



# **ELFT** **COMPANION**



## **Inside:**

Stories

Poetry

Puzzles

Things to do

Hobbies

JANUARY 2024

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We've got a lot to read when it comes to thinking about what to do, you've gotta check it out!  
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# JANUARY

# 2024

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			

*HAPPY NEW YEAR TO ALL OUR READERS!*

*Did you get up to get anything good before 2023 had come to an end?*

*As always - we'll be using this space to reflect*

What are my new year resolutions?

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

What have I accomplished in 2023?

What does befriending do for me?

# 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 something to do - Cryotherapy. 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.

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WRITTEN BY ABDUL

*Cryotherapy*

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## FOUR THINGS TO CONSIDER

### ➞ Pain Relief



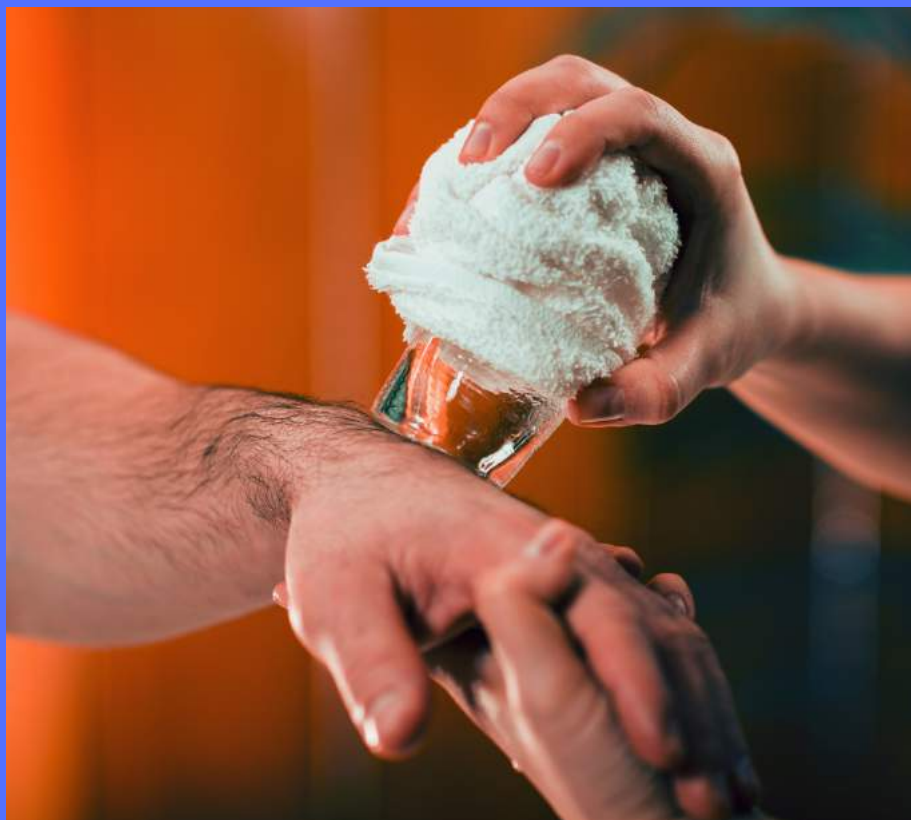
### ➞ Improves Mood



### ➞ Enhanced Skin Health



### ➞ Potential Boost to Metabolism



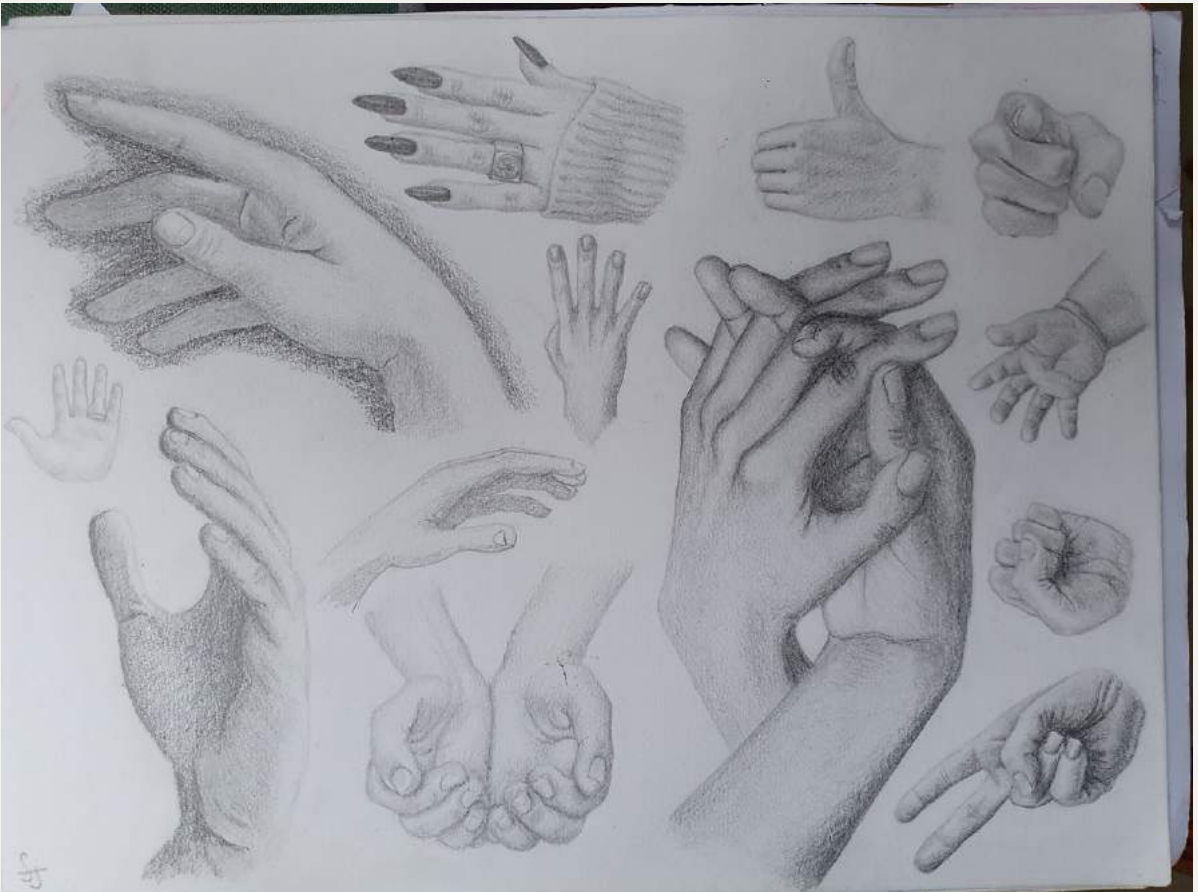
## USING THE COLD TO HELP? REALLY?

By Abdul

Cryotherapy or 'Cryo' is the therapeutic use of extremely cold temperatures. As opposed to the variations available, I'll talk a little about 'Whole-Body Cryotherapy'. This involves briefly stepping into a chamber cooled to very low temperatures (this varies with each organisation that may offer this service). The science behind benefits is still emerging but individuals and teams undertaking Cryo, have reported reduced inflammation and increased blood circulation.

