



ELFT

# COMPANION



FEBRUARY 2024

**Inside:**  
Stories  
Poetry  
Puzzles  
Things to do  
Hobbies

# CONTENTS

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

**03**  
**Calendar**  
**February**

Hungry? See the recipes in this edition! **Read more on p. 10 & p. 16**

**04 - 05**  
**Health Suite - Swimming**

**06**  
**Patchwork Quilt**

**08**  
**Things to Do - London**

**09**  
**Poem - If I Should Ever Go Mad Again**

**10**  
**Recipe - Smoothie Breakfast Bar**

**12 - 13**  
**Gardeners Guide - February's Gentle Awakening**

**13**  
**Inspirational Quotes**

**14**  
**Things to Do - Luton & Beds**

**15**  
**Social Prescriber**

**16**  
**Recipe - Air Fry Sausage & Potatoes**

**17 - 18**  
**Elevate Your Wellbeing**

**20 - 24**  
**Games**

**25 - 26**  
**Useful Contacts**

Who doesn't love a good game? see what we have in this edition!

***p. 20 - p. 24***





# FEBRUARY

# 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		

*Short month, big smiles. Let's make February a celebration of resilience and joy.*

What seeds of hope are you planting in the quiet of February?

Where does your inner sunshine hide on the shortest days?

What small act of kindness can you bloom for yourself or someone else this month?

When the February wind whispers, what does it tell you about your own resilience?

# 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 - Swimming. 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

*Swimming*





## FOUR THINGS TO CONSIDER

### ➔ Increased Confidence



### ➔ Reduces Stress



### ➔ Build Community



### ➔ Mindful Flow



## USING THE COLD TO HELP? REALLY?

By Abdul

Beyond the physical workout, swimming offers a refreshing plunge into tranquility for your mind and soul. It's a unique dance with water, a rhythmic symphony of movement and breath that washes away stress and fosters inner peace. The activity, once you've settled in - eases you into a mindful state of flow, where each stroke becomes a meditation, and the gentle resistance of the water massages away anxieties.

But swimming isn't just about quiet contemplation. It's an invitation to playfulness, to rediscover the childlike joy of movement. Experimenting with different strokes, splashing around, or simply floating effortlessly unleash laughter and release inhibitions. This playful spirit, combats negativity and sparks a sense of wonder, vital for mental well-being.

The beauty of swimming lies not just in the solitude it offers, but also in its ability to foster connection. Joining a swim club or sharing a lane becomes a gateway to a supportive community. The shared experience of water builds camaraderie, combats loneliness, and adds a layer of joy to your routine. In this social aspect, swimming surpasses the solitary nature of other activities, nourishing your spirit with the warmth of belonging.

While it might seem like an everyday activity for a lot of people, I think it would be a good idea to put this on your bucket list for 2024! Get active!

# PATCHWORK QUILT



BY AMANDA





SCAN THIS

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

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

MARCH 2024

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



# THINGS TO DO

## LONDON

### IMMERSIVE ART EXHIBITIONS

London is the hub of the UK so it makes sense that so many fantastic art exhibitions have made their way to the capital for us to view. But these days, art has found a new way to present itself and there has been a huge wave of immersive exhibitions that transport you straight into the images through virtual reality, audio visual floor to ceiling projections, and high-tech sound and visual landscapes. These innovative installations have been popping up all over the place and this month we thought we would create a roundup of some of the most exclusive must see exhibitions just for you!

Whether you love art and want to experience it in a new and exciting way, if you are looking for a new activity to do with a group of friends you want to reconnect with, or you're trying to plan the perfect event for Valentine's Day coming up, these exhibitions are perfect for all occasions.

First up is for those classic art lovers! Famous artists Claude Monet and Vincent Van Gogh have had their most celebrated and recognised works come to life in two dazzling immersive experiences brought to the East End. Walk through the paintings; get transported into Haystack at the End of Summer or Starry Night over the Rhone with the power of 360 degree projections, video mapped artworks and even virtual reality! Both of these exhibitions allow you to get to know the artists like never before, stepping into their worlds with cutting-edge technology.



