



**ELFT**

# COMPANION



DECEMBER 2023

**Inside:**

Stories

Poetry

Puzzles

Things to do

Hobbies

ELFT.BEFRIENDINGSERVICE@NHS.NET

# CONTENTS

**02**  
**Contents**  
**(YOU ARE HERE)**

**03**  
**Calendar**  
**October**

Did you know, many places across the world have interesting christmas traditions! **Read more on p. 14**

04	Letter From The Editor
05 - 06	Health Suite - Sauna
07	Art
09	Things to Do - Luton & Beds
10	Poem - Failed For Long
11 - 12	Gardener's Guide - Protecting Your Garden
13	Poetry - Fregness
14	Interesting Christmas Traditions
15	Warm Spaces
16	Hanukkah
17	Quotes - Inspirational Quotes
18	Recipe - Turkey Supreme
19	Things to Do - London
20 - 21	Understanding Loneliness
22 - 27	Puzzles & Quizzes
29 - 30	Useful Contacts

Do you love our puzzles/quizzes?  
Find a bunch of things to do  
towards the end of the mag!  
**p. 22 - p. 27**



# 2023 DECEMBER

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	29	30
31						

*This is yet - year is coming to an end!*

*From us at the Companion Magazine, we hope you enjoy this edition and  
have a happy new year!*

What are my new year resolutions?

If I could change one thing, what would it be?

What have I accomplished this year?

What does befriending do for me?



Dear Readers, as we approach the end of 2023, I wanted to take a moment to express my sincere gratitude to everyone who has contributed to the success of this magazine.

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# ***Editor's Note***



First and foremost, I am thankful for those who have sent in submissions. Your stories, poems and artwork are the heart and soul of this magazine. I am constantly amazed by your creativity, your passion, and your willingness to share your work with the audience that this goes out to. I also wanted to give a shoutout to the talented and dedicated team of people who work with me to produce this magazine - everyone plays an essential role in curating and producing content which gives our readers something to enjoy.

***Abdul***  
Editor

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As we look ahead to 2024, I am excited to continue to publish high-quality content that will inform, inspire, and entertain our readers. I am also committed to providing a magazine for new and emerging individuals to share their work with others. I want to take a moment to appreciate those who have come and gone from this magazine. To those who have left to pursue other opportunities, I wish you all the best. To those who have joined us recently, welcome! I am excited to work with you to create something truly special.

***Companion Magazine***

# 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 a place to visit - Sauna or Steam room. 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

*Sauna*





## FOUR THINGS TO CONSIDER

### ➔ Improves Cardiovascular Health



### ➔ Relieves Stress & Muscle Tension



### ➔ Improves Respiratory Function



### ➔ Boosts Immune System



## HMMM SAUNA OR A STEAM ROOM?

*By Abdul*

The main difference between a sauna and a steam room is the type of heat they produce. Saunas use dry heat, while steam rooms use wet heat. Which type of heat is better for you depends on your individual preferences and health needs. If you are looking for a more intense heat experience that can help to relax your muscles and improve circulation, then a sauna may be a good choice for you. If you are looking for a more moderate heat experience that can help to open up your airways and improve skin health, then a steam room may be a better choice.

Saunas have been used for centuries for their physical and mental health benefits. In recent years, there has been growing scientific evidence to support the use of saunas for mental health conditions such as stress, anxiety, and depression. One of the main ways that saunas improve mental health is by reducing stress and anxiety. The heat from a sauna causes the body to release endorphins, which have mood-boosting and pain-relieving effects. Additionally, the heat can help to relax muscles and soothe the mind.

While there are plenty of dedicated places, it's worth seeing if your local leisure centre has these offerings or something like a 'Health Suite'. Especially during cold periods like Winter, it can be a really splendid feeling.



# ART



NATURAL BEAUTY

BY FARZANA

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

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

**DECEMBER 2023**



WHAT'S THIS?

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



**SEND IN YOUR WORK FOR IT TO BE CONSIDERED FOR THE  
NEXT EDITION!**



# THINGS TO DO

## LUTON & BEDS

### THE SECRET FARM

December is here, which only means one thing! Christmas time!!! Whether you celebrate the season or not, there's loads of fun activities to do during this period to keep you busy and feeling festive.

Blunham secret farm has been at it again making some fantastic holiday activities for all the family. Head over to their massive farm where they a long list of things to do to keep you busy all day! The farm has its typical activities such as their exciting straw maze, thrilling tractor rides and all the outdoor play your little ones would be cheering about! Even without the Christmas touch (if Christmas isn't your thing!) you can still be enthralled with fun things to do at reasonable prices.

But alongside this, for the Christmas seekers out there, The Secret Farm has a whole set of festive inspired events that will get you truly in the Christmas spirit. To start, take a joyful stroll along the holiday gifts and crafts stalls where you can pick up a souvenir or grab those special gifts for the special people in your life. Then you can head over to the elf workshop experience for gingerbread decorating, writing letters to Santa and making your own Christmas baubles! These are awesome crafts that will keep you entertained and bring home something special too! Then, once the crafts are finished and you've worked up an appetite, there is sure to be select stalls dedicated to warm and delicious food, festive favourites, and sweet treats!