While pain relief is a major draw, research suggests cryotherapy might also benefit mental health. The endorphin boost can lift mood and combat stress, potentially offering relief from symptoms of depression and anxiety. Some studies even hint at its potential to manage migraines and chronic fatigue syndrome. As with any treatment, cryotherapy isn't a magic bullet. It's not suitable for everyone, particularly those with certain medical conditions like heart disease, diabetes, or uncontrolled high blood pressure. If you're curious about cryotherapy, be sure to research reputable facilities and understand the potential risks and benefits. While it isn't a one-size-fits-all solution, for many, this icy dip can be a valuable tool in their wellness toolbox, offering pain relief, mood enhancement, and even a touch of skin-deep rejuvenation. So, if you're ready to embrace the chill and explore the potential of cryotherapy, remember, the icy path to wellness might just be three minutes long.

# ART



BY FIONA



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

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

**JANUARY 2024**



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!**





# Frozen

## PROTEIN BALLS

### INGREDIENTS

- 20g Milbona high-protein vanilla yogurt
- 100g frozen raspberries
- 100g Crownfield high-protein honey and seed granola
- 200g dark chocolate

### METHOD

Kickstart a busy day with one or two of these make-ahead, protein packed breakfast balls – fab for when you're racing out the door. Feel free to add extra toppings to make your tastebuds tingle.

- Line a baking tray with baking paper. In a bowl, mix the yogurt, frozen raspberries and granola for crunch. Spoon balls of the mixture onto the tray; freeze for 2-4 hours
- Break the chocolate into small pieces, put in a microwave-safe bowl and heat in blasts of 30 seconds, until melted. Let cool.
- Remove the protein power balls from the freezer and dip each ball in the chocolate until fully coated, returning them to the tray as you go. Freeze again for 30 minutes.