#### Claude Monet: The Immersive Experience -

- Location: The Boiler House, 152 Brick Lane, London, E1 6RU
- Ticket Prices: Starting from £15
- Open now until 18th February (closed on Tuesdays)

#### Vincent Van Gogh: The Immersive Experience -

- Location: 106 Commercial Street, London, E1 6LZ
- Ticket Prices: Starting from £16
- Open throughout all of February until March 17th (closed on Tuesdays)

Next up we have Illusionaries. This is an 'Artist-led Experimental Art Hub', dedicated to breaking new ground with coteremporary digital art. It aims to blur the lines between reality and illusion through its experimental and innovative exhibitions that combine light, sound and movement designed to challenge reality. Its current exhibition; 'Latent Spaces' is captioned as 'a meditative exploration of our collective unconscious through the eyes of artificial intelligence'.

- Location: Illusionaries, Crossrail Place, Canary Wharf, London, E14 5AR
- Ticket Prices: Adults from £24
- Latent Spaces open until the 29th February

If you like your art with a sprinkle of history and Geography, then Horizon of Khufu is for you! This immersive experience allows you to take an expedition to the Pyramids of Giza, before travelling 4,500 years in the past to attend the funeral of King Khufu. The whole expedition has been designed with upmost precision and scientific accuracy to deliver you a truly emotional and adventurous experience surrounding Egyptian culture.

- Location: Westfield Stratford City, Unit SU1060, The Street, London E20 1EJ
- Ticket Prices: Start from £20
- Open throughout all of February

This list could not be complete without our final attraction; Outernet. Whilst this is the only location out of East London, it provides free virtual immersive entertainment to London by combining music and art through giant screens. It boasts a wide range of events alongside its stunning screens, hosting DJs, performance spaces and more!

- Location: The Now Building, Centre Point, Fitzrovia, London, WC2H 8LH
- Ticket Prices: FREE
- Open throughout February



# IF I SHOULD EVER GO MAD AGAIN

If I should ever go mad again, don't cry. Don't re-imagine,  
But do rejoice. Madness weeps for itself; I don't ever want  
To go mad again. There was a strange knotted pain  
In my fiery belly. Those fine tablets work. They play the  
Game of bravery. I don't want to go mad again. I  
Listened to the voice of the Psychiatrist. I attended Therapies.  
I bonded with the Psychologist. I stirred away for illicit drugs.  
I stepped away from alcohol and addiction. Deep, deep  
Within, a lone angry voice yelled aloud. "I don't want to go mad  
again!"

If I do go mad again, please don't worry. Just reflect. I'll  
Bounce back and pray for humanity. I'll rejoice! I'll run thousands  
of  
Miles towards the chambers of recovery! I'll stand tall and spit at  
Satan; the demon of madness, trauma, stigma and vileness.  
If I should ever go mad again, please stay calm. The positive  
voices  
Will connect and plant seeds of recovery. The colour of my voice  
Will sing the rhythms of stability. I shall bounce back and  
recapture my  
Existence! The world is watching. My resilience is hyped, ready  
To conquer the strange world of mystery; prepared to live life in  
itself  
All over again. So here and now, I celebrate my recovery. If I  
should ever go  
Mad again, don't wonder. Don't worry! Just be happy! Stay  
blessed!

*Dele Oladeji*

# Smoothie

## BREAKFAST BAR

### INGREDIENTS

#### 1.25L Tropical Tango Smoothie

- 250 g frozen mango
- 250 g frozen pineapple
- 1 small banana
- 1 tbsp clear honey
- 400 ml coconut water

#### 1.25L Very Berry Smoothie

- 500 g frozen summer fruit mix
- 1 small banana
- 0,5 tsp ground cinnamon
- 1 tbsp clear honey
- 400 ml oat milk

#### For the Smoothie Bar

- chopped fresh mango and pineapple
- mixed berries
- granola
- mixed nuts and seeds
- desiccated coconut
- Greek style yogurt

### METHOD

- To make the tropical tango smoothie, put all the ingredients in a blender or food processor and blitz until smooth and creamy – you want the mixture to be a bit thicker than you would for a regular smoothie as it needs to hold the ingredients on top. Transfer to a jug, rinse out the blender or food processor and repeat with the ingredients for the fresh very berry smoothie.
- Put the smoothie bar ingredients in separate small bowls and line up on your serving table. Serve the colourful smoothies in bowls topped with whatever takes your fancy from the smoothie bar.





