



ELFT

# COMPANION

**NHS**

East London  
NHS Foundation Trust



MARCH 2024

**Inside:**

Stories

Poetry

Puzzles

Things to do

Hobbies

ELFT.BEFRIENDINGSERVICE@NHS.NET



ELFT COMPANION

# CONTENTS

02

Contents  
(YOU ARE HERE)

03

Calendar  
February

Interested in a good read? **Read more on p. 16 & p. 18**



The Gardener's Guide has undergone a refresh! **See what's covered in this edition**  
*p. 11 - p. 12*

04 - 05

Health Suite - Writing

06

Art

08

Things to Do - London

09

Poem - The Wall

10

Recipe - Early Easter Scones

11 - 12

Gardeners Guide - Cultivating A Better Future

13

Inspirational Quotes

14

Things to Do - Luton & Beds

15 - 17

Short Story - The Haunted Movie Theatre

18 - 19

Unlocking The Power Of The Law Of Attraction

20

March Updates

21 - 24

Useful Contacts

MARCH

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						

*A quarter of the way through the year - how fast was that?!*

What habits do I want to cultivate or break as we enter this new season?

Is there a creative expression I've been neglecting that I can dedicate time to in March?

What area of my life feels most out of balance right now?

*What specific experiences or achievements am I most grateful for so far this year?*

# 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 - Writing. 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 mind working and helps to make us feel good.

---

WRITTEN BY ABDUL

*Writing*

---

See videos posted on our social media channels for more!



INSTAGRAM

TIK TOK





## FOUR THINGS TO CONSIDER

### ➔ Promotes Mindfulness



### ➔ Improves Self-Awareness



### ➔ Promotes Relaxation



### ➔ Processes Emotions



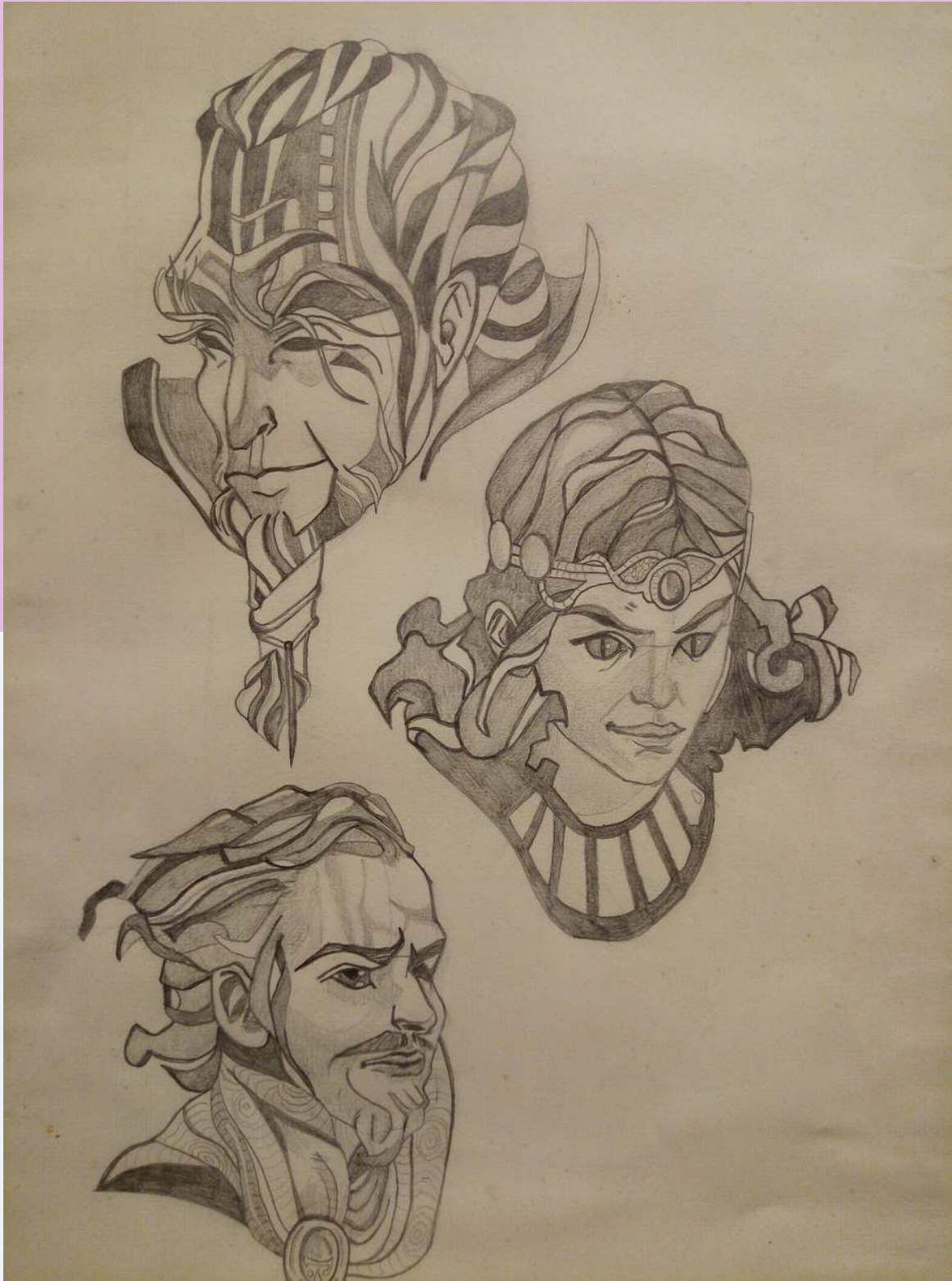
## WHEN WAS THE LAST TIME I SAT DOWN TO WRITE?