**How to store:** Freeze on a lined baking tray then transfer to a freezer bag. Store them in the freezer and remove as many balls as you need, 5 minutes before you want to eat them. Keep in the freezer until ready to serve.





# THINGS TO DO

## LUTON & BEDS

### LUTON MALL - FOR THOSE LOOKING FOR SOMETHING TO DO

You're thinking about ways to fill up your diary and find things to do in January. You want to stay busy, leave your house for a bit, partake in something easy and enjoyable enough that you feel like your days have passed by nicely. Well, January is the perfect time to go shopping! Post Christmas, after all the hustle and bustle, the January sales will be alive and booming and it's a great time to pick up some nice treats for yourself or loved ones, now that the prices have been slashed!

For this, we thought we would highlight Luton Mall- a great day out to check the shops, grab a nice coffee or a bite to eat and spend some time on retail therapy! The Mall is filled with all your high street favourites such as H&M and Newlook to grab a new winter coat for the January and February freezing temperatures at a good price. They also have a Schuh and Footlocker for those trainer fanatics, and Superdrug and The body Shop if self-pampering is more your thing. Plus, this is just the beginning! There are plenty more stores to venture through to quench your thirst this January

If you have little ones Luton Mall also offers a Kids club to keep your kiddies busy too! Throughout the year, the club offers arts and crafts sessions, face painting, storytelling and more! The Mall also has a soft play area right by The Entertainer store, with a jungle theme and an interactive play zone. The kids can run wild in a safe environment whilst you look on with a coffee and have a chance to rest your feet (and bags!) from your busy day of shopping.

Make sure to also check out the Luton Mall website which has exclusive offers at certain shops that can get you money off and special deals on items. All you need to do is sign up for a RewardME card that can grant you all these amazing privileges!



#### Address:

37 The Mall,  
Luton  
LU1 2LJ

#### Opening Times:

Monday 9:00am - 6:00pm  
Tuesday 9:00am - 6:00pm  
Wednesday 9:00am - 6:00pm  
Thursday 9:00am - 7:00pm  
Friday 9:00am - 6:00pm  
Saturday 9:00am - 6:00pm  
Sunday 11:00am - 5:00pm

#### Admission:

FREE to enter! Shopping is at your leisure  
of course.

#### More Information:

<https://themallluton.co.uk/>

# THINGS TO DO

## LUTON & BEDS

### PARK REFLECTION - FOR THOSE WHO ARE LOOKING TO RELAX

If the fluorescent lighting of a shopping mall is less your scene for the start of the new year, and instead you want to take it a bit easier, than we want to give you a second option!

Not everyone may be interested in January sales and wants to spend January in a much slower paced and relaxed environment. One where they can still welcome in the new year with high spirits, but without the pressure that a new year and its ideals can create. With this in mind, we thought about what the Bedfordshire and Luton area has to offer and there was one thing that kept coming back- our great greenery and park areas!

Utilising the parks for walking, photographing the landscape (which can look especially beautiful when frozen in January temperatures), or even painting or writing in an open space, can start the new year in a fantastic relaxing and joyful way. Being with nature, listening to the sounds around you and allowing yourself to breathe in the fresh air as you walk can not only help your mindset and mental health, but also your physical health too!

One activity especially perfect in January where our number of parks become so beneficial is reflective walking. This is where you pick a walking trail and use the time to empty your mind and instead reflect on whatever you like. For January this could be about looking back on the year you have just had and organising your year ahead, or simply just reminiscing about positive and happy things whilst you're exercising. This is a super mindful activity that feels perfect for a new year because it is all about focusing on yourself, your goals and feelings in a healthy way.

**Bedford Park-** One of the biggest parks in Bedford and home to countless events through the year, this park has a perfect walking and running trail, tennis and basketball courts, outside gym facilities, a lake and more!

Located at No 98 Kimbolton Rd, Bedford MK40 2PF.



**Millenium Country Park-** Rolling hills of grass, picnic benches, a café and perfect land to walk on, The Forest Centre and Millenium Park is in a spot that makes you feel far enough away from urban areas so you can really become one with nature.

Located at The Forest Centre, Station Rd, Marston Moretaine, Bedford MK43 0PR.



**Wardown Park-** A park full of fantastic features such as a boating lake, fountain and beautiful bridges, you can spend several hours walking throughout the land and learn all about its history with its Edwardian and Victorian design landscapes.

Located at Old Bedford Road, Luton LU2 7HA.



Again, this is only a very short list of parks to visit around Bedfordshire. You may have a walking trail, park, or naturistic area near you that could be wonderful for reflection and that is also perfect! What's most important is using your time to do things your way, by not placing too much pressure on things to do but being out just enough in an open and fresh space to gather your thoughts and feel at one with the world.