## SECRET: CHRISTMAS

**THE SECRET FARM**  
BLUNHAM ROAD, MOGGERHANGER, BEDFORDSHIRE, MK44 3RA  
[WWW.THESECRET.FARM](http://WWW.THESECRET.FARM)

**OPEN TIMES: 09:30 - 17:00**  
OPEN 25TH & 26TH NOVEMBER, 2ND, 3RD, 9TH, 10TH, 16TH & 17TH DECEMBER

### SECRET CHRISTMAS MARKET

WHAT YOU CAN EXPECT	ADDITIONAL ACTIVITIES - £3.00 <small>TICKET PER PERSON</small>
❄️ GIFT AND CRAFT STALLS	❄️ TRACTOR RIDES
❄️ FESTIVE FOOD	❄️ CHRISTMAS PUDDING RODEO
❄️ PHOTO OPPORTUNITIES	❄️ PAINTBALL, SPLAT-GUN RANGE
❄️ SNOW CANNON	❄️ OUTDOOR BOUNCY CASTLES
❄️ OUTDOOR PLAY	ELF WORKSHOP EXPERIENCE - £5.00 <small>PER CHILD</small>
❄️ STRAW MAZE	❄️ GINGERBREAD DECORATING
	❄️ BABBLE DECORATING
	❄️ LETTER TO SANTA
	❄️ REINDEER FOOD

**£3.00 PER PERSON | BOOK TICKETS > [WWW.THESECRET.FARM](http://WWW.THESECRET.FARM)**  
CHILDREN 3 & UNDER ARE FREE AND NO TICKET REQUIRED

### CHRISTMAS TREES FOR SALE

**NO BOOKING REQUIRED**

- ▲ 5ft to 6ft - £30.00 each (NO DEF. HOLIDAY TREES)
- ▲ 6ft plus - £40.00 each (NO DEF. HOLIDAY TREES)
- ▲ Potted trees - from £35.00 each
- ▲ Tree stands, wreaths
- ▲ Vine reindeer



And if that's not enough, the farm is doing a PICK YOUR OWN Christmas tree, where you can take home your very own luscious tree to be the centrepiece of your home! Talk about enjoyment, getting all the family together to decide on which tree will be the winner!

This is only the beginning of fun things the Secret Farm is offering over the Christmas period. Be sure to book your tickets now for a guaranteed fun family festive day out!

Don't forget! wrap up suitably and warm! The secret farm is all outside and depending on the weather can get a little muddy! Wellies and scarves will be your best friend.

Dont miss out on: the snow cannon! At selected parts of the day there will be a flurry of snow spread across the farm, making it feel just like you're in a winter wonderland!



# Failed For Long



Looked at in only black and white,  
Seen only as diagnosis and label.  
Missing the vibrant rainbow of colours,  
But yet you show me im not able.

Im asked the same questions time after time,  
Never listening to my thought,  
Only ever hear what you want to hear,  
I'm a life time of lessons taught.

On my knees, pleading, begging for help,  
Empty promises, to me are told.  
Given up trying before you've even begun,  
Happy to watch me slowly unfold.

Put down as someone who's difficult,  
Too complex "she can't engage",  
Its not me who can't work with you,  
Frustration turns into rage.

Can't communicate well or get across,  
I'm screaming on the inside,  
No one listens to someone that shouts,  
Whilst my flame has slowly died.

I can show you my person it's not that hard,  
The answer is here in my hand,  
Writing is all I know and do,  
Even whilst drowning in life's quick sand.

Keep getting told to ask for help,  
But Even you! I've got fights and battles,  
Come away feeling even more stuck,  
Keep me chained in your systems shackles

Stop shoving people in one box,  
You say 'everyone is unique',  
Well actions speak louder than words.  
Do not see me as one who is weak.

I'm Naomi with a story to tell,  
All you're seeing is the back cover,  
Open the pages to my colourful book,  
and you will see that I am like no other.

I think differently to you, I'm not like the rest,  
But that doesn't make me wrong,  
If you'd at least just read one chapter?!  
You'd see I've been failed for too long.

Time hasn't changed you and you haven't learnt,  
Professions more ignorant than most.  
Society, 'The system' it's ALWAYS the same.  
I'm existing and only a ghost.

I needed help and that hasn't changed,  
I've got no faith or hope in you,  
I can't listen any more, I can't fight your fight,  
I don't know how to get myself through.

So don't judge be me by your own merits,  
Don't judge me for having no rest.  
Don't see me as ONLY mentally ill!  
I'm just tired of this continual test.

*Naomi*



# Gardener's Guide

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## Protecting your garden as the cold sets in

In December, gardens enter a period of dormancy as temperatures drop and daylight hours decrease. Most plants will have finished their growing season and will begin to die back. This is a natural process that allows plants to conserve energy and protect themselves from the harsh winter conditions.