By Abdul

When was the last time you sat down to write? I know we all definitely encounter some paperwork that requires a signature or a tick, cross or anything for administration but actually sitting down, putting pen to paper - and writing your heart out? Writing isn't just about crafting engaging stories or capturing facts; it can be a powerful tool for nurturing your mental well-being. Imagine pouring your thoughts and emotions onto the page, exploring them in a safe space. This act of expression can be incredibly therapeutic, helping you process difficult experiences, understand your emotions better, and gain valuable perspective. As you weave words together, you might find a sense of accomplishment and boosted self-esteem, celebrating the transformation of your thoughts into something real.

Writing can also act as a key to unlocking greater self-awareness. By digging deep into your words, you uncover your values, motivations, and a unique insight into your inner world. This newfound understanding empowers you to make better choices and build stronger relationships. But the benefits don't stop there. Immersing yourself in the flow of writing can be a gateway to mindfulness, pulling your focus into the present moment and calming the chatter of your mind. So, if you're seeking to enhance your mental health, consider picking up a pen or tapping away at the keyboard. You might be surprised by the positive impact that writing can have on your emotional well-being and personal growth.

# ART



BY

F I O N A



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)

APRIL 2024

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



# THINGS TO DO

## LONDON

### WOMEN ON THE FRONTLINE EXHIBITION

March is a celebratory month for women with both International Women's Day and Mothers Day taking place. With that in mind there is an amazing new free exhibition in London dedicated to the amazing women that make a difference in everyday living.

Elizabeth Okoh is hosting a new gallery titled 'Women on the Frontline', a celebration of the 'unsung heroines of the [covid] pandemic'. It takes a deep focus looking at ten women working in essential industries during the lockdown, essentially keeping the country moving when everything else had come to a halt.

Giving voice to women who may have been overlooked for all their hard work during this time, the exhibition examines their lives, stories, emotional journeys and more through this difficult period. These women, including NHS staff members, funeral home workers, London transport drivers and more, worked every single day during a time when life was very difficult and now, they are getting the respect they deserve in this amazing new spotlight exhibition on them.

The exhibition aims to remember how covid was a marked point of our generation but be celebrative of those who made it possible to continue, whilst they are still alive and able to respond to this respect being delivered to them.

If you are looking for a way to celebrate International Women's Day this year or have a woman in your life who you believe deserves to be celebrated, then the Women on the Frontline exhibition is the perfect place to go! Bringing joy, respect, and celebration to women all throughout March, this is a must-see day out!

(If interested in the panel day, register for a free ticket at this link:  
<https://www.eventbrite.co.uk/e/being-a-woman-on-the-frontlines-panel-talk-and-guided-tour-tickets-825114017237?aff=oddtcreator>)

Don't miss out on! Not only is this fabulous exhibition running throughout the whole of March, on the 6th March, there is also a fantastic opportunity to be part of a panel discussion and guided tour with the women being celebrated in the exhibition! You can get your free ticket for this on Eventbrite as you must register your attendance. Ask questions, hear the stories first hand, and learn all about what life was like for these women straight from them!