# Gardener's Guide

## February's Gentle Awakening: Nurturing Hope in the Winter Garden

As January's frost loosens its grip, February tiptoes in, a quiet month whispering promises of spring. For gardeners, it's a time to nurture hope, tend to seeds of dreams, and witness the subtle reawakening of life amidst the slumbering landscape. Here's how to embrace the magic of February in your garden:

**Sowing the Seeds of Spring:** While most of the garden slumbers, February is the perfect time to start indoor sowings. Tomatoes, peppers, eggplants, and herbs like basil and oregano can all get a head start under the gentle warmth of a windowsill or greenhouse.



**Pruning for Future Blooms:** This month, focus on strategic pruning to encourage healthy growth and bountiful blooms later. Trim away dead or diseased branches from trees and shrubs, and shape roses by removing spent canes. Be gentle, though, avoiding major cuts until spring arrives.



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

# Gardener's Guide

---

**Winter's Unexpected Blooms:** February isn't devoid of floral beauty. Look for the cheerful snowdrops pushing through frosty soil, the vibrant witch hazel bursting with golden blossoms, and the delicate fragrance of winter-blooming honeysuckle.

**Embrace the Quietude:** February's hush invites introspection. Take quiet walks amidst the bare branches, listen to the whisper of the wind, and marvel at the intricate patterns of frost on frozen puddles. This month is a reminder to slow down, appreciate the subtle beauty of nature, and reconnect with the rhythm of the seasons.

**A Feast for the Birds:** Winter gardens provide precious sustenance for hungry birds. Hang feeders filled with sunflower seeds, peanuts, and suet blocks, and watch vibrant feathered friends flock to your haven.

---

## DON'T FORGET THE SMALL JOYS

- Plant early spring bulbs like crocuses and daffodils, and dream of the vibrant carpet of color they'll bring in a few months.
- Plan your spring vegetable garden, sketching out rows and dreaming of fresh salads and homegrown bounty.
- Start composting kitchen scraps and fallen leaves, preparing nutrient-rich mulch for your future blooms.

Remember, February may be winter's final bow, but it's also the gentle prelude to spring's magnificent encore. So, cherish the quiet beauty of this month, nurture your hopes, and prepare your garden for the joyous symphony of life that's soon to come.

**Happy gardening!**



# INSPIRATIONAL QUOTES

---



**"The needs of  
the many  
outweigh ...  
the needs of  
the few...  
Or the one."  
- Spock (1982)**



**"Do. Or do not.  
There is no try."  
- Yoda (1980)**



**"We all go a little mad sometimes."  
— Alfred Hitchcock (1960)**

# THINGS TO DO

## LUTON & BEDS

### EDIBLE ORNAMENTALS AT THE CHILLI RANCH

Love all things hot and spicy? Well then we have the perfect 'hot spot' for you! Bedfordshire is home to one fiery hidden gem known as Edible Ornamentals; a ranch dedicated to all things tang-tastic! If you're a thrill-seeker, who can't eat a meal without adding chilli to your food, love that feeling of your eyes watering and your tongue on fire, then you will absolutely love this fun and unique experience in Chawston.

The Chilli Ranch has been selling pepper plants since 2001, becoming a famous destination for hot pepper enthusiasts around the world, and even featuring on television shows like ITV'S Sunday Brunch. With its renowned name in the chilli pepper game, it has also generously opened its door to a whole host of fun pepper inspired experiences that will surely bring excitement and enjoyment to anyone who takes part.



The first experience worth mentioning is the 'Pick your own' chilli tunnel open to the public to grab the best (and hottest) chilli peppers they have to offer. This is great for anyone looking to bring home some wonderful fresh and locally grown chilli peppers. Next, for anyone interested in the chilli growing process, the ranch offers a chilli tasting workshop and afternoon tea experience too! This includes a tour of the chilli greenhouses, a history on the pepper, a chance to taste test some of their most popular chillies, and a wonderful afternoon tea with a chilli twist. That's right! If you're curious about the taste of chocolate chilli cake then look no further!



Look out for! The Chance to try the hottest pepper in the world- the California Reaper! Have you got what it takes to give it a go?

Don't forget! They also have a shop offering all their spicy goodies for you to take home and experiment in the kitchen with!

#### Location:

Cherwood Ranch,  
Blue Bells,  
Chawston.  
Bedford,  
MK44 3BL.