Here are some of the things that happen to gardens in December:

- Leaves fall from trees and shrubs. This is because the plants are trying to conserve energy by reducing the amount of surface area that is exposed to the cold air.
- Herbaceous plants die back to the ground. The above-ground parts of these plants will die, but the roots will survive underground and will produce new growth in the spring.
- Fruit trees lose their leaves and fruits. Once the fruits have been harvested, the trees will lose their leaves and go dormant.
- Bulbs and tubers go dormant. These plants will store energy underground in the form of bulbs or tubers. They will emerge in the spring when the temperatures warm up.



Are we expecting snow this year?



# Gardener's Guide

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Some tips to keep you going in December:

- **Protect Tender Plants:** Tender plants like ferns, begonias, and citrus trees are susceptible to frost damage. Bring them indoors before the first hard frost or provide them with frost protection using fleece, horticultural fleece, or cloches.
- **Mulch Around Plants:** Mulching provides insulation and helps retain moisture in the soil, protecting plant roots from freezing and desiccation. Apply a layer of organic mulch, such as bark chips, shredded leaves, or straw, around plants, ensuring it doesn't smother the crown or stem.
- **Wrap Pots:** Potted plants are more vulnerable to frost damage due to their exposed roots. Wrap pots with bubble wrap, horticultural fleece, or insulating materials to prevent the soil from freezing.
- **Protect Trees and Shrubs:** Tie loose branches of trees and shrubs securely to prevent damage from strong winds and heavy snowfall. Use tree ties or stakes to support heavy branches and protect delicate shrubs from snow accumulation.
- **Check Drainage:** Ensure proper drainage to prevent waterlogging and waterlogged soil. Heavy winter rains can lead to root rot and damage trees and shrubs. If necessary, create drainage channels or install drainage pipes to divert excess water.
- **Protect Bird Feeders and Birdbaths:** Regularly clean and disinfect bird feeders and birdbaths to prevent the spread of diseases among birds. Use a mild soap solution and rinse thoroughly with water.
- **Plant Bare-Root Roses and Deciduous Shrubs:** Take advantage of the cooler temperatures to plant bare-root roses and other deciduous shrubs. These plants are dormant and will establish well in the cooler soil.
- **Protect Terracotta Pots:** To prevent terracotta pots from cracking due to freezing temperatures, bring them indoors or wrap them in bubble wrap or insulating materials.
- **Rake Up Fallen Leaves:** Rake up fallen leaves, especially in borders that may harbor slugs and other pests. Composting or using them as mulch in other areas provides valuable nutrients for your garden.

DO YOU HAVE ANY TIPS FOR GETTING THROUGH THE WINTER? DROP US AN EMAIL!



# FREGNESS

I wake up today was amazed  
Shrouding by impossible  
Beautiful flower ceremony.

“In a strange obsession  
And Fregness of love “

Feeling we have run out of air emotionally  
Where there is silence all around ;  
The sound is like the sound  
Of so many birds .

The leaves of the pale tree are green  
Some dew drops in the middle of leaves .

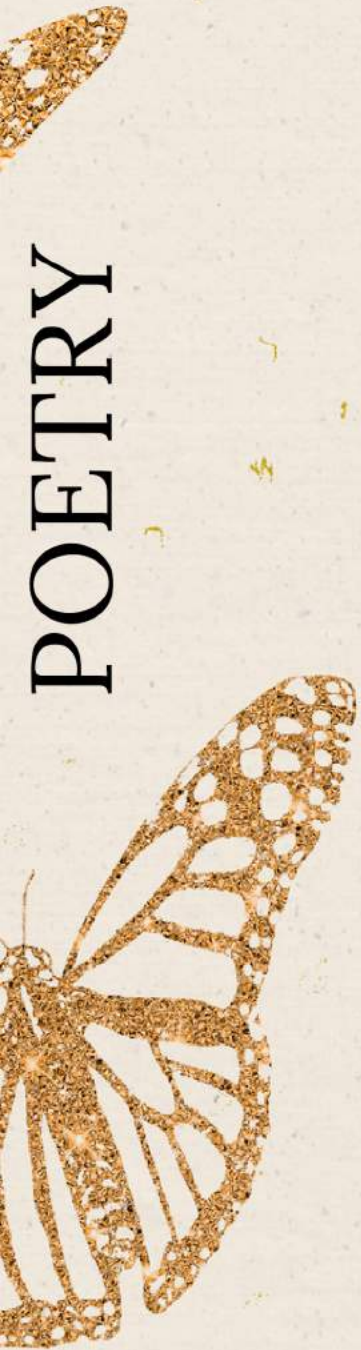
What is that !  
Suddenly the butterfly came from nowhere  
It flew away the touched the flower  
The bud blossomed and a new swing

Raining the movement in a new light  
Some flowers on the hut.  
Raise your hand to guide the birds.

And keep yourself tied between you.  
Today morning is full of dreams  
Fresh beautiful and freshness.

by Farzana

POETRY



# Interesting Xmas Traditions

## Austria

The half-goat, half-demon Krampus is said to wander the streets carrying a wicker basket in search of badly-behaved children. Krampus the beast-like demon creature is said to capture the naughtiest children and put them away in his sack. The folktale is popular throughout Austria, southern Germany, Hungary, and even northern Italy, people dressed as the Krampus walking the streets in the first week of December.

