



ELFT COMPANION



MARCH 2023

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in this edition!

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DID YOU KNOW - YOU CAN FIND US ON SOCIAL MEDIA!!!



INSTAGRAM

<https://www.instagram.com/elftbefriendingservice/>



TIKTOK

<https://www.instagram.com/elftbefriendingservice/>



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Spring is around the corner the days are getting warmer and the evenings are getting lighter. Now is a great time to "Spring" into action with new plans and "March" forward with new ideas!

One new healthy change I can make:
E.g. less sugar in your tea or taking the stairs.

Catch up with an old friend
Call someone you haven't spoken to in ages.

Set aside an hour for R&R
Meditate or read a book, it's your time to chill

Try a new food
A new snack or a new place to eat

POETRY

Stepping into Spring

**'Step by step I am tiptoeing
onto fertile ground, carefully
avoiding delicate new shoots.**

**My soul, heart and mind sing in
unison. Sweet tears. Droplets
imbued with hope a gratitude.**

Annabella





ASK US
ANYTHING

WHAT'S ON
YOUR MIND?

Send in any questions for the Befriending Service to answer and we'll do our best to have a response in the next edition!

Keep your eyes open - you never know if your question makes it to the mag!

How do I make friends as an Adult?

This seems tough, but it's not impossible. The key is to start small and build your way up. Small talk when you meet somebody is the best thing to start off with. Ask open questions because people love to talk about themselves. Gradually you can build confidence, trust and rapport. Remember friendship takes time and care to build.

How do I find groups of people that like the same things as me?

A great website is "Meet-Up", you can search for particular hobbies and interests and connect with people that are into the same kinds of things. you can chat online and meet in person when you are comfortable enough.



"EVERYONE DESERVES TO HAVE SOMEONE SPECIAL IN THIER LIFE"

How do I tell my new partner about my mental health condition?

Set the stage for the conversation, make sure you are in a confidential, neutral space that is free from distractions. Honesty is the key, be brief and stick to the facts. Explain your diagnosis and how it effects you. Then give them the opportunity to reply or ask questions. Everybody deserves to have somebody special in their lives. Thousands of people with MH conditions have long, loving relationships, you can too.

What a good way to start exercising for the first time in ages?

You don't need lots of kit or an expensive gym membership, you can start off by walking around a local park or even shopping centre. NHS Couch to 5k schemes are good, they offer a tried and tested approach to fitness for newbies. A sport or game is a good way to get a bit of fitness without realising. Many boroughs will have info on local sports groups. Build as you go, try to do a little bit more each week.



DORODANGO

AKA DIRT POLISHING!

DORODANGO ("MUD DUMPLING") IS A JAPANESE ART FORM IN WHICH SOIL AND WATER ARE COMBINED, MOULDED AND THEN CAREFULLY POLISHED TO CREATE A DELICATE SHINY SPHERE.

MAKING THE BASIC DORODANGO IS A TRADITIONAL PASTIME FOR MANY SCHOOL CHILDREN. MORE RECENTLY, THE PROCESS HAS BEEN REFINED TO GIVE THE DORODANGO A SMOOTH AND GLOSSY SURFACE.

SEVERAL DIFFERENT TECHNIQUES CAN BE USED BUT ACROSS ALL METHODS, A CORE OF THE BALL IS MADE OF BASIC MUD, WHICH HAS BEEN CAREFULLY SHAPED BY HAND TO BE AS ROUND AS POSSIBLE.

HOBBIES

THIS CORE IS LEFT TO DRY, THEN DUSTED WITH FINELY SIFTED SOIL TO CREATE A CRUST SEVERAL MILLIMETERS THICK.

THIS STEP MAY BE REPEATED SEVERAL TIMES, WITH FINER AND FINER GRAINS OF DIRT IN ORDER TO CREATE A SMOOTH AND SHINY SURFACE.

A CLOTH IS THEN USED TO GENTLY POLISH THE SURFACE.

THE PROCESS REQUIRES SEVERAL HOURS AND CAREFUL FOCUS SO AS NOT TO BREAK THE BALL.





BY AMANDA

THE GOSSIPS

Wildlife Guide

March

Though it can still feel as cold as January, March's longer daylight hours mark the beginning of spring. This is the perfect time to get outside and see life bounce back after winter.

What's outside?

Sleepy bees and butterflies

Some bee and butterfly species hibernate over winter and appear as early as March. You can find them on the hunt for early flowering plants to feed on in your gardens or local parks.



