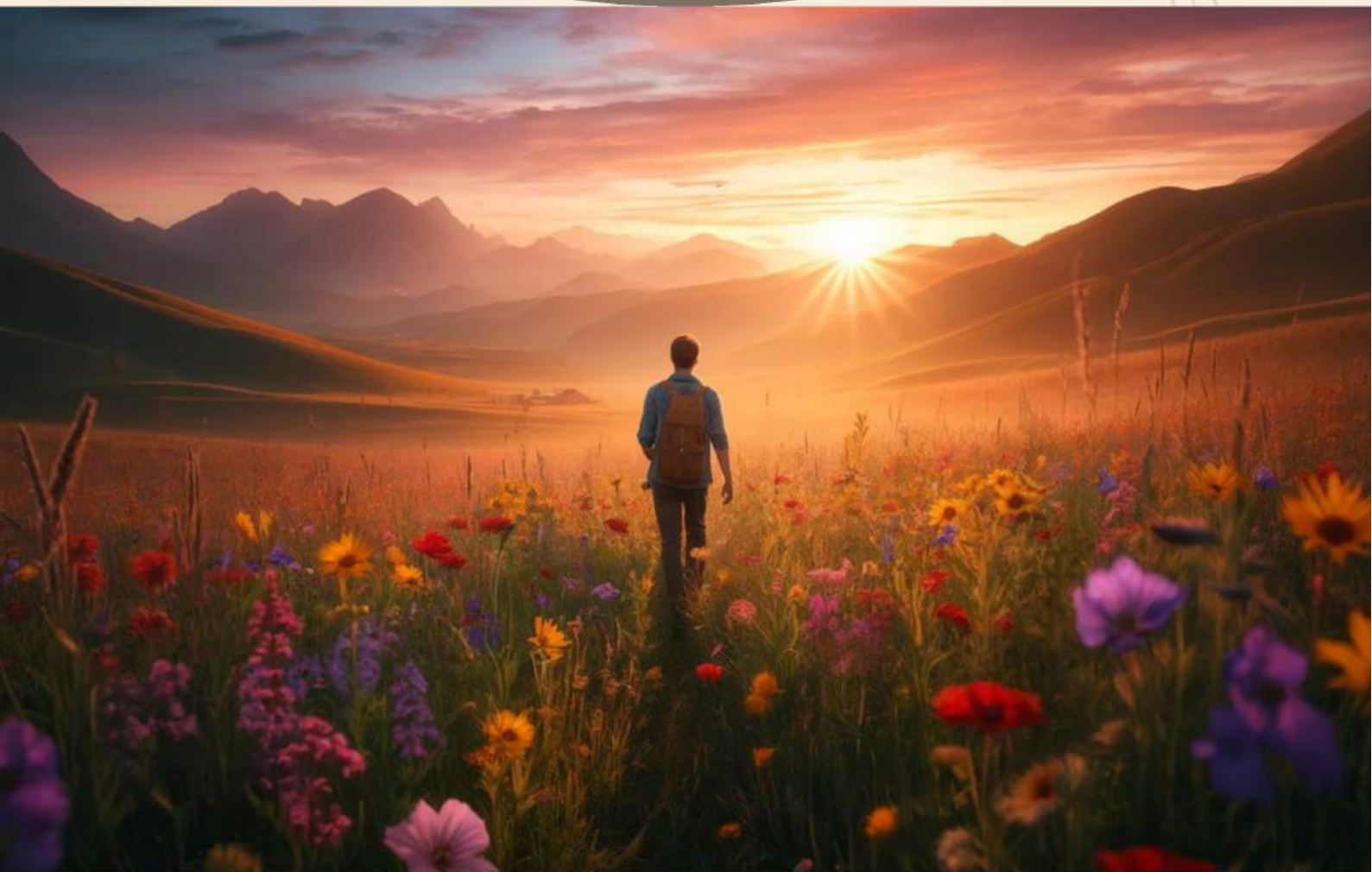


Natural health & living magazine

# COMPANION MAGAZINE

SEPTEMBER  
2024

Being alone doesn't need to be  
lonely



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## The Ancient Elixirs of Health

Herbal teas are not just a modern wellness trend. For thousands of years, civilizations around the world have harnessed the healing properties of herbs, flowers, and spices through the simple act of steeping. Whether sipped for their calming effects or used as a remedy for ailments, herbal teas have long been revered as elixirs of health.