## Sweden

In Sweden they have a Yule goat. Every year a straw goat statue gets erected in the square about a month before Christmas to be burned down every year. It was first put up in 1966. Today, the Goat is mostly a Christmas ornament that can be found on trees and erected with straw in towns across everyone in the festive season.

## Japan

Eating KFC Christmas Eve. A festive marketing campaign in the 1970s, Kurisumasu ni wa kentakkii (or "Kentucky for Christmas") where fried chicken was advertised as the perfect Christmas meal. This has become a firmly established holiday Christmas tradition in the country since then. Families from all over the country head to their local KFC for some festive fried chicken. millions of people celebrates the Christmas holidays with a KFC "party barrel" of fried chicken dinner tradition.

## Italy

Befana. Italian children are visited by Santa Claus (or Babbo Natale) each Christmas Eve, but they get another visit on January 5, the eve of the Epiphany. Befana was a witch who didn't give a gift to baby Jesus in the manger. However she now gives gifts to all children, who leave out some wine and food for her. Also in Russian folklore, they have Babouschka, meaning old woman brings gifts to children. In Rome, people dress as shepherds in wool cloaks playing the bagpipes to respect shepherds.

## United Kingdom

Beautiful Christmas crackers were invented in 1846 by Tom Smith, a London sweetmaker. Initially, these tasty Christmas sweets were to be wrapped in a twist of fancy-colored paper. But the idea became one of the best-known Victorian Christmas traditions in England. Small festive notes and paper crowns were added to it. These crackers are pulled during Christmas dinner or parties. Whoever gets the larger end of the cracker earns the right to keep the contents of have an unusual addition to their ornaments.

## Ukraine

Ukraine's traditions involve spider webs on a Christmas tree instead of Christmas decorations According to an old legend, a poor widow and her children found a Christmas tree in their garden but didn't have money to decorate it. the mother hung some fruits and nuts on the tree hoping that it would make her kids happy on Christmas day. However, when they woke up the next morning, it was covered by a spider's web, which turned into bright silver and gold in the morning light. In honor of this Ukrainians hang spider web-shaped decorations for Christmas on the trees for good fortune.

## Germany

In her many on the Christmas trees -They hide a pickle ornament somewhere within the branches of the tree, and the first child to find it gets a gift some believe that this Christmas tradition was passed down through the generations from Old World Germany and others believe the pickle is in honor of an American Civil War soldier who was did not starve because he ate a pickle





# *Warm Spaces*

Many places throughout East London and Bedfordshire are offering a warm and free welcome to visitors this winter. Many are also offering social events, activities, refreshments, and food.

## **01 [WWW.WARMWELCOME.UK](http://WWW.WARMWELCOME.UK)**

Warm Welcome Spaces invite local communities to connect and make friends in a free, welcoming, and friendly environment.

## **02 [M.LUTON.GOV.UK](http://M.LUTON.GOV.UK)**

Community spaces treat everyone equally with dignity and respect, regardless of their circumstances. Staff and volunteers provide a warm welcome to all individuals.

## **03 [NEWHAM](http://NEWHAM)**

Newham libraries extend opening hours to become Warm Havens during the cold winter months

## **04 [INFO@HACKNEY.GOV.UK](mailto:INFO@HACKNEY.GOV.UK)**

Hackney Council is providing warm spaces for residents in Hackney until March-end, offering free activities and a chance to save on heating costs, offering a safe and welcoming environment for all.

## **05 [CENTRALBEDFORDSHIRE.GOV.UK](http://CENTRALBEDFORDSHIRE.GOV.UK)**

We are creating a network of free 'Warm Spaces' across Central Bedfordshire. Everyone is welcome.

## **07 [PUBLIC.HEALTH@BEDFORD.GOV.UK](mailto:PUBLIC.HEALTH@BEDFORD.GOV.UK)**

Bedford Borough Council is collaborating with local partners to create a Welcoming Spaces network, which will provide free, non-judgmental places for people to stay warm and socialize, enjoy hot drinks, or read.

## **07 [WWW.TOWERHAMLETS.GOV.UK](http://WWW.TOWERHAMLETS.GOV.UK)**

Join us at Warm Hubs this winter! Stay warm and cozy while mingling with neighbors over a hot beverage and refreshments at our Idea Stores and community centers. Visit a Warm Hub near you for a safe and comfortable space to relax.

## Goodwill, compassion and sharing



Hanukkah is an eight-day Jewish festival celebrated in December to honor the rededication of the Second Temple in Jerusalem. The festival involves lighting candles every day, and although not found in the Hebrew Scriptures, it is widely observed. The tradition of lighting candles is enshrined in the Talmud, which describes the miracle of the oil in the Temple. According to the Talmud, the oil burned for eight days, establishing the precedent that the festival should last eight days. The early date for this story or at least the practice of lighting eight candles is confirmed by the debate of the 1st-century-CE scholars Hillel and Shammai.