White-tailed Bumblebee, *Bombus lucorum*.



Great Tit, *Parus major*.

Dawn Chorus

The lighter mornings signal the start of breeding season for our songbirds. Listen out for the simple two-syllable song of the chiff chaff and great tit, or the complex repertoire of the song thrush.

First flowers

Our first flowers appear in March. Look up for flowering blackthorn and fruit trees. Look down for brightly coloured primroses and crocuses.



Early Crocus, *Crocus tommasinianus*.

Wildlife Guide

March

What can I do?

Leave the weeds!

Our hibernating insects need common “weed” species to feed on once they have woken from their big sleep. Dandelions are a vital food source for early butterflies, so leave the weeds be and watch out for butterflies!

Get Mindful

Grab a warm jacket, a notepad and a pen and find a patch of primroses. Use the table below to make a note of all the visitors you see:

Date	Location	Sightings

Peacock Butterfly, *Aglais io*.

Why not send us your spring photos to add to our April issue?



THINGS TO DO

— LUTON & BEDS —

THE OLDE WATERMILL SHOPPING VILLAGE

Known as Bedford's Best kept secret the Olde watermill shopping village is a great day out for all the family, especially if you're looking for something to do with your mother for Mother's Day this year! On the site of a 1000-year-old watermill in Barton-Le-Clay, there is a wide range of shops, activities and a restaurant you can visit to fill out your day with things to do!

There is something at the Mill for everyone- whether you're looking for a new plant to buy to add to your collection, if you are a fan of fishing, collecting antiques or you love to take part in crafts and want to visit one of their craft barns- the possibilities are endless!

Once you are done with perusing there is a lush restaurant you can visit for a meal or if you prefer, they offer afternoon teas with a selection of cakes, sandwiches, teas and coffees. There is also a Bakery in the mill and an oriental takeaway for if you are on the go.

If you have little ones with you too- don't worry! The mill has a selection of toddler and child friendly activities too such as a sensory room for the little ones, a play barn filled with imaginary play, soft play and a sand pit.

Look out for! The shopping village is located at a Watermill that has been there since 1086 and was even mentioned in the Domesday Book. Make sure to check it out on your visit!

Whilst you are there! Why not check out the Mill Pond Garden centre and pick up some of their vintage sweets and Garden ornaments!



Admission:

FREE TO VISIT AND LOOK AROUND
Bring some cash if interested in picking up a gift or two or grabbing a bite to eat!

Opening Times:

Monday – 09:30 – 17:30

Tuesday – CLOSED

Wednesday – 09:30 – 17:30

Thursday – 09:30 – 17:30

Friday – 09:30 – 17:30

Saturday – 09:30 – 17:30

Sunday 10:00-17:00

Address:

The Olde Watermill Shopping Village
Mill Lane Off Faldo road
Barton-Le-Clay
Bedfordshire
MK45 4RF





ONION BHAJIS

YOU WILL NEED:

- 2 large onions, thinly sliced
- 1 cup (100 g) gram flour/chickpea flour
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1-2 green chillies, finely chopped
- 2 tablespoons freshly chopped cilantro
- 1 teaspoon lemon juice
- 5-6 tablespoons (75-90 ml) water
- oil for frying

INSTRUCTIONS:

- In a large bowl mix together the flour, baking powder, salt, cumin and turmeric.
- Add the chili, coriander, lemon juice and water. Mix into thick batter.
- Add the onions to the bowl. Mix well until all of the onions are thoroughly coated in batter.
- Heat a large frying pan or wok over medium heat. Add enough oil so that you've got about an inch covering the bottom of the pan.
- When the oil is hot, carefully drop spoonful's of the batter into the hot oil. Cook about 3-4 bhajis at a time (too many will crowd the pan and make it difficult for them to crisp up). Fry for about a minute on each side and then flip them until golden.
- Remove each bhaji with a slotted spoon and transfer to a wire rack to drain the excess oil. Continue until all of your batter is gone!

INSPIRATIONAL QUOTES

“March is the month of expectation.”

- Emily Dickinson



“March 4th, the only day that’s also a sentence”

- John Green



“Flowers and colours everywhere, I am so glad that March is here”

- Anamika Mishra



“Springtime is the land awakening. The March winds are the morning yawn.”