# I ARISE AND SHINE

In the tapestry of life, satisfaction's sweet refrain,  
I beckon peace and clarity to wash away the pain.  
Prepared to unlock potential, I stand with newfound might,  
Embracing life's perspectives, bathed in radiant light.

Depression's chains are broken, I've left them all behind,  
In the garden of my freedom, a blossoming of the mind.  
Choices, now I make them with wisdom as my guide,  
Kinder to myself, the inner critic set aside.

I'll buy myself new clothes, in colours bright and bold,  
New shoes to walk with purpose, new stories to be told.  
Handbags filled with dreams, businesses to explore,  
Renewal is my mantra, an open, endless door.

No matter what life brings, success is my decree,  
In talents and in skills, my strength and unity.  
Where needed and valued, I'll put them to the test,  
For I've endured the battles and emerged victorious.

Through unbearable hardships, I found my inner zeal,  
I hit rock bottom but from despair I did heal.  
Though others may not grasp the changes I've become,  
I focus on my healing, I rise and shine, as one.

The chapters of my story, a testament to my might,  
In the depth of my satisfaction, I'm bathed in pure delight.  
With peace, clarity, and courage, I forge ahead, aligned,  
In this symphony of life, my heart and soul entwined.  
I arise and Shine!!!!

*Ruth*

# Gardener's Guide

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## Embracing the Winter Garden

As the winter chill envelops our gardens, it's a common misconception that January is a time for gardening hibernation. On the contrary, this is the perfect moment for reflection, planning, and tending to the unique needs of our beloved green spaces. Let's dive into the Gardener's Guide for January, where we explore the beauty and potential that lies within the winter garden.

### Winter Plant Care:

Begin by assessing the needs of your plants during the colder months. Ensure that frost-tender plants are adequately protected with a layer of mulch. Consider covering delicate shrubs with burlap to shield them from harsh winds.



**Indoor Gardening Adventures:** Turn your attention indoors by exploring the world of indoor gardening. Houseplants not only add a touch of greenery but also contribute to improved indoor air quality. January is an excellent time to propagate and repot existing indoor plants.

**Did I forget to mention? Have a HAPPY NEW YEAR!**



# Gardener's Guide

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**Tool Maintenance Wisdom:**  
Take advantage of the quieter garden season to give your tools some much-needed attention.

Clean, sharpen, and oil your gardening tools, ensuring they are in top condition for the upcoming spring gardening frenzy.

**Planning for Spring Blooms:**  
While the garden sleeps, plan for the riot of color that spring will bring. Consider planting early-blooming bulbs such as crocuses, snowdrops, and daffodils. These resilient flowers herald the arrival of warmer days.



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## Gardening Resolutions for the New Year

Embrace the spirit of the new year by setting gardening resolutions. Perhaps you aspire to create a pollinator-friendly garden, experiment with organic gardening practices, or start a compost bin. Small, achievable goals can make a significant impact.

**DO YOU HAVE ANY TIPS FOR GETTING THROUGH THE JANUARY PERIOD? DROP US AN EMAIL!**

by Abdul

# INSPIRATIONAL QUOTES

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**“When you have a dream, you’ve got to grab it and never let go.”**

**- Carol Burnett**



**“Nothing is impossible. The word itself says 'I'm possible!'” -  
Audrey Hepburn**

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**"There is nothing impossible to they who will try."**

**— Alexander the Great**





# Bread & Butter

## PUDDING

### INGREDIENTS

- 25g/1oz butter, plus extra for greasing
- 8 thick slices white bread, (crusts removed if desired)
- 50g/2oz sultanas
- 2 tsp cinnamon powder
- 350ml/12fl oz full-fat milk
- 50ml/2fl oz double cream
- 2 free-range eggs
- 25g/1oz granulated sugar
- nutmeg, grated, to taste
- custard, to serve (optional)

### METHOD

- 1 Grease an ovenproof dish, about 23x28cm/9x11in in size, with butter. Spread each slice with on one side with butter, then cut into triangles.
- 2 Arrange a layer of bread, buttered-side up, in the bottom of the dish, then add a layer of sultanas. Sprinkle with a little cinnamon, then repeat the layers of bread and sultanas, sprinkling with cinnamon, until you have used up all of the bread. Finish with a layer of bread, then set aside.
- 3 Gently warm the milk and cream in a saucepan over a low heat to scalding point. Do not let it boil. Crack the eggs into a bowl, add three-quarters of the sugar and lightly whisk until pale. Add the warm milk and cream mixture and stir well, then strain the custard into a bowl. Pour the custard over the prepared bread layers, sprinkle with nutmeg and the remaining sugar and leave to stand for 30 minutes.
- 4 Preheat the oven to 180C/160C Fan/Gas 4. Place the dish into the oven and bake for 30–40 minutes, or until the custard has set and the top is golden brown. Serve with extra custard, if desired.