Hanukkah is a festival celebrated with a combination of religious and nonreligious customs. Its most important tradition is the lighting of a menorah each evening, which includes a blessing. Other customs include reading of Scripture, recitation of Psalms and singing hymns. Festive meals, games, and gifts to children are also given. Potato pancakes and doughnuts fried in oil are popular treats, and children play a game with a four-sided spinning top called a dreidel.

Another Hanukkah custom involves giving monetary gifts to children, encouraging them to donate to charity and incentivizing good conduct. As a result, foil-wrapped chocolate coins have become a beloved tradition.



# INSPIRATIONAL QUOTES

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**“There’s nothing better than curling up with a good book and sitting in front of the fire on winter evenings.”**

**— Leo Sayer**



**“Winter is not a season, it’s a celebration.”**

**— Anamika Mishra**



**“Winter is the time of sacred balance and rejuvenation of life in preparation for the coming spring. It represents abundance, teaching and gratitude.”**

**— Noelle Vignola**





# Turkey

## SUPREME

### INGREDIENTS

- 2 skinless boneless turkey breasts diced (or left over cooked turkey)
- 1 large onion
- 800g mushrooms chopped
- 1tso garlic granules
- 1 chicken stock pot (1/2 if you need less salt)
- Cooked rice to serve

### METHOD

- Spray a medium non-stick frying plan with low-calorie cooking spray and put it over a low-medium heat. Add the onion and garlic granules and stir-fry for 5 minutes, or until lightly browned.
- Add the mushrooms and cook for a further 10 minutes, or until turkey is cooked.
- While the turkey cooking, put the creme fraish stock, and a little seasoning in a large bowl. Mix really well to get a thick sauce.
- Add the sauce to the turkey mixture, stir really well and simmer for 5-10 minutes. Sprinkle with the parsley and serve with rice





# THINGS TO DO

## LONDON

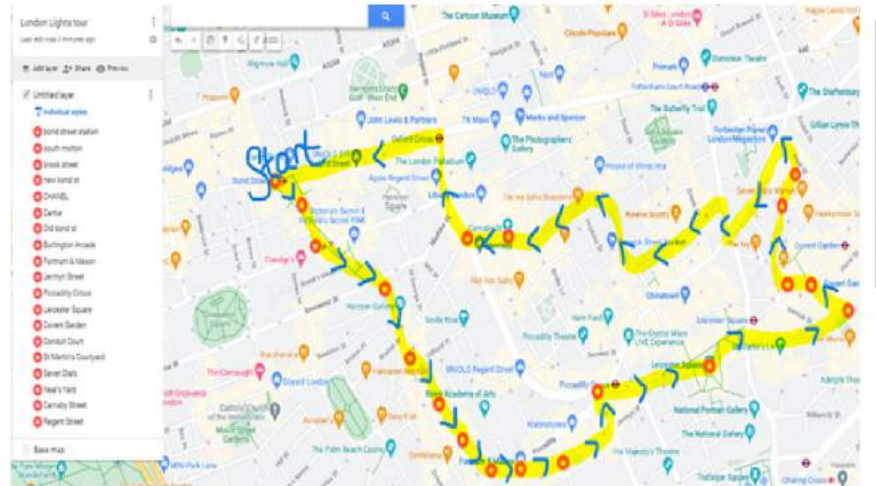
### XTMAS LIGHTS WALKING TOUR

London never fails to dazzle with its amazing display of Christmas lights each year, and for the 2023 season there is no exception!

Whether it's a tradition in your family to take a stroll and view the twinkling skies, or it's the first time you have considered going for a look, we thought we would provide you with an extensive guide on how to capture every Christmas light London has to offer. Now it's common knowledge that there are specific parts of London that can't be missed at Christmas- Regent's street, Carnaby street and Covent garden are just a few that I always love to visit, and with this guide we want to make sure that no bulb or display goes unnoticed. Overall, our guide takes about one hour and a half to complete- but take it how you like! You can do it all, you can do half of it, or you can mix and match between bus routes and walking paths to make your experience most suitable for you!

Each stop has a magnificent bit of Christmas joy to share with you, ultimately perfect for getting you in the right spirit for the holiday season. But of course, you don't want this experience to be ruined- so make sure to dress accordingly, wear comfortable footwear, and bring an umbrella if necessary. Please also be aware that these areas are tourist hotspots and may be crowded at certain times in December! Always plan ahead of time!

Alternatively, we know that walking is not for everyone, so we have devised a bunch of bus routes that are great ways to see all the lights, without the foot traffic (and sore feet!) There are of course bus tours you can pay for and take to see all the lights, but we thought of a nifty hack that can do the same, for less of the cost and a handy travel pass.