Dates: 02 – 31 March, 2024

Opening Hours:  
8:00 AM – 7:00 PM

Location:  
Buckle Street Studios by Locke, 21 Buckle St, London E1 8DB

Admission: Free and open to all







The wall was  
Brightly coloured. The  
Wall was tall. So tall - the  
Wall crumbled. The wall vanished.  
There were images on the  
Wall. They moved around excitedly.  
They flashed like Movie Lights and City Lights.  
The wall was fractured. My head  
Appeared on the wall. The colours, the images  
Travelled up, up, up and down - My  
Eyes watered. My bony throat dried. The  
Tall wall fell and crumbled - Happy, happy  
Voices laughing - The wall stood up  
Again. The wall cracked - The wall blasted. Happy  
Voices singing. Many Happy Voices  
Yelling. Hope arose - The wall fell to the ground. The pieces  
Of life re-emerged. The end of time, many  
Years away. The wall stood up firmly. The Angels  
Flying happily - Madness shrunk; compassion flowered.  
Healing proposed. Bravery screamed majestically.  
It's just another beautiful day - The image of Jesus Christ  
Mirrored on the wall - The Holy Cross suspended; dripping and  
swinging.

# THE WALL

Dele Oladeji



# Early Easter

## SCONES

### INGREDIENTS

- • 400g self-raising flour
- • 80g butter, chilled and cut into cubes
- • 150g Wensleydale, grated
- • 1 tsp English mustard powder
- • 1/2 tsp cayenne pepper
- • 200ml milk, warm

### METHOD

- Heat the oven to 220C/fan200C/gas7. Put the flour and 1/2 tsp salt in a food processor. Add the butter then pulse until the mix resembles breadcrumbs. Transfer to a large bowl and stir in 100g of the cheese, the mustard and the cayenne. Gradually add the milk and bring to a soft dough, but don't over knead as this will make the scones tough.
- Pat out gently on a floured bench and cut into either rounds or diamonds. Brush the top with milk, bake for 10 minutes then sprinkle with the cheese and cook for 6-8 minutes until golden and cooked through. Slice and butter



Serve warm or keep in an air tight container for 3 days



---

MARCH 2024

# Gardener's Guide



**DOES THIS  
LOOK  
DIFFERENT?**

**What to expect  
moving forward**

The Gardener's Guide is being transformed to focus not only on Gardening Tips & Tricks but also raise awareness around environment sustainability

**The world we know is  
changing rapidly**

The small tasks that you undertake in your garden contribute towards sustainable living - don't let anybody tell you otherwise!

BY ABDUL





# CULTIVATING A BETTER FUTURE: SUSTAINABLE GARDENING PRACTICES

Gardening isn't just about nurturing blooms and plump vegetables; it's a powerful tool for building a more sustainable future. Here are just a few ways your personal patch of green can contribute to a healthier planet:

## Nurturing Biodiversity -



- Planting native species: Attract pollinators like bees and butterflies, essential for a thriving ecosystem.
- Creating a haven for wildlife: Offer food and shelter for birds, insects, and small animals, promoting balance in the local food chain.
- Avoiding harmful pesticides: Opt for natural pest control methods to protect beneficial insects and soil health.

## Boosting Food Security -



- Grow your own: Cultivate fruits, vegetables, and herbs for fresh, local, and often organic food, reducing dependence on industrial agriculture.
- Compost kitchen scraps: Recycle waste into nutrient-rich fertilizer, closing the loop and building healthy soil.
- Share your harvest: Donate extra produce to food banks or neighbors, promoting community well-being and reducing food waste.

## Conserving Resources -



- Embrace rainwater harvesting: Collect rainwater for watering, reducing reliance on treated tap water.
- Mulch your garden: This retains moisture, reduces evaporation, and suppresses weeds, minimizing water usage.
- Choose drought-resistant plants: Opt for species that thrive with minimal water, conserving this precious resource.