- Lewis Grizzard

SOCIAL
ANIMALS

POETRY

Inside our darkly rounded cocoon, we
Experience life blossom with grace and pride. Joy,
And dignity oozes in multiples around us as
We stir hope towards stability. We're simply social
Animals. We breathe, eat and drink, we conquer. Our
lives are precious.

We look deeply into the future. Damn it! We're just
Being social animals. We wonder and wander in
madness.

Our unique lives are chaotic, still, we're nothing
But brave social animals. We think, we dream, we
elevate, we connect,

And produce. We roam aimlessly within the sheer
intricacies

Of our existences that makes us all in some shape social
Animals. One day we'll die and rot. One day we'll
resurrect. We'll

Dance the foxtrot with another dazzling life above. We
Reason, we listen, we share, we lead, we interrogate
state of living. We're

Surely informed social animals. Resilient animals.
Courageous animals.

Dele Oladeji



Event Brite Dates for Wellbeing

MAR 13

TALK & TALK - AN EVENING OF POSITIVE MENTAL HEALTH FOR LOCAL MEN

"Talk & Talk" sessions will feature a guest speaker who will address the room, before attendees are given the opportunity to socialise, reflect and discuss the issues that have been raised over a cup of coffee or tea (and maybe even a cake or doughnut!). Guest speakers may talk about their own Mental Health journey, wellness matters and coping mechanisms or any subject that will encourage and inspire conversation amongst those who attend.

These sessions are designed to be friendly and welcoming, providing a safe and judgement free space where men can discuss Mental Health issues without fear of stigma.

Please arrive at the venue for 7.00pm prompt, the guest speaker will start at approx. 7.30pm, after which time there will be no further admissions. Following the success of our "Walk & Talk" events, these "Talk & Talk" sessions will provide a further opportunity for men to have those important and potentially life-saving conversations. "Talk & Talk" sessions will be held on the second Monday of each month.

[BOOK HERE](#)

MAR 07

TOWER HAMLETS - CONNECTION COALITION: LONELINESS AND MENTAL HEALTH EVENT

This event will bring together organisations in the borough working to reduce loneliness and organisations working to support mental health

Southern Grove Community Centre Southern Grove
London E3 4FX

[BOOK HERE](#)

MULTIPLE DATES

WELLBEING THROUGH CREATIVE ARTS

Join us for this gentle gateway introduction session into exploring and improving participants wellbeing through arts.

This programme has been developed with "5 Steps to Wellbeing" and focuses on creative expression.

The sessions are led by a DBS checked Therapeutic Counsellor/ Arts in Health Practitioner.

The sessions are a warming opportunity to develop and benefit from greater self awareness, social connection, curiosity and growth through play and creativity.

The wellbeing sessions are free to attend but do require registration as we have very limited capacity.

This project has been funded by the London Legacy Development Corporation.

[BOOK HERE](#)

THINGS TO DO

LONDON

KEW ROYAL BOTANICAL GARDENS

Kew garden is a botanic garden that houses the 'largest and most diverse botanical and mycological collections in the world'. A UNESCO world heritage site, the gardens are a super popular attraction to visit in London to experience over 50,000 plants and more than 7 million preserved specimens in its collection.

Another great spot for Springtime and Mother's Day, you can take a tranquil walk through the Japanese Gardens, or visit the temperate house, the world's largest Victorian glass house, to view rare and extinct in the wild plants. Kew is also home to a Mediterranean habitat- transporting you to the beauty of Southern Europe where you can also stand in awe at King Williams Temple, built in 1837 for Queen Victoria.



<https://www.kew.org/kew-gardens>

Admission:

(Price subject change during off peak and peak times)

PEAK (1 FEBRUARY TO 31 OCTOBER)

Adult:

Advance*

with donation†: £19.00

without donation: £17.00

Standard*

with donation†: £24.00

without donation: £21.50

Child (4 to 15):

PEAK (1 FEBRUARY TO 31 OCTOBER)

with donation†: £5.50

without donation: £5.00

Young person (16 to 29) and students:

PEAK (1 FEBRUARY TO 31 OCTOBER)

Advance*

with donation†: £9.50

without donation: £8.50

Standard*

with donation†: £10.00

without donation: £9.00

(Family tickets and concessions are also available on the website.)

Opening Times:

10:00am- 5:00pm (last entry 4:00pm)

Check beforehand to make sure the gardens are open on the day you plan to visit

Address:

Kew,
Richmond,
London,
TW9 3AE

Kew is special for playing a leading role in research into plant biodiversity on Earth and now you can visit the site and check out the wonderful wildlife for yourself. The best part? This article is only scratching the surface on all that Kew gardens has to offer !