- Here's our guide:
- Make your way to Bond street station
- Upon exiting the station head to South Molton Street and Brook Street to view the light displays including a shimmering crown and dazzling ribbons of light
- Through New Bond Street and down Old Bond Street- Explore the shop display windows of Chanel, Cartier and more!
- Burlington Arcade is a great detour for more Christmas decorations!
- Don't miss out on Fortnum and Mason's incredible Advent Calendar display just a stone throw from Burlington
- Take another detour to Jermyn street, a great passageway with beautiful angels hanging from the sky.
- Before heading to Piccadilly Circus!
- From there head to Leicester Square - always a buzzing part of London, don't forget to stop in the Christmas market!
- Next walk to Covent Garden- the 2023 display contains giant red bells, a gigantic red tree and of course the snow fountains releasing fake snow every hour!
- You can then head to Conduit Courts beautiful lit arch and walk through the beautifully lit St Martins Courtyard
- Nearby you'll find Seven Dials - a star shaped corner with beautiful twinkling star lights and the colourful and christmassy Neals Yard
- Take your tour to Carnaby Street next, where there is a new bright and beautiful display theme based on the universe!
- Before heading to Regent Street to admire the beautiful iconic and widely recognised Christmas angels
- Finish over on Oxford Street to be greeted by a sky full of stars.
- And finally, back to Bond Street Station- where you began!





# UNDERSTANDING LONELINESS: BEING ALONE DOESN'T HAVE TO BE LONELY

In today's bustling world, with cities that never sleep and screens that constantly beckon, one might wonder how it's even possible to feel alone. Yet, the sensation of loneliness isn't solely tied to the absence of people around us. It delves deeper, into the realms of emotional and mental connection. Often, this can mean feeling isolated in a room full of people. It's crucial to understand that the key to dispelling loneliness lies not in seeking companionship externally but in fostering it within us.

## The Myth of Companionship

We often weave dreams of the perfect companion who would understand our silences and make us feel whole. But sometimes, amidst these dreams, we forget that the heart's most profound conversations are the ones it has with the soul. Before seeking to be understood, perhaps it's time to understand oneself first.

The age-old myth that a companion is necessary to eradicate loneliness often leads us astray. Yes, human connections and relationships can be profoundly enriching. They offer joy, understanding, and a shared journey through life's ups and downs. But it's essential to realise that others can't fill the void of loneliness we might feel. Only we hold that power.

## Being Your Own Companion

The concept of being your own companion isn't about rejecting social connections or endorsing isolation. Instead, it's about developing an enriching relationship with oneself. It's about understanding one's desires, dreams, fears, and joys. It's about becoming comfortable in one's skin, enjoying one's own company, and engaging in activities that bring individual joy.





**Here are a few ways to foster this relationship:**

1. **Self-reflection:** Take time daily, even if just for a few minutes, to introspect. Understand your emotions, aspirations, and motivations. Journaling can be a helpful tool in this journey.
2. **Self-care:** Physical health often mirrors mental well-being. Engage in activities that nourish both your body and soul. This can range from reading a book to taking a spa day or just enjoying a quiet walk.
3. **Pursue passions:** Reconnect with hobbies and activities that you love. Whether it's painting, writing, dancing, or hiking, doing something you're passionate about can make you feel fulfilled.
4. **Mindfulness and meditation:** Grounding oneself in the present can significantly reduce feelings of loneliness. Techniques like meditation, deep breathing, and yoga help in cultivating a sense of inner peace.



### **The Beauty of Solitude**

The distinction between being alone and feeling lonely is vital. One can be alone and yet feel content, while another might be surrounded by people but feel incredibly isolated. Embrace moments of solitude, as they offer an opportunity to recharge, reflect, and understand oneself better. Life is made up of beautiful moments, some shared with others and some spent alone. While shared moments create wonderful memories, solitary moments help us discover ourselves. So, the next time you feel lonely, remember that you are never truly alone. Your heart, soul, and essence have always been with you, waiting for you to find them. Life is a journey that we all undertake, and while it's great to have companions along the way, it's important to understand and comfort ourselves when we need to. Cherishing moments of solitude, embracing self-growth, and remembering that we are our own best companions is essential.



# its looking a lot like XMAS

Puzzles, Quizzes, more



What do you get when you cross a lion with a snowman?  
A. Frostbite



What is the best present in the world?  
A: A broken drum, you just can't beat it!

## Across

- 5) what is Bing Cosby song is the world's best-selling single ever?
- 7) which animated film features the song "walking in the air"?
- 8) where was Baby Jesus Born?
- 10) what beverage company has been using Santa Clause in advert since 1931?
- 13) what Christmas themed ballet premiered in Saint Petersburg in Russia in 1892?
- 14) what is the name for the shortest day of the year?
- 15) what is the most popular kind of tree to use for a Christmas tree?
- 17) if you are born on Christmas day what is your star sign?
- 20) Which one of Santa's reindeer has the same

## Down

- 1) what plant what starts with P is associated with Christmas?
- 2) what type of food did Christmas crackers originally contain?
- 3) in 1932 which monarch made the first every royal Christmas broadcast?
- 4) what are pigs in blankets called in Scotland?
- 6) what color are mistletoe berries?
- 9) what relatively new Christmas tradition was created by stay at home mum Carol Aebersold?
- 11) what Bird is associated with Christmas?
- 12) Who wrote a "a Christmas Carol"?
- 16) in Japan which takeaway food is traditionally eaten Christmas?
- 18) what is the name of the time leading up to Christmas?
- 19) roasting these on an open fire?



# the Scramble At Christmas

Unscramble the letters to solve the puzzle!