**Beyond your backyard -**

- Supporting community gardens: Get involved in communal green spaces, fostering social connection and shared knowledge.
- Advocating for sustainable practices: Encourage local policy changes to promote urban agriculture and responsible land management.

# INSPIRATIONAL QUOTES

---

**"misfortune turns  
into a blessing"**

**- Bengali proverb**



**"Knowledge  
remains, money  
gets used up"**

**- Wolof proverb**

**"If a snake  
fails to show  
its venom,  
children will  
use it to tie  
up firewood."**

**-Igbo proverb**



**"Do not be wise in words – be wise in deeds"**

**— Jewish Proverb**



# THINGS TO DO

## LUTON & BEDS

### MOTHER'S DAY CANDLE MAKING WORKSHOP

Looking for a fun and different activity to do with the special women in your life? Whether you celebrate mother's day with your mum, motherly figure, your spouse grandmother, aunts, sisters or more, there is an amazing opportunity to gather these women in your life and spend a day learning a new skill whilst having a relaxing and fun afternoon all together!

Carumbar Caribbean restaurant in Bedford is hosting a candle making workshop where you can create your very own 220g soy-based candle. You can choose the scent from an array of options carefully selected from their most favoured scents and will be provided with all the tools, equipment and instructions needed to get your candle aflame!

But that's not all! Whilst you wait for the candle to set you will be able to customise your own candle box with decorations, drawings, stickers- the lot! This not only will make your candle extra personal, but if you are giving your candle as a gift, it adds a nice touch of uniqueness to your present! There is also a candle theme quiz that will take place too, so get clued up on all things candle making before you go and whilst you're there to claim victory!

Carumbar will also be including Caribbean snacks and nibbles for the occasion, so bring your appetites! Alongside this there will be a glass of bubbly on arrival, 90 minutes of bottomless coffee and teas and great reggae beats to keep the atmosphere alive!

If there is a lady in your life who loves candles, music, food and being with the ones she loves, then this will be the perfect treat for her this mother's day!

A promotional poster for a Mother's Day candle making workshop. At the top, the Carumbar logo is in red and green, followed by 'BRULER' in black. The title 'Mother's Day' is in a large, gold, cursive font. Below it, the date and time 'SUNDAY 10TH MARCH 1.30PM - 4PM' are in a bold, gold, sans-serif font. The text 'Caribbean Nibbles & Candle Making' and 'Inc 90mins of Caribbean Style lattes & Various Teas' are in a smaller black font. Below that, 'Glass of bubbles on entry' is in a smaller black font. The pricing '£48.50p/p Children 12 & under £12.50' is in a bold black font, followed by 'Limited spaces available' in a smaller black font. On the left, there are several lit candles in glass containers with labels like 'ORIENTAL OUD' and 'NOIR OUD'. On the right, there is a paragraph of text: 'Join us in this candle making workshop where you'll get the chance to make your own 220g scented soy candle, choosing from a selection of 4 of our best-selling candle fragrances to suit your own taste. We will provide you with all the tools, equipment and instructions, you just need to bring your positive energy ✨'.

**Date: Sunday 10th March**

**Times:**

**1:30pm-4:00pm**

**Location:**

**11 Howard Street  
Bedford  
MK40 3HS**

**Admission Fee:**

**£48.50 p/p**

**Children 12 and under £12.50**



# The Haunted

---

# MOVIE THEATRE

---

By Terence Eve

I love the movies, I always have, but at some point, I feared that I would miss out on great movies after I had passed on. It's a strange fear I suppose, but what would happen if a great movie did come out after I had passed on? I was afraid that I would miss out and I didn't want that to happen. I wanted to enjoy great movies forever, until they stopped making them or until the human race ceased to exist.

Film goes always pass by me in the movie theatre and give me a second glance and the cinema is always nice and warm, even though it is nearly always cold where I sit. But the cold doesn't bother me, not anymore. A few times I have been forced to sit in the aisles or at the back, when there are no seats, but at least I am able to watch the films I love forever.

There is a myth of course that when you pass on and you chose not to go into the light, chose not to cross over and you chose to stay in limbo, you never feel at peace. Your soul and your spirit wanders and you remain lost for eternity. Not so. I have been in limbo so to speak for a long, long time and the last thing I feel is lost.