But what exactly makes herbal teas so beneficial? The answer lies in the powerful bioactive compounds found in plants. These natural compounds offer a range of health benefits, from reducing stress and aiding digestion to boosting immunity and promoting sleep.

## A Symphony of Flavors and Benefits

### 1. Chamomile Tea: The Sleep Whisperer

Chamomile is the go-to herbal tea for those seeking relaxation and restful sleep. Its delicate, floral aroma is more than just soothing – chamomile is rich in antioxidants, particularly apigenin, which binds to receptors in the brain that help reduce anxiety and promote sleep. A cup of chamomile tea before bed can help you unwind and drift into a peaceful slumber.

Benefits:

- Promotes relaxation and sleep
- Reduces anxiety and stress
- Soothes stomach discomfort

### 2. Peppermint Tea: The Digestive Dynamo

Peppermint tea is a refreshing choice that packs a powerful punch for digestive health. The menthol in peppermint relaxes the muscles of the gastrointestinal tract, making it an effective remedy for bloating, gas, and indigestion. Its invigorating flavour also makes it a perfect pick-me-up at any time of the day.

Benefits:

- Eases digestive discomfort
- Reduces bloating and gas
- Relieves headaches





### 3. Hibiscus Tea: The Heart Guardian

Vibrantly red and slightly tart, hibiscus tea is as beautiful as it is beneficial. Rich in antioxidants and vitamin C, hibiscus tea has been shown to lower blood pressure and improve heart health. Its tangy flavour also makes it a refreshing choice, whether enjoyed hot or iced.

Benefits:

- Lowers blood pressure
- Supports cardiovascular health
- Boosts immune function

#### A Ritual of Self-Care

Incorporating herbal teas into your daily routine is more than just a health boost – it's an act of self-care. The simple process of brewing a cup of tea encourages you to slow down, take a breath, and be present in the moment. It's a ritual that nurtures not just the body, but the mind and soul.

#### Your Personal Blend of Wellness

With such a wide variety of herbal teas available, there's something for everyone. Whether you're seeking calm after a hectic day, a digestive aid after a heavy meal, or an immune boost during cold season, herbal teas offer a natural and effective solution. So, next time you're feeling overwhelmed, reach for a cup of herbal tea. Let the warmth of the brew, the soothing aroma, and the health benefits wrap around you like a comforting blanket. In every sip, you'll find not just flavour, but wellness – one cup at a time.



# Ramen: A Bowl of Comfort and Flavor



Ramen is more than just a meal; it's a cultural icon, representing comfort and warmth in a bowl. Originating from Japan, this dish has won hearts worldwide with its rich, savoury broth, tender noodles, and an array of toppings that create a perfect harmony of flavours. Whether it's the melt-in-your-mouth pork slices, the silky soft-boiled egg, or the umami-packed seaweed, each ingredient plays a crucial role in making ramen an unforgettable culinary experience. Perfect for a chilly day or when you're in need of some soul-soothing comfort, ramen is a dish that never disappoints.

## Instructions

### Ingredients:

6 skinless, boneless chicken thighs  
2 tablespoons brown sugar  
2 tablespoons + 4 teaspoons soy sauce  
300g dried ramen noodles  
2 tablespoons toasted sesame oil  
3 cloves of garlic, grated  
1 tablespoon grated fresh ginger  
1 liter chicken stock  
2 tablespoons white miso paste  
125g shiitake or oyster mushrooms, sliced  
2 pak choi, trimmed and roughly chopped

Heat grill to medium. Toss chicken thighs with sugar and 2tbsp soy sauce. Grill on a rack sat on a roasting tray for 10-15min, turning halfway, until cooked through. Remove chicken and slice.