#### Open Hours:

Friday 10:00am-4:00pm  
Saturday 10:00am-4:00pm  
Sunday 10:00am-4:00pm

#### Prices:

£50 (including tour, tasting and Afternoon Tea)



# SOCIAL PRESCRIBER

**Please tell us about your role and a little bit about your day to day.**

My role is to speak with people from a non- clinical standpoint to see what is going on in their life at and how I can help make it better from a social standpoint. Social prescribing is all about personal empowerment and helping to get people out, socialising with others, exercising and to get involved in new hobbies . Overall, we try to improve health and well-being through holistic conversations that promote the importance of all of the above

**What made you choose a career in the care industry?**

I have had my own issues with mental health in the past and now I feel like I want to give back. I really do care about people and I think you have to to work in this role.

**How do you take care of your own well-being?**

I am a big advocate of exercise, with the people that I work with both inside and outside of work. I am a qualified personal trainer and I compete at a world level. I have Guinness world record achievements so that what I like to do in my spare time. My life is pretty much that outside of my social prescribing role and I love both!



**What advice could you give about how to try and stay healthy?**

The best way to stay healthy is to take care of yourself physically and mentally. Be kind to yourself, be ambitious but do not put yourself under too much pressure! Focus on good nutrition, good sleep, good people around you and plenty of exercise.

**Is there anything else you would like to tell our Befrienders about?**

I think the Befrienders are doing a great job, many socially isolated people can benefit from Befriending and it is very important. I have worked with patients who have benefited massively from the service. If you are interested in the in social prescribing, please contact your clinician. We have lots of useful information and contacts and can help you enormously.



# Air Fry

## SAUSAGE & POTATOES

### INGREDIENTS

- 14 ounce Smoked sausage diced into ½ inch thick slices.
- 1 pound Potatoes sliced into 1 inch cubes about ½ inch thick.
- 1 medium onion (\*\*yellow onion diced into ½ inch large chunks.)
- 2 tsp Cajun Seasoning
- Salt (to taste) (\*\*add according to your own personal taste preference.)
- 2 tbsp Olive Oil (\*\*use extra light or light olive oil.)
- cooking oil spray (\*\*to coat the air fryer basket.)

### METHOD

- Dice the unpeeled potatoes into 1 inch cubes about ½ inch thick. Rinse them under running tap water to rinse out the starch, drain them well using a colander or strainer. Transfer them into a large bowl. Now, dice the smoked sausage into ½ inch thick and set them aside. Dice the onion into large chunks about ½ inch and separate the petals. Set them aside.
- Add the homemade salt free cajun seasoning, salt according to your own personal taste preference and olive oil into the potatoes. Toss to coat them well with the help of a spatula. Add the diced onion and mix everything well.
- Pre-heat the air fryer at 390 F. Coat the pre-heated air fryer basket with cooking oil spray. Transfer the seasoned potatoes and onion into the air fryer basket. Spread them into a single layer with the help of your spatula. It's ok if a few pieces stack on top of each other. Now, air fry for 15 mins at 390 F shaking the basket every 5 mins.
- Once, the 15 mins cooking cycle is over. Transfer the sliced sausages into the air fryer basket. Spread them into a single layer on top of the potatoes with the help of a spatula. Air fry for 5 mins at 390 F. Serve the air fryer sausage and potatoes immediately with your favorite dipping sauce. Enjoy!



# ELEVATE YOUR WELL-BEING: EMBRACE THE POWER OF MOVEMENT IN THE NEW YEAR

Welcome to the beginning of a new year, where you have a blank slate waiting for you to fill with your vibrant energy. In this article, we will embark on a journey to explore the many mental and physical benefits of being active. Additionally, we will uncover the power of social prescriptions, which offer you a personalized path to holistic well-being.

As the calendar flips to a new year, it's natural to contemplate ways to enhance our lives. While resolutions often come and go, there's one steadfast commitment you can make – embracing the transformative power of movement. This is not just about exercise; it's a celebration of life itself.

## 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.

## Mental and Physical Harmony

Every step you take is a step towards well-being. The benefits of getting active are not confined to your physique; they resonate deeply within your mind and spirit.