I am able to watch the films I want to and I feel a real sense of spiritual enlightenment when they're that special, as some of them are. I am also thankful that I get to watch them now, even though I do not walk the earth as a physical being anymore, but it also means that I get to watch films for free and that I get to see any showing I like and I can see them again and again at no extra cost! But seriously, it's a relief if anything that I don't miss out on the great movies I have seen since I passed on.

It was a long time ago when I passed away, and it was only natural causes, nothing traumatic or anything, but my fear of missing out on the romance of the movies was greater than anything else. I spent half of my life there, and even if I didn't, it seems like I did.



# The Haunted MOVIE THEATRE

By Terence Eve

So, I had nothing to be bitter or mad about, which is why it was also a surprise when I didn't cross over and I simply chose to stay in limbo. I was surprised at how easy it was. Mind you, that doesn't mean to say it's without its pitfalls. Not at all.

I get all kinds of strange looks, from anyone when they sit near me and it is I who feel weird and get freaked out. It can make you feel alone sometimes. Some, many to be perfectly honest have even sat in my chair and I have felt them inside me.

I even see their memories and feel their feelings. And that goes for men, women and children. I have seen films from their point of view, from their personal perspective and I know and feel why they love them, films that I normally would not watch. It teaches you a lot I suppose.

Another pitfall is when someone sits where I am and then they say to a companion or wife or husband or child that they don't feel comfortable or that there is something "weird about that seat" and they decided to move.

There have been many complaints in this movie theatre over the years that I have been enjoying films here, about something strange or an eerie feeling when sitting near the back. Occasional rumours that something or someone is there and it makes me grin, if a little sadly. It just happens to be where I prefer sitting and it often means that I have company and no one sees me, so it's freaky for me too.

One incident I do remember most, was actually the first one, and it was a woman who came to sit in the seat I was in, and it felt so weird.

I'm no demonic entity who wants to eat up the souls of whoever sits in my seat, and I was hoping she would realize that something was wrong and would move. Funnily enough, she did.

"Can we go and sit somewhere else?" she said.  
"This seat feels very strange."  
"How do you mean strange?" the man with her asked.  
"I felt a chill. It just feels weird. Can we sit somewhere else?"  
So they did.



# The Haunted MOVIE THEATRE

By Terence Eve

I can't be sure, but I feel that it might have given this movie theatre a bit of a reputation, which I suppose I am responsible for. I do not mean to cause any discomfort for anyone, but the fact that I am actually here does matter.

I am a reminder I suppose for them that they are on a journey that has an end, or a beginning if you will, but it's a beginning that they fear. I could tell them that there is nothing to be afraid of, that it is possible to be at peace and that maybe, just maybe, they might find their idea of heaven.

I freak them out, nevertheless. But I can do nothing about it. I am staying, whether my presence causes an eerie atmosphere or not. Mind you, it really helps to sell this place when they show horror films!

Apparently this movie theatre has featured on television too, and in supernatural magazines about ghostly presences. I'm in a magazine! Of course, there is no photo of me.

It's just a movie theatre, with dark red seats and a big wide screen looking over everything. Nothing there. Nothing but me. Someone who can't be seen.

I have been known to step out of the row and walk down the aisle to the back and sometimes out into the foyer, but no real film or photographic evidence of this has ever been recorded. I guess I'll just have to keep trying.

I suppose you may be wondering who I am and what movie theatre this is.

Well, in all honesty, it doesn't really matter. I am just a guy who died twenty years ago and it's almost the new millennium, and I can't say what theatre it is, because that would do them no good. The names and places must remain a secret to protect the innocent and the guilty! Just take a moment to think about when you go to the cinema. Maybe there is someone else there with you who has been watching films there for many years. They mean you no harm, but that doesn't stop the eerie sense being watched or those invisible eyes that could be watching you, feeling very curious.





# UNLOCKING THE POWER OF THE LAW OF ATTRACTION: A PATH TO POSITIVE MENTAL HEALTH

Have you ever wished for a magic wand that could transform your life for the better? Something that could help you attract positivity, abundance, and good health effortlessly. Welcome to the world of the Law of Attraction, a powerful principle that has the potential to revolutionise your mental health and life.