### Step 2

Meanwhile, rapidly boil water in a large pan or stockpot and cook dried ramen noodles for 4min until just tender. Drain and divide among 4 deep soup bowls.

### Step 3

To the same pan, over a low heat, add toasted sesame oil and fry garlic and ginger for 1min, until fragrant. Add chicken stock, 4tsp soy sauce and miso paste and bring to the boil.

### Step 4

Add sliced mushrooms and pak choi. Return to the boil, reduce heat and simmer for 5min, until veg is tender. To serve, ladle broth and veg over ramen and add chicken slices.

By

Deanna





# 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 the universe is 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 for which you can be grateful.

Release Negative Beliefs: Identify and release any limiting beliefs 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.





## Singing In The Forest

Voices with Sweet Melody in the  
Mind, running swiftly away from  
Hallucinations. The Forests were miles,  
Miles, stretched, but these worried  
Voices were there singing in the deep Forest.  
The Evergreen Leaves in dripping  
Sweats from the Rainfall Night before.  
Happy Bees Singing and Humming through the  
Wilderness to the Frail Minded. Voices  
In Soft, Smooth Melody; the Spirited Souls,  
Surging away from Delusion. The Forest, capturing  
The imagination of the Mind; these  
Voices Singing to the world! The Sunlight is now  
Shinning; the Butterflies worshipping,  
Flying happily in the Jungle. Trauma gone,  
Disappearing wholeheartedly! The Owls and Parrots flirting  
With the Human Sensibility: Looking at Life  
From both Sides of the Clouds---



# Things to do- September 2024

## London- London Mural Festival 2024

Autumn is arriving, kids are off back to school, and the sun is starting to retire. For some, this is a chance to slow down, and for others, it's a kickback into routine. Regardless of how you spend your September, there are still a lot of opportunities to find something to do to keep yourself busy!

A super cool event taking place in London from the 5th September until the 29th September is the London Mural Festival: 'London's biggest street art celebration'. With over 100 street murals to explore created by some of the most celebrated and well-loved street artists, this year's theme is all about celebrating London's diversity. Using the word 'connection' to encapsulate the theme, the art is focused on bringing communities, artists, visitors, people and places together and appreciating all that being diverse can offer.

The festival has a month-long program of tours and events to help those interested navigate where to view the art and what is going on with particular workshops and events happening around the city.

The first notable event kicking the mural festival off is the Opening Pop-Up based in Kachette in Shoreditch. Wander the festival exhibition, meet the artists and ask them questions, and if you want to, you can even join in by grabbing some paint and leaving your mark on the interactive mural: Paint the City! There will be performances, DJs, workshops and more to really start the festival in style. Don't forget to also pick up your map from here to get the full lowdown of all the places to visit with fantastic murals throughout London in September.

Second is a fantastic free event at Queen Elizabeth Olympic Park, where the artist Angry Dan has created a brilliant map of London, in a huge interactive illustrated piece that took over 1,000 hours to make! You can go along to see the map getting installed at the Olympic Park and even take a piece home with you, as it can only stay for one day!

These are just two of the fantastic things being offered in East London, but the whole month has a fantastic roster, including family painting workshops, calligraphy workshops, and walking street art tours.

By Paola



You can check out the London Mural Festival website for more information.