RECIPE BY BBC GOOD FOOD

# THINGS TO DO

## LONDON

### MARKET HOPPING - FOR THOSE LOOKING TO GET OUT THERE THIS JANUARY

So, its January. The new year has been rung in and alongside that comes the promise of resolutions, keeping busy and be more active. Of course, all of that is easier said than done... especially when its freezing cold and dark outside! But for those of you who are feeling determined to get out this January, we think this could be a great start! Now East London is pretty known for having a lot of markets. Whether that's for food, trinkets, flowers and beyond, there are so many fabulous stalls dedicated to giving you a nice day out. These marketplaces can help you to buy something new or vintage, find bespoke and cool deco for your house, or just simply go for a walk in a lively area, staying active and surrounded by others at a time where this isn't always the easiest thing to do.

With that in mind, we have picked three of our favourite Markets in the East London area, totally worth checking out this January in an effort to make the first steps to the new you of 2024!

**Brick Lane and Truman Brewery Markets** - Pick up a famous Bagel as you search through vintage and grunge apparel that gives Brick Lane its name as one of the most iconic areas of East London. There are food markets galore, arts, crafts and even a flea market every Sunday held at the Sclater Street Car Park!



**Victoria Park Market** - Every Sunday head down to the Nightwalk section for a fantastic farmers market filled with organic and gourmet goodies, such as fruits, veggies, street food, and baked goods! Located between Bonner Gate and, Gore Road, London E2 9JW.



**Columbia Road Flower Market** - If you have a green thumb and consider yourself quite the botanist, then this is the market for you! The perfect place to pick up your plants, flowers, and advice on shrubbery care, its lovely even just to wander through and admire the bursting of colour each petal brings! Located near both Bethnal Green and Hackney.



This list is only a few of the wonderful markets the East End has to offer so be sure to do your research on the other wonders you can may find such as the Broadway Market in Hackney, or the Chrisp Street Market, Poplar. You can try and visit a few in a day, choose one for each weekend, or only visit the ones that really jump out to you! The choice is yours, but ultimately is all about you just trying to have something nice and easy to do throughout January that's not too intense, but still caters to your goal to keep busy.



# THINGS TO DO

## LONDON

### HOME SPA AND REFLECTION - FOR THOSE LOOKING TO STAY IN

For many people, the new year is where they make resolutions and try to achieve a goal. This means some people like to hit the ground running and commit to an activity of some sort like going out more or heading to a gym. But this does not have to be the case for everyone- and you can achieve a goal or welcome in the new year in a totally different way!

You may think that taking it easy sounds like a better idea for you. Where you don't want to feel pressure or stress and are just looking to relax for the first month, until you are ready for more. That's totally fine too! In fact, you can most definitely find something to do that's catered to the 'new year, new me' aesthetic, but without the hassle of public transport, crowds, or pressure to change the things that make you comfortable.

Why not select one day of the week, each week, dedicated to self-care and improvement? This way you can start your January in the right mindset to ease yourself into a more positive and bright year. This can include a day of reflection where you light up scented candles, run yourself a bubble bath or dedicate time for a relaxing shower, engage in writing down affirmations for 2024 and play calming music whilst you paint your nails or give yourself a massage. Likewise, you can engage in a new for 2024 skin care regimen, meditate, try yoga or practice breathing exercises. This is a great alternative to paying for many of these luxuries, by learning how to do them yourself at a much cheaper cost. They also allow you to keep busy and have something to do, without leaving the comfort of your home.

You can create the rota for the day with whatever activities you find the most doable, enjoyable, or manageable. This is all about time dedicate to you, for you.



# NEW CONNECTIONS: THE JOY AND JOURNEY OF EXPANDING YOUR SOCIAL GALAXY

Life is like a tapestry, and every person we meet adds a unique thread, adding diverse colours and textures to the pattern. Making new connections is not just about expanding your social circle; it is about opening the doors to different worlds, ideas, and experiences. Let us embark on an exploration of how these new bonds can bring joy, growth, and a touch of magic into our lives.