What do Santa's helpers learn at school?

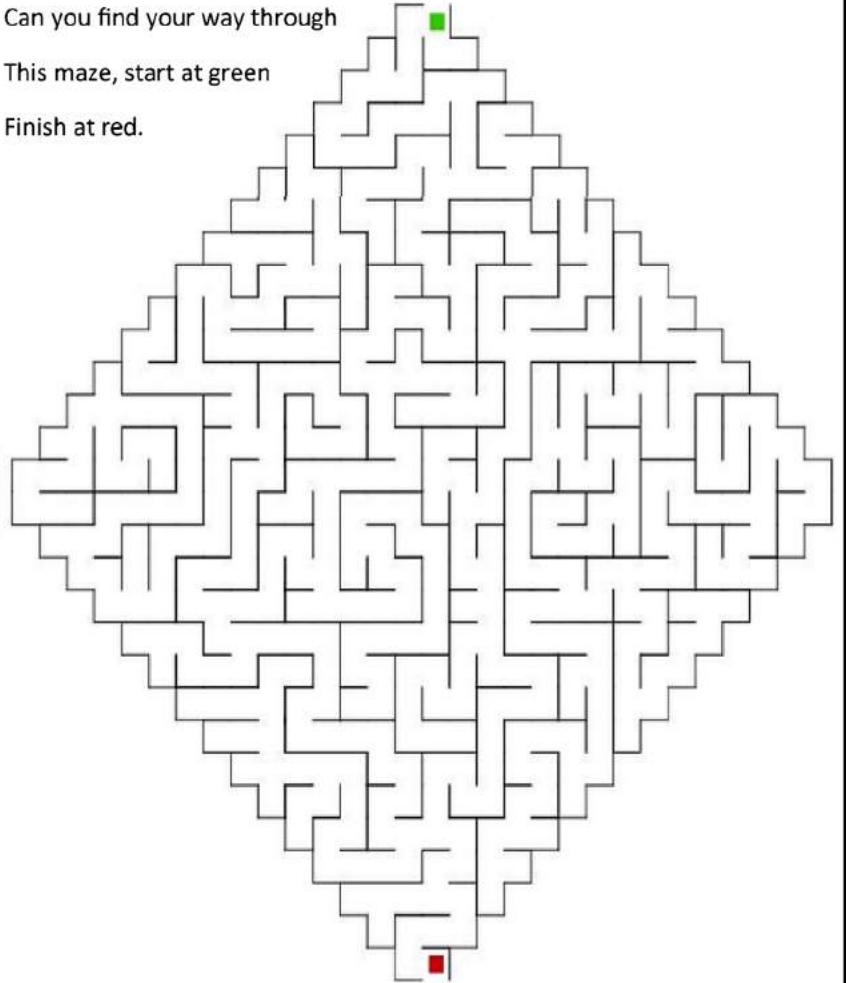
A: The elf-abet!

1. HCTWA IOVMES \_\_\_\_\_
2. NYCDA EANC \_\_\_\_\_
3. RCAMITSHS SACRTF \_\_\_\_\_
4. YJO \_\_\_\_\_
5. PTIUSCERR \_\_\_\_\_
6. ELAGN \_\_\_\_\_
7. OLCNIROG OKBO \_\_\_\_\_
8. RSHASTIMC DARSC \_\_\_\_\_
9. EAKB OKCOESI \_\_\_\_\_
10. CSIAHTSMR CAORSL \_\_\_\_\_
11. EJSSU \_\_\_\_\_
12. EIGBNGDARER \_\_\_\_\_
13. KAEM OMSNTAREN \_\_\_\_\_
14. WRPA IFGTS \_\_\_\_\_
15. IST YB ETH EIRF \_\_\_\_\_
16. TAEERDOC TEH EERT \_\_\_\_\_
17. ITSSGNKOC \_\_\_\_\_
18. NDATEV DCNELAAR \_\_\_\_\_
19. THO OCACO \_\_\_\_\_
20. ASSHMRCIT HLTGSI \_\_\_\_\_

Can you find your way through

This maze, start at green

Finish at red.



Sudoku Very Hard

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

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

Sudoku Medium

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

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



Complete the snow globe

Draw the other side of the globe and complete it? And color me in



Color me in



Who hides in the bakery at Christmas?

A: A mince spy!



Why did the Turkey cross the road?

A: Because he wasn't chicken!





# Christmas movie reel



How does Jack Frost get to work?