Kachette Pop Up:

Saturday, 7th September 2024

11am - 8pm

Family Hour: 11am - 12pm (with art packs for kids)

347 Old Street London,  
EC1V

Admission: £12 plus booking fee; under 14s go free





Angry Dan's Map of London:

Sunday, 8 September 2024

10:00 -18:00

Queen Elizabeth Olympic Park,

London

E20 2AA

Admission: FREE

By Paola

## Beds and Luton- Village and Town Hopping

Have you ever driven through a town, had a long day on the road, and found a charming little place to sit, grab a bite, or explore? Have you ventured through unknown streets, wandered into a local shop, or spoken to a friendly towns person with lots of recommendations of places to go? This month, why not consider heading into the towns and villages around Bedfordshire you may have never been to before?

Bedfordshire is home to over 85 villages, all with their own history, local communities, landscapes, and attractions, but even for those of us who live in the area, it's easy to forget to branch out and see what the neighbouring hamlets may have to offer.

That's why for September, we thought we would highlight some of the lovely things you can do around villages in Bedfordshire. Whether you want to just pop into the local pub for a Sunday roast dinner, taste the town's famous baked goods (Bedfordshire clanger or a chocolate toothpaste anyone?), or experience some of the old mills, castles, churches, local museums, farm shops, or exquisite parks that are no doubt to be found no matter where you go, Bedfordshire has it all!

Here is a short list of just a few things you can see or do when you take a trip throughout the county:

- Eat a chocolate toothpaste from Gunns Bakery in Sandy or Biggleswade
- Learn the history of Dunstable Priory and its connection to Henry VIII in Dunstable
- Discover the early use of brick at Someries Castle in Luton
- Wander through the village where John Bunyan was born in Elstow
- Walk along the canal footpath in Leighton Buzzard
- Discover why Millbrook Village is considered one of the most beautiful villages in England
- Take a drive through the winding country roads that connect several hamlets together
- See the traditional British cottages that pepper the streets of Pavenham
- Walk along the hiking paths of Studham
- Go shopping on a local high street and find what the local shops have to offer
- Explore an upcoming village fete in a neighbouring town

An idyllic escape from urban life, the quiet and picturesque villages can be a pleasant surprise of local delicacies and delights. If you're struggling to find something to do, drive to the next town over and explore! You never know what you might find when you do.

The beauty of this is that it is also completely in your control. You can decide where in Bedfordshire you want to visit and what you want to do when you get there. You can even completely wing it! Get on the roads and stop when you feel like it or when something catches your eye.

So now that autumn is brewing, there's nothing quite like the aesthetic of a cosy British town. Have a look and see which villages are close by and go have a fun day of exploring this September.







# Embracing Self-Care September: A Month for You

September is more than just the gateway to autumn; it's an invitation to reconnect with yourself. As the world begins to slow down after the hustle of summer, this month offers a perfect opportunity to prioritize self-care, a vital practice for our mental, emotional, and physical well-being.

Self-Care September is about creating space for yourself. It's about acknowledging your needs, setting boundaries, and nourishing your soul. Whether it's a daily moment of mindfulness, a nourishing meal, or simply allowing yourself the time to breathe deeply, each act of self-care is a gift to your future self.

Incorporate small, meaningful rituals into your day—maybe a morning stretch, a walk in nature, or an evening journal session. These practices don't require grand gestures; they are about consistency and intention. Remember, self-care isn't selfish—it's essential. It's the foundation that allows us to be our best selves for those around us.

So, as the leaves begin to change, let this September be a turning point for you too. Embrace self-care as a non-negotiable part of your routine, and watch how it transforms not just this month, but your entire outlook on life. After all, you deserve it.


Self-Care September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS

Happier · Kinder · Together





# "After Dark"

By  
Terence Eve  
(pseudonym)

The dark is amazing. The world at night is larger than life and somehow makes anything seem possible.

The sea of lights over a city landscape seems to reach up into the sky with a thousand secrets.

I am flying through the infinite and awesome vastness of the night sky and I feel a sense of awe and wonder up here. I want to remain here forever.

It feels like I have been soaring through this night sky for an eternity, with incredible fields of stars around me, even amongst colourful nebulae and galaxies, so I must be very high up too. Yet, as I look down, I also see that astonishing sights await below. I also feel a sense of power. I want to get down there and explore, to experience the world and its strangest corners after dark.