Look out for! The Prince Wales Conservatory allows you to travel through ten different climate zones in a 'glass labyrinth that leads you through a series of fascinating ecosystems.'



'Hurt people hurt people,
The saying goes.
And damaged folk are blind
Not Seeing the consequences
Of their ways.

How kind forgiveness is
And how wonderful
Time with it's resolution.
Whether victim or perpetrator
We have all been hurt
Therefore love one another
However difficult it may seem.

We are all precious in Gods sight
Each made in his own image
Unforgiveness blocks his
Blessings and love for us.
So forgive, forget and
Move forward.
Life will improve
If you remove the barriers
It has to with that formula.

Amanda Lewis

POETRY

HINDSIGHT IS A
WONDERFUL THING

IT'S NOT CHEESE ON TOAST!!!

2ND OF MARCH IS ST DAVID'S DAY - PATRON SAINT OF WALES, CELEBRATE WITH CLASSIC WELSH RAREBIT?



HOW TO:

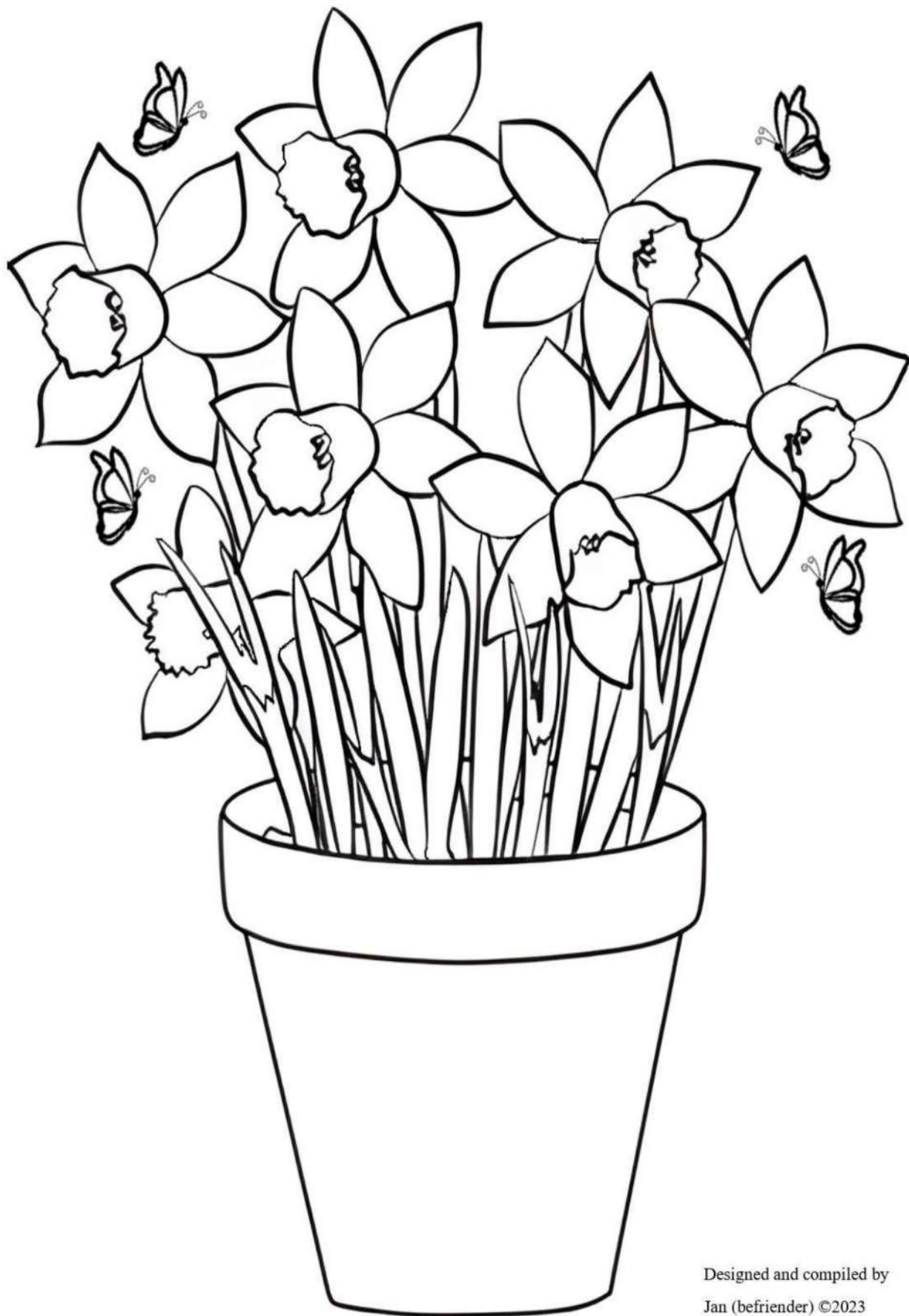
- Melt the butter in a saucepan on a low heat
- Gradually add the flour, beer and cheese
- Stir until it forms a thick, even paste