A: By icicle

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

Wizard of Oz	The Snowman	A Wonderful Life	A Christmas Carol
The Polar Express	ELF	James Bond	Home Alone
Harry Potter	Jack Frost	Die Hard	Santa Clause
Frozen	Gremlins	White Christmas	The Grinch
Deck the halls	Bad Sant	Jingle all the way	



# what is on the list

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

CHEESE

DECORATIONS

CHRISTMASTREE

PRESENTS

BRUSSELSPROUTS

RENNIES

HAM

STIFFING

CHEESECRACKER

FRUITJUICES

TURKEY

FIZZYDRINK

CRACKERS

ROASTPOTATOES

QUALITYSTREET

MINCEPIES

NUTLOAF

CHICKEN

ROSES

VEGETABLES



## Across

- 5) White Christmas  
7) The Snowman  
8) Bethlehem  
10) Coke-Cola  
13) The Nutcracker  
14) Winter solstice  
15) Nordmann Fir  
17) Capricorn  
20) Cupid

## Down

- 1) Poinsettia  
2) Sugar coated almonds  
3) George V  
4) Kilted Soldiers  
6) white  
9) elf on a shelf  
11) Robbin  
12) Charles Dickens  
16) KFC  
18) Advent  
19) chestnuts

1. Watch Movies  
2. Candy cane  
3. Christmas crafts  
4. Joy  
5. Scripture  
6. Angel  
7. Coloring book  
8. Christmas cards  
9. Bake cookies  
10. Christmas carols  
11. Jesus  
12. Gingerbread  
13. Make ornaments  
14. Wrap gifts  
15. Sit by the fire  
16. Decorate the tree  
17. Stockings  
18. Advent calendar

## Sudoku Very Hard

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

## Christmas movie reel

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

## Whats on the list

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

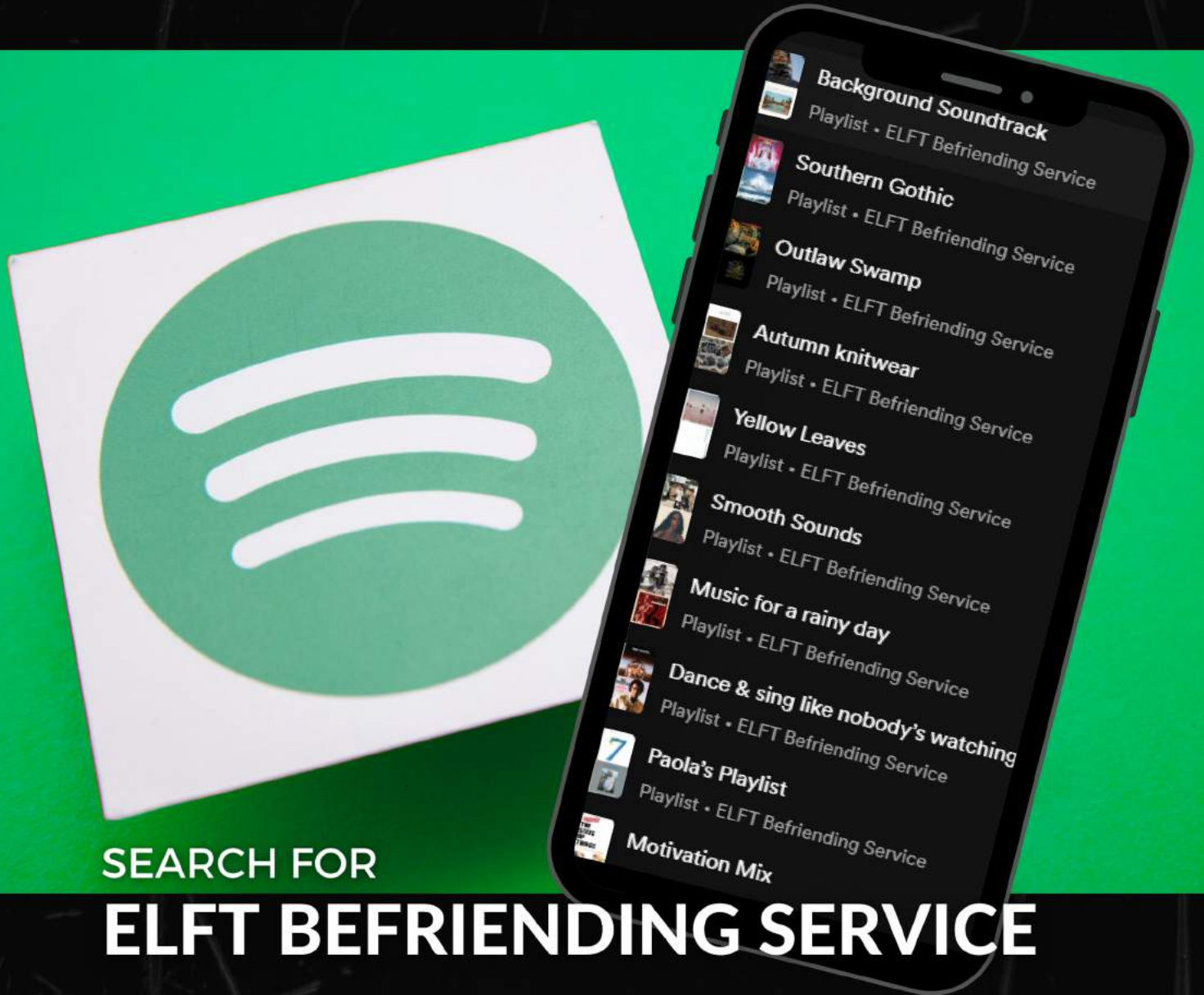
## Sudoku Medium

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



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# 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	0800 073 0006
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>