1. **A Boost of Endorphins:** When you move, your brain releases endorphins, those magical neurotransmitters that create a sense of euphoria and reduce stress. The result? A mood lift that can combat anxiety and depression.
2. **Stress Reduction:** Physical activity is your natural stressbuster. It helps you unwind, clearing the clutter from your mind and soothing your frazzled nerves.
3. **Enhanced Cognitive Function:** Regular exercise sharpens your mental faculties. It improves memory, cognitive flexibility, and creativity. For those with ADHD, it can be a powerful ally in improving focus.
4. **Vitality and Energy:** Paradoxically, expending energy through exercise leads to more energy in your daily life. You'll feel more vibrant and ready to take on the world.
5. **Quality Sleep:** Physical activity can promote better sleep, vital for mental well-being. You'll wake up feeling refreshed and ready to tackle the day.

Now, let's delve into the exciting realm of social prescriptions—a holistic approach to well-being that goes beyond traditional medicine.

1. **Connection through Community:** Social prescriptions often involve group activities, fostering a sense of belonging and camaraderie. It's an opportunity to make new friends who share your passion for well-being.
2. **Personalized Care:** Your journey to well-being is unique, and so are social prescriptions. These tailored programs consider your specific needs, whether it's mindfulness walks, dance classes, or team sports.
3. **Holistic Healing:** Beyond physical activity, social prescriptions encompass a range of activities, including arts and crafts, gardening, and cultural events. It's a holistic approach to health that nurtures your mind, body, and soul.
4. **Motivation and Accountability:** Being part of a community creates a support system that encourages you to stay active. You're more likely to stick to your resolutions when you have friends cheering you on.
5. **Discover New Passions:** Social prescriptions can introduce you to new hobbies and interests you may never have considered. It's an exploration of self-discovery and growth.



As we step into the new year, remember that getting active is not just about sculpting your body; it's about sculpting your life. It's an affirmation of self-love and self-care. Embrace the joy of movement, and let it be your compass towards a year filled with vitality, connection, and well-being.

So, whether you're dancing, hiking, or practising yoga, let the rhythm of life guide you.

You are the conductor of your wellness symphony, and with each step, you create a harmonious masterpiece. Here's to a year filled with vibrant health and boundless joy!

On behalf of the team here at Companion, we would like to wish you a year filled with happiness, health, and wealth. Now let's get active!



ARE YOU FOLLOWING US?



elftbefriending



elftbefriendingservice

Follow

Message

98 posts 146 followers 161 following

ELFT Befriending Service

Mental health service

Helping Service Users and Carers combat loneliness across East London, Luton and Br

www.elft.nhs.uk/get-involved/befriending-service



elftbefriendingservice



elftbetriendingservice

ELFT Befriending Service

Follow

16 Following 70 Followers 1294 Likes

Helping Service Users and Carers combat loneliness and isolation

Videos

Liked



The befriending service ...



Bluebells in springtime?...



Ever heard of a park run...



Thinking of joining one ...



5 tips to tackle going out anxiety



Do you love films?



Do you love nature?

Befriending

elftbefriendingservice 8 subscribers 10 videos

Join this channel >

PLAYLISTS

COMMUNITY

CHANNELS

ABOUT



Bookworm! This one is for you! Thursdays at 2pm...



Film buffs and movie geeks this one's for you! Cinemat...



EARTHLINGS online meet up. Tuesdays. 2pm. Nature fan?...



elftbefriending

DO YOU HAVE SPOTIFY? FIND AND SCAN THE QR CODE IN THIS EDITION AND SEE WHERE IT TAKES YOU!

hint: It'll be near the beginning

COMMENT AND TELL US WHAT YOU WANNA SEE!

## 10 of the best Quiz

1. Director M. Night Shyamalan claimed that he ghostwrote the script of what romantic movie?

- A) never been kissed   B) she's all that   C) American Pie   D) as good as it gets

2. what is the name of Jonan's Babysitter in 'Sleepless in Seattle'?

- A) Hannah   B) Jenny   C) Clarice   D) Florence

3. what NFL team does Cuba Gooding Jr. character play for in 'Jerry Maguire'?

- A) New Orleans Saints   B) Arizona Cardinals  
C) New York Giants   D) Philadelphia Eagles

4. who played Cora Smith In 'the postman always rings twice'?