YOU WILL NEED:

- 60g Flour
- 60g Butter
- 260ml Warm Beer
- 2tsp Mustard
- 2tbsp Worcestershire Sauce
- Black Pepper to taste
- 4 slices of Bread - your own preference



- Mix in the mustard, Worcestershire sauce and black pepper to taste
- Lightly toast the bread on once side
- Flip the toast and spread a little butter on the uncooked side
- Add the cheese mixture to the bread and place back under the grill until bubbling.



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From A Verse

Name the Artist and Song Title: 1 point for the Artist name and 1 point for the song title.

Guess the year for a bonus point

Artists Name _____ Song Title _____ Year _____

(When) When I was younger (When I was young) so much younger than today
(I never need) I never needed anybody's help in any way
(Now) But now these days are gone (These days are gone) and I'm not so self assured
(And now I find) Now I find I've changed my mind, I've opened up the doors

Artists Name _____ Song Title _____ Year _____

Yeah, yeah
All night long, you've been looking at me
Well, you know you're the dance hall cutie that you longed to be
Oh well now, you've been laying it down
You've got your hip swinging out of bounds
And I like the way you do what you're doin' to me

Artists Name _____ Song Title _____ Year _____

Well I remember, I remember don't worry
How could I ever forget,
It's the first time, the last time we ever met
But I know the reason why you keep your silence up,
No you don't fool me
The hurt doesn't show
But the pain still grows
It's no stranger to you and me

Artists Name _____ Song Title _____ Year _____

Ahhhhhh oooooo
This is the way
I always dreamed it would be
The way that it is, oh oh
When you are holding me
I never had a love of my own
Maybe that's why when we're all alone

Artists Name _____ Song Title _____ Year _____

I let it fall, my heart
And as it fell, you rose to claim it
It was dark, and I was over
Until you kissed my lips and you saved me

Artists Name _____ Song Title _____ Year _____

Anybody could be that guy
Night is young and the music's high
With a bit of rock music, everything is fine
You're in the mood for a dance
And when you get the chance

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Spring Time

Unscramble these words to solve the puzzle!

1. KSCHCI _____
2. IANST STKCRAIP DYA _____
3. ATLYHGID _____
4. DAFDSIOFL _____
5. SGPINR IGACNLNE _____
6. EWN EFLI _____
7. SSOLSOMB _____
8. AEIIDSS _____
9. NISPRG SEENRG _____
10. ALPLREAICRST _____
11. EURTCTPBUS _____
12. UNDGBDI _____
13. LBANMIG _____
14. NAHIGGCN _____
15. SBDRI _____
16. SBEE _____
17. ETIUBAFLU _____
18. RKBIS _____
19. OEN'SWM TYRSHOI NMTHO _____
20. SLUBB _____

Sudoku Challenges

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

Medium
Skill
Level

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Hard
Skill
Level

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

Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9×9 grid with numbers so that each row, column and 3×3 section contain all of the digits between 1 and 9.

Solutions Page

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

Medium skill level

Solution

Unscramble these words to solve the puzzle!

1. KSCHCI CHICKS
2. IANST STKCRAIP DYA SAINT PATRICKS DAY
3. ATLYHGID DAYLIGHT
4. DAFDSIOFL DAFFODILS
5. SGPINR IGACNLNE SPRING CLEANING
6. EWN EFLI NEW LIFE
7. SSOLSOMB BLOSSOMS
8. AEIIDSS DAISIES
9. NISPRG SEENRG SPRING GREENS
10. ALPLREAI CRST CATERPILLARS
11. EURTCTPBUS BUTTERCUPS
12. UNDBGDI BUDDING
13. LBANMIG LAMBING
14. NAHIGGCN CHANGING
15. SBDRI BIRDS
16. SBEE BEES
17. ETIUBAFLU BEAUTIFUL
18. RKBIS BRISK
19. OEN'SWM TYRSHOI NMTHO WOMEN'S HISTORY MONTH
20. SLUBB BULBS

Hard skill level

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

From A Verse

1. The Beatles : help: 1965
2. Mud: tiger feet: 1974
3. Phill Collins: in the air tonight: 1981
4. Beach boys: I can hear music: 1966
5. Adele: set fire to the rain: 2011
6. Abba: Dancing Queen: 1976

How many points did you earn?