## What is the Law of Attraction?

The Law of Attraction is a universal principle that suggests that like attracts like. In simpler terms, the energy you put out into the universe, whether positive or negative, will be returned to you. Imagine it as if the universe were a giant mirror, reflecting your thoughts, emotions, and beliefs.

## How Does It Work?

- Set Clear Intentions: To harness the power of the Law of Attraction, start by setting clear and positive intentions. What do you want to manifest in your life? It could be better mental health, financial success, or improved relationships.
- Visualise Your Desires: Close your eyes and create a mental picture of your desires. Imagine yourself already living the life you want. Feel the emotions associated with it. This helps in aligning your energy with your goals.
- Practice Gratitude: Gratitude is a key element of the Law of Attraction. Be thankful for what you have now; this positive energy will attract more things to be grateful for.
- Release Negative Beliefs: Identify and release any limiting beliefs that may be holding you back.
- Take Inspired Action: The Law of Attraction isn't about sitting back and waiting for miracles. It's about taking inspired actions towards your goals. Listen to your intuition and follow through on opportunities.



## The Law of Attraction and Mental Health

Now, you might be wondering how this relates to mental health. Well, your thoughts and emotions have a profound impact on your mental well-being. When you focus on positive thoughts and emotions, you are more likely to experience reduced stress, anxiety, and depression. Here's how to apply the

Law of Attraction to boost your mental health:

**Positive Self-Talk:** Replace self-criticism with self-compassion. Use positive affirmations to boost your self-esteem and confidence.

**Visualize Inner Peace:** Imagine a life free from stress and anxiety. Visualize yourself feeling calm, centred, and emotionally balanced.

**Gratitude Journal:** Start a gratitude journal to daily acknowledge the positive aspects of your life. This practice can shift your focus away from negativity.

**Meditation and Mindfulness:** These practices help you stay present and cultivate a positive mindset.



### A Final Word

The Law of Attraction is not a quick fix or a guarantee of instant results. It requires patience, consistency, and belief in the process. It's a tool to empower you to take control of your thoughts, emotions, and ultimately, your life.

Incorporating the Law of Attraction into your daily routine can lead to improved mental health, increased positivity, and a sense of purpose.

Remember, the universe responds to your energy, so make it a point to radiate positivity, and watch the magic unfold.

Unlock the potential of the Law of Attraction, and open the door to a brighter, more mentally healthy future.

# MARCH 2024 - WHATS AHEAD?



## UPDATES

- Spring arrives in the Northern Hemisphere on March 20th, bringing warmer weather and longer days.
- International Women's Day is celebrated on March 8th, with events and activities raising awareness of the achievements of women and calling for gender equality.
- St. Patrick's Day is celebrated on March 17th, with parades, Irish music and dancing, and green attire worn by many.
- Ramadan is expected to begin sometime between March 10th and 12th, with Muslims around the world fasting from dawn to dusk for 30 days.
- Mother's Day is celebrated on March 10th in the United Kingdom and many other countries, with families honoring their mothers and grandmothers.
- World Book Day is celebrated on March 7th, with schools and libraries hosting events to promote reading and literacy.
- British Science Week takes place from March 8th to 17th, with events and activities across the UK showcasing the latest scientific discoveries and innovations.
  - Other notable events in March include: Purim, a Jewish festival celebrating the deliverance of the Jews from persecution in ancient Persia, which takes place on March 23rd and 24th.
  - Earth Hour, a global call to action to conserve energy, which takes place on March 23rd.
  - The start of British Summer Time (BST) in the UK, which means the clocks go forward by one hour on March 31st.



## unscramble the bar

Unscramble these words to solve the puzzle!

1. DRAK LOHATEOCC \_\_\_\_\_
2. OBTEELRON \_\_\_\_\_
3. H'EYRSHSE RAB \_\_\_\_\_
4. YKLIM RBA \_\_\_\_\_
5. IEPRLP \_\_\_\_\_
6. IONL ARB \_\_\_\_\_
7. ULLBOIRENVE \_\_\_\_\_
8. RAE0 \_\_\_\_\_
9. ACRMCAA \_\_\_\_\_
10. LFYET \_\_\_\_\_
11. OFEFTE RCIPS \_\_\_\_\_
12. RSEESE \_\_\_\_\_
13. ALXAYG \_\_\_\_\_
14. YBNTUO \_\_\_\_\_
15. SMAR ABR \_\_\_\_\_
16. IDMA \_\_\_\_\_
17. ISAWP \_\_\_\_\_
18. ELUBOD EEKRD0 \_\_\_\_\_
19. ITNDL \_\_\_\_\_
20. RAST ARB \_\_\_\_\_

# PUZZLES AND QUIZZES

The true meaning behind Mothers Day?