## The Symphony of Social Connections

Imagine each new person you meet as a note in the symphony of your life. Some may be brief, lilting melodies, while others become recurring, harmonious themes. Together, they compose a rich, varied, and infinitely more interesting symphony. These connections resonate with the strings of our emotions, play the keys of our intellect, and drum the beats of our shared human experiences.

Did you know that making friends could be a secret ingredient in your wellness recipe? Studies suggest that social connections can boost our mental and physical health. They're like vitamins for our emotions and immune system. Laughing with a friend can be a mini workout, and sharing worries can lighten the heart's load.

## A Spectrum of Perspectives

Every new person we meet is like a kaleidoscope, showing us the world in a different light. They challenge our beliefs, introduce us to new ideas, and sometimes, they even change the way we see ourselves. It's like going on an adventure without ever leaving your favourite coffee shop!





Each connection leaves an emotional echo, a resonance that shapes our sense of self and belonging. There's a special kind of joy in finding someone who 'gets' your quirky jokes, shares your obscure interests, or simply listens without judgment. These moments remind us that while our journey is our own, we don't have to walk alone.

### The Art of Connection

So, how do you start this journey of making new connections? It can be as simple as saying hello to a neighbour, joining a new class, or reaching out to someone at a community event. Remember, it's not about the number of connections, but the quality. It's about finding your tribe, your constellation of stars that light up your sky.



### In Conclusion

As we weave the fabric of our lives, let's remember to add new threads, vibrant and varied. Let's cherish the old connections while embracing the new with open arms and an open heart. After all, the beauty of the night sky lies in its multitude of stars, each one a potential friend, mentor, or confidant.

So go ahead and say hello to someone new today. Who knows? It might just be the beginning of a beautiful new constellation.



# new years wordsearch

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

ORGANIZE

NEW JOB

EXERCISE

SAVE MONEY

START A JOURNAL

LOSE WEIGHT

NEW COURSE

PLAN A HOLIDAY

LOVE YOURSELF

FAMILY

MEET NEW PEOPLE

CLEAN THE HOUSE

BE HAPPY

STICK TO ROUTINE

EAT BREAKFAST

FRIENDS

CONQUER A FEAR

BE GREATFUL

BE OPTIMISTIC

HELP OTHERS MORE



# back to back

Unscramble these palindromes to solve the puzzle!

1. OMM \_\_\_\_\_
2. OPP \_\_\_\_\_
3. MDMAA \_\_\_\_\_
4. NNO \_\_\_\_\_
5. TRORO \_\_\_\_\_
6. VDD \_\_\_\_\_
7. LVLEE \_\_\_\_\_
8. TEETN \_\_\_\_\_
9. GGA \_\_\_\_\_
10. DIFDEEI \_\_\_\_\_
11. SSTTA \_\_\_\_\_
12. PEPE \_\_\_\_\_
13. WWO \_\_\_\_\_
14. IPP \_\_\_\_\_
15. VEE \_\_\_\_\_
16. HANHNA \_\_\_\_\_
17. TTROAAORV \_\_\_\_\_
18. HHLAAL \_\_\_\_\_
19. LUUPLP \_\_\_\_\_
20. ABAB \_\_\_\_\_

