoli
9. True – Dolly is good friends with Miley's dad, country star Billy Ray Cyrus
10. False – he has won 8, Martina Navratilova won 9
11. False – it has three
12. True
13. False – The Gotthard Base Tunnel in Switzerland is 4 miles longer at 35.5 miles long
14. False – the line is actually "No, I am your father"
15. True
16. True
17. False – Ben Nevis is in Scotland
18. True – to Lisa Marie Presley no less
19. True – the two countries have signed a joint declaration but not a peace treaty
20. True

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://www.spotify.com/uk/free/)



USEFUL CONTACTS

NHS SUPPORT

NHS	WWW.NHS.UK
ELFT	WWW.ELFT.NHS.UK
Befriending Service	ELFT.BEFRIENDINGSERVICE@NHS.NET
People Participation	ELFT.PEOPLEPARTICIPATION@NHS.NET

MENTAL HEALTH CRISIS LINES

Newham	0207 771 5888
Tower Hamlets	0207 771 5807
City & Hackney	0800 073 0006
Luton	01582 556971
Bedford and Mid-Bedfordshire	01234 315691

SUPPORT FOR ADDICTION

Path 2 Recovery	0333 332 4019
Talk To Frank	WWW.TALKTOFRANK.COM
Alcoholics Anonymous	WWW.ALCOHOLICS-ANONYMOUS.ORG.UK
Cocaine Anonymous	COCAINEANONYMOUS.ORG.UK
GamCare	WWW.GAMCARE.ORG.UK

SUPPORT FOR BEREAVEMENT

Cruse	WWW.CRUSE.ORG.UK
Bereavement Partnership	NATIONALBEREAVEMENTPARTNERSHIP.ORG
The Good Grief Trust	WWW.THEGOODGRIEFTRUST.ORG
At A Loss	WWW.ATALOSS.ORG

SUPPORT FOR CARERS

Carers UK	WWW.CARERSUK.ORG
Family Action	WWW.FAMILY-ACTION.ORG.UK

SUPPORT FOR DOMESTIC ABUSE

Domestic Violence Helpline	0808 2000 247
For men experiencing domestic abuse	0808 801 0327
Refuge	WWW.REFUGE.ORG.UK

USEFUL CONTACTS

SUPPORT FOR FINANCIAL DIFFICULTIES

The UK Government	WWW.GOV.UK/OPTIONS-FOR-PAYING-OFF-YOUR-DEBTS
Step Change	WWW.STEPCHANGE.ORG
Citizens Advice	WWW.CITIZENSADVICE.ORG.UK
National Debtline	WWW.NATIONALDEBTLINE.ORG

SUPPORT FOR HOUSING PROBLEMS

Your local council	WWW.GOV.UK/FIND-LOCAL-COUNCIL
Citizens Advice	WWW.CITIZENSADVICE.ORG.UK
Crisis	WWW.CRISIS.ORG.UK/GET-HELP
Shelter	ENGLAND.SHELTER.ORG.UK
StreetLink	WWW.HOMELESS.ORG.UK

SUPPORT FOR LONG TERM CONDITIONS

The Patients Association	WWW.PATIENTS-ASSOCIATION.ORG.UK
Age UK	WWW.AGEUK.ORG.UK

EXTRA SUPPORT FOR MENTAL HEALTH

Hub of Hope	HUBOFHOPE.CO.UK
MIND	WWW.MIND.ORG.UK
Samaritans	TELEPHONE: 116 123
Young Minds	YOUNGMINDS.ORG.UK
LGBT+ Helpline	SWITCHBOARD.LGBT

SUPPORT FOR SEXUAL VIOLENCE

The Survivors Trust	WWW.THESURVIVORSTRUST.ORG
Rape Crisis	WWW.RASASC.ORG.UK
Survivors UK	WWW.SURVIVORSUK.ORG

EXTRA SUPPORT FOR SUICIDAL THOUGHTS

Papyrus	WWW.PAPYRUS-UK.ORG
Ripple Suicide Prevention	WWW.RIPPLESUICIDEPREVENTION.COM
Shout	GIVEUSASHOUT.ORG
Survivors of Bereavement by Suicide	UKSOBS.ORG
Campaign Against Living Miserably	WWW.THECALMZONE.NET