- A) Lana Turner   B) Veronica Lake   C) Delores Del Rio   D) Katherine Hepburn

5. Who played Annie's psychotic brother Duane in 'Annie Hall'?

- A) Robert De Niro   B) Christopher Walken   C) Dennis Hopper   D) Jeff Bridges

6. what romantic movie takes place on a doomed cruise ship?

- A) Poseidon   B) the ship that rocks   C) The Boat That Rocked   D) Titanic

7. Who has a cameo in a Blockbuster store in 'The Holiday'?

- A) Robert De Niro   B) Dustin Hoffman   C) Kevin Spacey   D) Al Pacino

8. Who played Yuri in 'Doctor Zhivago'?

- A) Ricardo Montalban   B) Omar Sharif   C) Robert Redford   D) Dustin Hoffman

9. Lost in Translation is set in which city?

- A) Paris   B) New York   C) Tokyo   D) Detroit

10. 'My Fair Lady' is a retelling of what classic George Bernard Shaw play?

- A) Saint Joan   B) Pygmalion   C) Doctor Dolittle   D) Heartbreak House



# Things You Can Do

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

go for a walk	go to the thea- ter	Join a group	Spring clean	Have dinner out
A night in binge	Relaxation	Have a pamper	Weekend away	Listen to music
Holiday	Have a bubble bath	Volunteer	Candles	Have a make over
Exercise	Retail therapy	A night out	go to the pic- tures	Time for your- self

# SELF CARE BEARS



Color me in: take your time and color us in show yourself you matter, take some time to show yourself that you care about you?



# medium

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

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

# Very hard

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

## The answers of 10 of the best Quiz

1. she's all that    2. Clarice    3. Arizona Cardinals    4. Lana Turner
5. Christopher Walken    6. Titanic    7. Dustin Hoffman    8. Omar Sharif
9. Tokyo    Pygmalion

### Solution

Very hard

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

HRTTRIMDCHUESYQGWPI S D X F L T J L N L K Q  
 GAIJBXGVXSHWNGONKCBMPKQDLHRRHIT  
 VHMGBBTLIOYZMDFKTTIZWZRBSMNUKFL  
 OAEELBHRREXALSZOOANIGHTINBNINGEO  
 ZVFXRUCURDKBMMWRGTAFJJFUUVNSLYER  
 YEOYHHRPCUXJJXAENLSEAFUUBJHEXC  
 WDRKVJCLBUVNDWNHARONSTCMLAJZZK  
 JIYNBBDHNDQVNLKKAERONMBIBKVCVZZT  
 INOMCWJZDVI TOVLZEXSSZFZEXLIWALRRH  
 ANUAAEPQRPPEPRKBTGMRQHEBLSLPGCCO  
 AERNWEEKENDAWAYPATJELIPHFSLPGCCO  
 ERSTJJPWCWOMAEEXKCIHJLJOETTTOATZZK  
 IOEVZTTTVXGYZJOAGLGMMAHLTJEGMRLG  
 IULHAVEAMAKEOVERTHTOHXHPVINZPKXG  
 ITFJOCNQLVYCDLWHTHTPAQVRFRTVEDZG  
 VOLUNTEERHQDTIOIEOUTVJUGOURVUP  
 CEXERCISEOWICFJDRTJWPFVVMZDUJG  
 VWHRSTLSFLZOIYZYAHCCOFKUQUUJVHCF  
 REEZKIPIEWIYAJMFXPECCNDLLMSOVHRF  
 PFTKDTYVQDLPEBDGYTLESPPJXIXDIN  
 TBCANDLESAGWDUJHQHSHBHWDXRPOFUF  
 IOYWPWCXYCFRFRREGESHBHWDXRPOFUF  
 RKRTSSSPRINGCLEANNANACWECCOQCPMXP  
 HJMPLCJMYVTBYRWJYTAGNDQONDJYOD  
 UPGOTOTHEPICTURESSEODKXZUKKJMDUG  
 OXASANIGHTOUTVPJORDTDPKDYEGGAV  
 AXOAQMFHAHAVEABUBBLEBATHOTMYBOB  
 DPHOECMVUGUYFUWQHXYBHFURTHFYBAR  
 DGTIBYFIEAKOYEZYAYENBZCJIRYYI  
 PBJOINAGROUPWDMWDCCSLZFI SPUDHR

Medium

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



# USEFUL CONTACTS

## NHS SUPPORT

---

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

---

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	<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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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

---

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>