I descend at high speed and I find myself in an alleyway of all places. I seem to be gliding through, rather than walking. I don't know who or what I am, but I am moving fast, still feeling a sense of power, yet not knowing where I am going. But I do not feel lost in any way.

There is no one around, and I don't hear anyone either, and no wind moaning up the alleyway or whistling through the drainpipes. I see a light on, burning orange in a square-panelled window on the right, but no one in the window. I look down to the left and all I see is the bottom of a black metal staircase leading up to higher floors in the building to the left. No windows burn with any light up there.

I am then looking at a brick wall ahead of me, which cuts off the alleyway right there. I am curious to know what is behind it.

I then rise up into the air, feeling like I am rising right up into the night sky again, and I go forward, float over the brick wall that stands tall and commanding in front of me, blocking the way. I float forward over it.

I look down to see what is below, and I see a back courtyard, which simply serves as access to the rear of these two buildings. A paved area, with two small trees standing side to side. It looks eerie. No one is there. I still see no lights on up in the buildings. I float higher and move along the building.

I rise higher still, up to the roof of the building and I move right across, and I seem to be going faster. I reach the edge of the roof on the other side, and I go forward and I descend at high speed again, down into what looks like a street, not an alleyway. It's a wide open and very suburban street and across the road opposite, there is a lit-up filling station. It stands out because it is lit up so colourfully and brightly.

This looks like an ordinary street, and yet there is this strange and wondrous feeling of otherworldliness. I move up the street, again, floating, I am not walking. I could be a vampire. It would explain a lot. I float along very fast still.

Lights are on in this street, burning bright in the windows of houses. I pass by one and then I swing over to the right towards another and go by very closely. Two people come to the window. A man dressed in pyjamas, with thick black hair and moustache, wearing glasses, and a woman behind him in a nightie, looking out in fascination. They peer out. But they don't appear to see me.





I can hear them speak.

The woman says, "What's out there? I heard something."

"I can't see anything," the man says urgently back to her, peering hard and deeply out into the dark, "but there's something out there, I know it. Maybe it's just the dark."

He is looking right at me. Who am I? What am I? Am I the dark itself?

I glide with a hard whisper away from the window and I float off down the street again.

Moving fast.

I swing over to a woodland area to the left at the end of the street and I practically fly through it at a low height. I come out of the other side and I come across a truck being loaded up in the back and some guys and women are standing around, packing stuff in, and talking amongst themselves. I still feel no fear that I will be seen. I slip in to where they are and look around. They don't see me. I am not a vampire, unless I am invisible, and not just in mirrors. It's another street, with low lighting. Again, feels surreal somehow.

I am fascinated as to what is going on here, and I watch for a moment. No one can see me. I want to see more. I suddenly swing around and I explore the dark further. I go out of the street and I join the main road that runs across, and I join up with a big lit up truck, which is roaring down the road, and I am alongside it. I travel with it for what seems like an eternity, heading off into the night again, where mystery seems to thrive. The dark always does seem dominant and eternal.

The road suddenly descends slightly to a hill, and curves around to the right, and ahead, the rest of the city is visible over the hill, with its different coloured lights, of white, orange, red and blue, which twinkle down there below in the dark, as if winking at me, acknowledging more secrets. I leave the truck and float over it, and I head off past over the hill and I descend into the rest of this city.

I dive lower, getting a view over the whole city, which looks amazing. I don't care who or what I am anymore. I want to go down into the city and explore further, yet at the same time, I prefer being above where I am. There must be so much more to see down there, but I want to see it from above. I then happen to turn my head around to look behind me at the road that has gone off into another direction.

The pull of the city lights ahead of me is stronger, and I grin, and I turn forward again, except, the city looks different. It looks like another city. Is this is a dream?