The official Mother's Day holiday arose in the 1900 as a result of the efforts of Anna Jarvis the daughter of Anna Reeves Jarvis, following her mother's death in 1905, Anna Jarvis conceived Mother's Day as a way of honoring the sacrifices of mothers made for there their children.

In 1908 Anna Jarvis started a campaign to get a day recognized for Mothers and she lobbied and partitioned the then president of the United States. After 6 long years and time and effort in 1914 it was written in that the 2<sup>nd</sup> Sunday of May would be known as Mother's Day as declared and wrote into history by then the President of the United States of America Wilson.

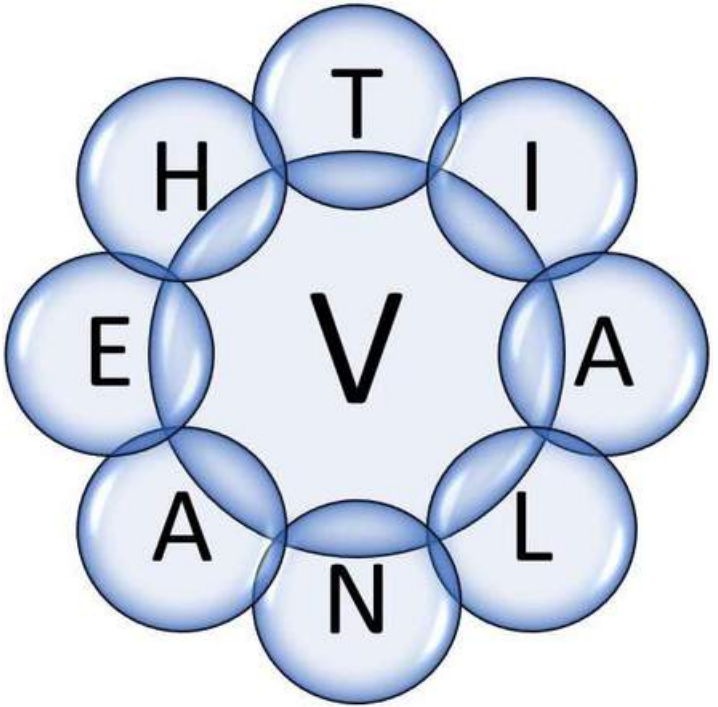
By 1920 Mother's Day had become so commercialized that up until her death in 1948 Anna Jarvis campaigned for this day of recognition to be withdrawn.

However when in the United Kingdom we don't celebrate in may we celebrate in March.

- 1) What was the name of the mother of the daughter who started it all?
- 2) In what year was Mother's Day officially recognized?
- 3) What was the name of the then sitting president of the United States?
- 4) In what month is Mother's Day?
- 5) When is Mothering Sunday in the religious calendar?
- 6) What was the name of the founder who championed Mother's Day?

Mother's Day is celebrated all over the world but not necessary on the same day.

How many word's can you make out of using the letters below? Single letters are not acceptable, 2 letters are fine there is a 9 letter word, there are an impressive total words made from the letters below are a staggering =232 how many can you make?



Number Square fill in the equations and solve the puzzle.

	x	8	÷		4
x		+		x	
9	+		-		8
x		÷		-	
	-		÷		3
189		12		28	



Can you Spot The 6 Differences





# Solutions and answers page

## Number Square fill in the

3	x	8	÷	6	4
x		+		x	
9	+	4	-	5	8
x		÷		-	
7	-	1	÷	2	3
189		12		28	

## Solution

Unscramble these words to solve the puzzle!