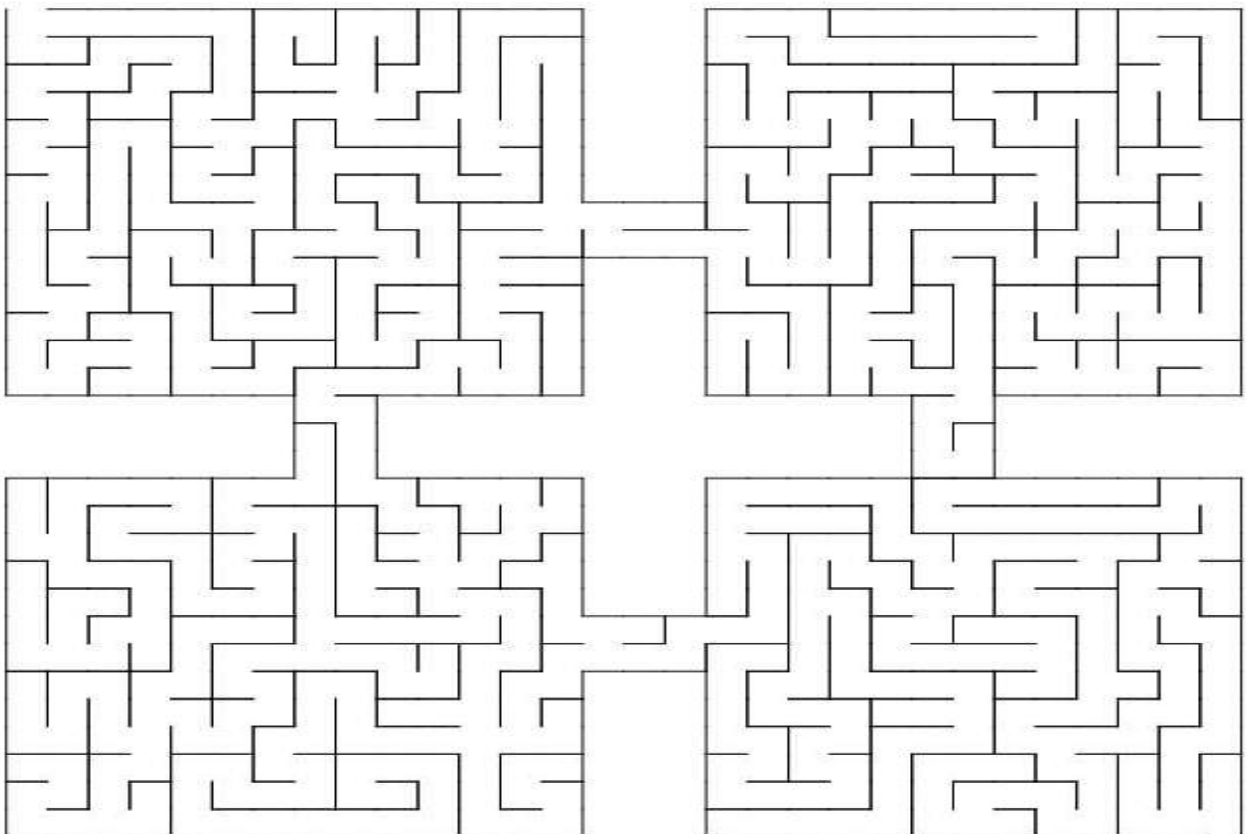


RELAX LEARN TRY  
EMPATHY LOVE

SENTRY HEALTH & FAMILY  
NOISSISSON  
WORLDWIDE  
FOCUS  
NI EN & NI EN 2024 COLOR ME IN

## WHAT AM I?

1. I'm not round am I square I hang from a tree up in the air, you say too but its just me! what am I?
2. I am green, full of vits and grow close to the ground mini forests some might say! what am I?
3. I come in different colours I can be eaten cold or cooked I sound like you can ring me! what am I?
4. I will blow your mind if you've never had me, I sound like a northern headwear! what am I?
5. You will vine me hanging around the trellises in groups but I am the fastest of the group! what am I?
6. You all argue about me, am I a fruit or Veg! what am I?
7. You all go mad at Christmas thanks to Aldi! what am I?
8. I am brown or red, I grow in the ground I can have eyes to see you! what am I?
9. I'm orange but not an orange, they call me Jack and made into a pie! what am I?
10. You can slice/dice/smash me to but vegans adore me on their toast! what am I?
11. I am long and green, salad bowls love me in posh sandwiches you can find me too! what am I?
12. You say you leave me ajar, you can shut me, close me, unhinge me! what am I?



Welcome to the Minitour labyrinth be a-mazed by having to navigate your way through all four rooms from start to finish your path is set. Have fun finding your way



cryptogram

John F Kennedy the 35th president of the united states of America

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

A S K N O T W H A T Y O U R C O U N T R Y C A N  
 D O F O R Y O U B U T W H A T Y O U C A N  
 D O F O R Y O U R C O U N T R Y

## UNSCRAMBLE

## BACK TO BACK NEW YEAR WORDSEARCH

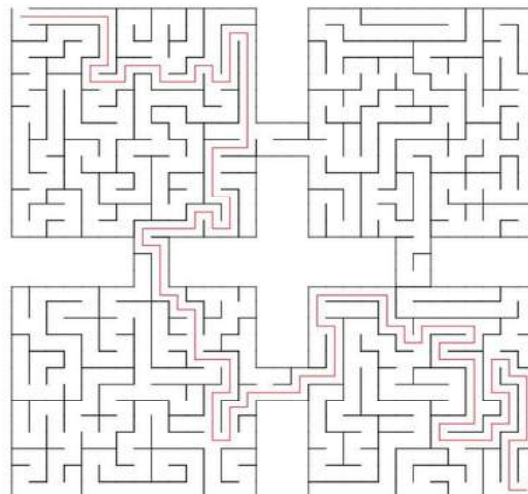
- MOM
- POP
- MADAM
- NON
- ROTOR
- DVD
- LEVEL
- TENET
- GAG
- DEIFIED
- STATS
- PEEP
- WOW
- PIP
- EVE
- HANNAH
- ROTAVATOR
- HALLAH
- PULLUP