It could be an amazing dream. A journey through the world after dark. Dreams are the subconscious junkyard of the mind, and the mind has the power to make dreams seem very real.

Am I dreaming?

I want to see more. If this is a dream, the city below with its twinkling lights in red, orange, yellow, white and blue is impossible to resist, drawing closer and I ...



# Double T

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

SERVIETTE

BETTER

ADMITTING

KETTLE

DITTO

UTTERLY

TOTTER

YTTRIUM

BATTERY

INTERMITTENT

NETTLE

BUTTER

ETIQUETTE

GLOBERTROTTER

DITTY

MATTERESS

BOTTOM

GHETTO

PUTTING

OTTOMAN



# Who's Plane is it anyway?



1



2



3



4



5



MONARCH  
AIRLINES

6



AMERICAN  
AIRLINES

7



SWISS  
INTERNATIONAL  
AIRLINES

8



RYANAIR

9



DHL  
AVIATION

10



LUTHANSA

11



AIR ALGERIE

12



TURKISH  
AIRLINES

13



AIR NEW  
ZEALAND

14



AEROFLOT  
RUSSIAN  
AIRLINES

15



16



17



18



19



20

How to work me out. These are from world known airline companies.

Write the name that you think the airliner could be under each of the pictures provided. How many can you solve?



## Easy Sudoku

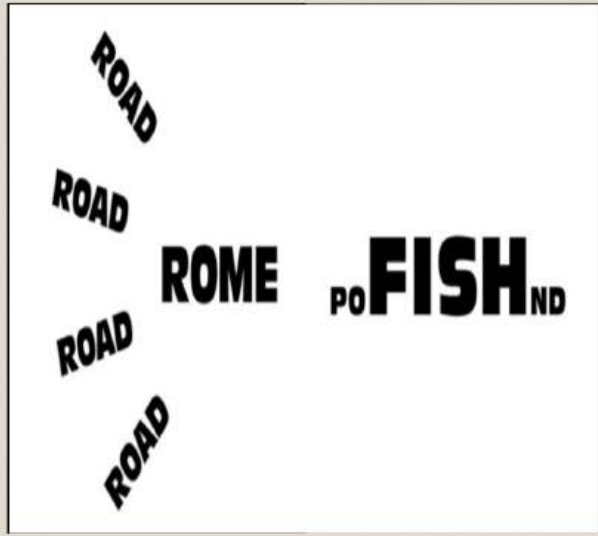



4	9	5		7				3
1			4		2		8	5
			5	3		9	4	6
2			6			3		
5		1	3		7	6	9	
7								
6		7		8	5	4	3	
						1		2
3			1	6	9	8		






## Very Hard Sudoku

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



# Ding Bats

				
1	2	3	4	5

				
6	7	8	9	10

How to work me out. It is real simple say what you see ?



## Who's Tail is it anyway

1. Air China
2. Thomson Airways
3. Cathay Pacific Airways
4. Air Canada
5. Emirates
6. Monarch Airlines
7. American Airlines
8. Swiss International Airlines
9. Ryanair
10. DHL aviation
11. Lufthansa
12. Air Alegria
13. Turkish airlines
14. Air new Zealand
15. Aeroflot Russian Airlines
16. Air France
17. British Airways
18. Aer Lingus
19. Aero Mexico
20. Finnair

## Solution

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

## Easy sudoku

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

## Very Hard Sudoku

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

## Ding Bats

1. all roads lead to Rome
2. Fish in the middle of the pond
3. Magic circle
4. Half mast
5. You give what you get
6. Add insult to injury
7. Light at the end of the tunnel
8. Once in a blue moon
9. Head over heels
10. Musical Chairs





Chaos of the mind  
By  
Jacqui



# 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
Hackney	0208 432 8020
Luton	01582 556971
Bedford and Mid-Bedfordshire	01234 315691

## SUPPORT FOR ADDICTION

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

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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>