1. DRAK LOHATEOCC DARK CHOCOLATE
2. OBTEELRON TOBLERONE
3. H'EYRSHSE RAB HERSHEY'S BAR
4. YKLIM RBA MILKY BAR
5. IEPRLP RIPPLE
6. IONL ARB LION BAR
7. ULLBOIRENVE BOURNEVILLE
8. RAE0 AERO
9. ACRMCAA CARAMAC
10. LFYET FLYTE
11. OFEFTE RCIPS TOFFEE CRISP
12. RSEESE REESES
13. ALXAYG GALAXY
14. YBNTUO BOUNTY
15. SMAR ABR MARS BAR
16. IDMA DAIM
17. ISAWP WISPA
18. ELUBOD EEKRD C DOUBLE DECKER
19. ITNDL LINDT
20. RAST ARB STAR BAR

## Word Wheel

LEVIATHAN MEANING:- AN AQUATIC ANIMAL- OR THE WHALE, A GREAT WHALE OR SOMETHING BIG

Total Number of words made out of Leviathan = 232

Leviathan is an acceptable word in Scrabble with 15 points. Leviathan is a 9 letter long Word. Below are Total 232 words made out of this word.

8 letter Words made out of leviathan

1). aventail 2). anthelia

7 letter Words made out of leviathan

1). ventail 2). valiant

6 letter Words made out of leviathan

1). veinal 2). levant 3). tineal 4). althea 5). alvine 6). entail 7). hiatal 8). thenal 9). venial 10). inhale 11). lanate 12). alevin 13). vahine 14). tenail 15). taenia 16). hantle 17). aviate 18). vineal 19). native 20). halite 21). valine

5 letter Words made out of leviathan

1). inlet 2). entia 3). haven 4). valet 5). tinea 6). lanai 7). halva 8). halve 9). naive 10). thine 11). laith 12). lithe 13). liven 14). telia 15). naevi 16). natal 17). navel 18). neath 19). latin 20). naval 21). tenia 22). liane 23). laten 24). lathe 25). lathi 26). thein 27). leant 28). thane 29). levin 30). liana 31). nival 32). aline 33). avian 34). vinal 35). alive 36). avant 37). antae 38). alien 39). avail 40). vitae 41). alate 42). vital 43). alane 44). elint 45). venal 46). elain 47). alant 48). anile 49). anvil

4 letter Words made out of leviathan

1). anil 2). lien 3). thae 4). leva 5). lean 6). lati 7). vale 8). then 9). lave 10). anal 11). tali 12). vent 13). lent 14). than 15). line 16). lint 17). teal 18). tain 19). neat 20). vita 21). nevi 22). nite 23). tale 24). tala 25). tael 26). vine 27). nave 28). vina 29). lite 30). alan 31). live 32). alae 33). vial 34). tela 35). nail 36). heil 37). vile 38). tail 39). veal 40). elhi 41). vail 42). hate 43). have 44). vein 45). heal 46). heat 47). alit 48). hent 49). lava 50). hant 51). veil 52). eath 53). elan 54). evil 55). vain 56). haen 57). haet 58). vane 59). hail 60). hale 61). halt 62). vela 63). anta 64). hive 65). ilea 66). anti 67). thin 68). ante 69). lane 70). lain 71). etna 72). tile 73). late 74). lath 75). vena 76). tine 77). hint 78). hila 79). hilt

3 letter Words made out of leviathan

1). ane 2). van 3). vat 4). tav 5). ten 6). tan 7). the 8). vet 9). tie 10). til 11). via 12). tel 13). vie 14). tin 15). tea 16). aah 17). ave 18). eat 19). eta 20). eth 21). hae 22). ain 23). hen 24). hie 25). hin 26). hit 27). ava 28). ate 29). aal 30). aha 31). ail 32). ait 33). ala 34). ale 35). alt 36). ana 37). ani 38). ant 39). hat 40). tae 41). lie 42). lin 43). lit 44). nae 45). nah 46). net 47). nil 48). nit 49). nth 50). lev 51). let 52). lav 53). lat 54). het 55). lei 56). lea

2 letter Words made out of leviathan

1). hi 2). al 3). in 4). la 5). ai 6). ti 7). ah 8). ae 9). ta 10). et 11). ne 12). an 13). aa 14). en 15). el 16). eh 17). li 18). ha 19). at 20). na 21). he 22). it

Spot the difference 6 here are the answers



## Mother's Day Quiz answers

- 1) Anna Reeves Jarvis
- 2) 1914
- 3) Woodrow Wilson
- 4) March
- 5) 4th Sunday in lent
- 6) Anna Jarvis

# 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>