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

## What Am I?

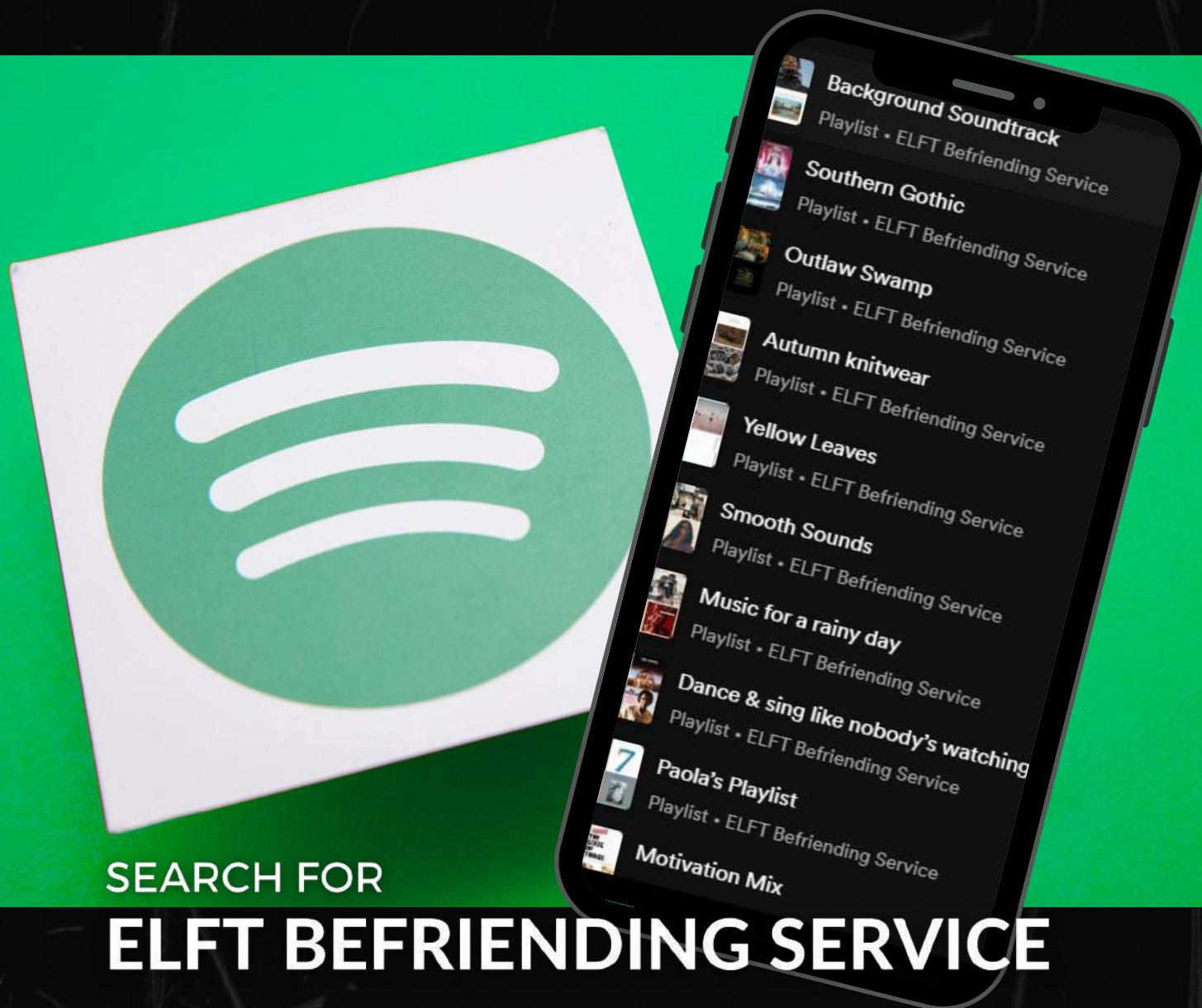
- |                  |              |
|------------------|--------------|
| 1. pear          | 7. Carrot    |
| 2. Broccoli      | 8. Potato    |
| 3. Bell pepper   | 9. Pumpkin   |
| 4. Scotch bonnet | 10. Cucumber |
| 5. Runner bean   | 11. Avocado  |
| 6. Tomato        | 12. door     |

## Minitour labyrinth



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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>