1-6 points,

nice try, need to brush up on your knowledge!!!

6-12 points.

Well done, you almost there!!!!

12-18 points,

excellent effort, you know your knowledge!!!

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USEFUL CONTACTS

NHS SUPPORT

NHS	WWW.NHS.UK
ELFT	WWW.ELFT.NHS.UK
Befriending Service	ELFT.BEFRIENDINGSERVICE@NHS.NET
People Participation	ELFT.PEOPLEPARTICIPATION@NHS.NET

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	WWW.TALKTOFRANK.COM
Alcoholics Anonymous	WWW.ALCOHOLICS-ANONYMOUS.ORG.UK
Cocaine Anonymous	COCAINEANONYMOUS.ORG.UK
GamCare	WWW.GAMCARE.ORG.UK

SUPPORT FOR BEREAVEMENT

Cruse	WWW.CRUSE.ORG.UK
Bereavement Partnership	NATIONALBEREAVEMENTPARTNERSHIP.ORG
The Good Grief Trust	WWW.THEGOODGRIEFTRUST.ORG
At A Loss	WWW.ATALOSS.ORG

SUPPORT FOR CARERS

Carers UK	WWW.CARERSUK.ORG
Family Action	WWW.FAMILY-ACTION.ORG.UK

SUPPORT FOR DOMESTIC ABUSE

Domestic Violence Helpline	0808 2000 247
For men experiencing domestic abuse	0808 801 0327
Refuge	WWW.REFUGE.ORG.UK

USEFUL CONTACTS

SUPPORT FOR FINANCIAL DIFFICULTIES

The UK Government	WWW.GOV.UK/OPTIONS-FOR-PAYING-OFF-YOUR-DEBTS
Step Change	WWW.STEPCHANGE.ORG
Citizens Advice	WWW.CITIZENSADVICE.ORG.UK
National Debtline	WWW.NATIONALDEBTLINE.ORG

SUPPORT FOR HOUSING PROBLEMS

Your local council	WWW.GOV.UK/FIND-LOCAL-COUNCIL
Citizens Advice	WWW.CITIZENSADVICE.ORG.UK
Crisis	WWW.CRISIS.ORG.UK/GET-HELP
Shelter	ENGLAND.SHELTER.ORG.UK
StreetLink	WWW.HOMELESS.ORG.UK

SUPPORT FOR LONG TERM CONDITIONS

The Patients Association	WWW.PATIENTS-ASSOCIATION.ORG.UK
Age UK	WWW.AGEUK.ORG.UK

EXTRA SUPPORT FOR MENTAL HEALTH

Hub of Hope	HUBOFHOPE.CO.UK
MIND	WWW.MIND.ORG.UK
Samaritans	TELEPHONE: 116 123
Young Minds	YOUNGMINDS.ORG.UK
LGBT+ Helpline	SWITCHBOARD.LGBT

SUPPORT FOR SEXUAL VIOLENCE

The Survivors Trust	WWW.THESURVIVORSTRUST.ORG
Rape Crisis	WWW.RASASC.ORG.UK
Survivors UK	WWW.SURVIVORSUK.ORG

EXTRA SUPPORT FOR SUICIDAL THOUGHTS

Papyrus	WWW.PAPYRUS-UK.ORG
Ripple Suicide Prevention	WWW.RIPPLESUICIDEPREVENTION.COM
Shout	GIVEUSASHOUT.ORG
Survivors of Bereavement by Suicide	UKSOBS.ORG
Campaign Against Living Miserably	WWW.THECALMZONE.NET

A close-up photograph of a hand holding a traditional Chinese brush, painting a dark ink branch with red wash on a white scroll. The background is softly blurred, showing other parts of the scroll and a small container of paint. Two large circular overlays, one orange at the top and one yellow at the bottom, contain text.

**DESIGN SOME ART WORK
AND HAVE IT FEATURED IN
THE APRIL EDITION!**

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