



ELFT COMPANION



Inside:

Stories
Poetry
Puzzles
Things to do
Hobbies

APRIL 2023

CONTENTS

02
Contents
(YOU ARE HERE)

03
Calendar
April



Looking after
your wellbeing?
Check out the
Health Suite on
p. 05 - 06

Thinking about what to do with
summer around the corner?
See the Gardener's Guide we've
got this in this edition!
Find it on **p. 13**

04
Social Media

05 - 06
Health Suite
Stretching

07
Poetry
Recalling the past

08
Ask Me Anything

09
Hobby
Stress Buster

10 - 11
Autism Awareness

12
Earth Day

13
Gardeners Guide

14
Recipe
Ultimate Brownies

15
Things to Do
Luton & Beds

16
Recipe
Chocolate Easter Nests

17
Quotes

18
Things to Do
London

19 - 23
Puzzles

19 - 23
Useful Contacts



Warmer still but watch out for rain! Lighter evenings bring opportunities for going out, stretching our legs and our comfort zones into new challenges and adventures!

What's my healthy challenge
Start couch to 5k, or maybe some armchair exercise might be a good fit?

Have a phone call evening
Turn off your TV, go through your phone book and call up some friend and family for a chat.

5 reasons I'm great!
Write down 5 good things about yourself.

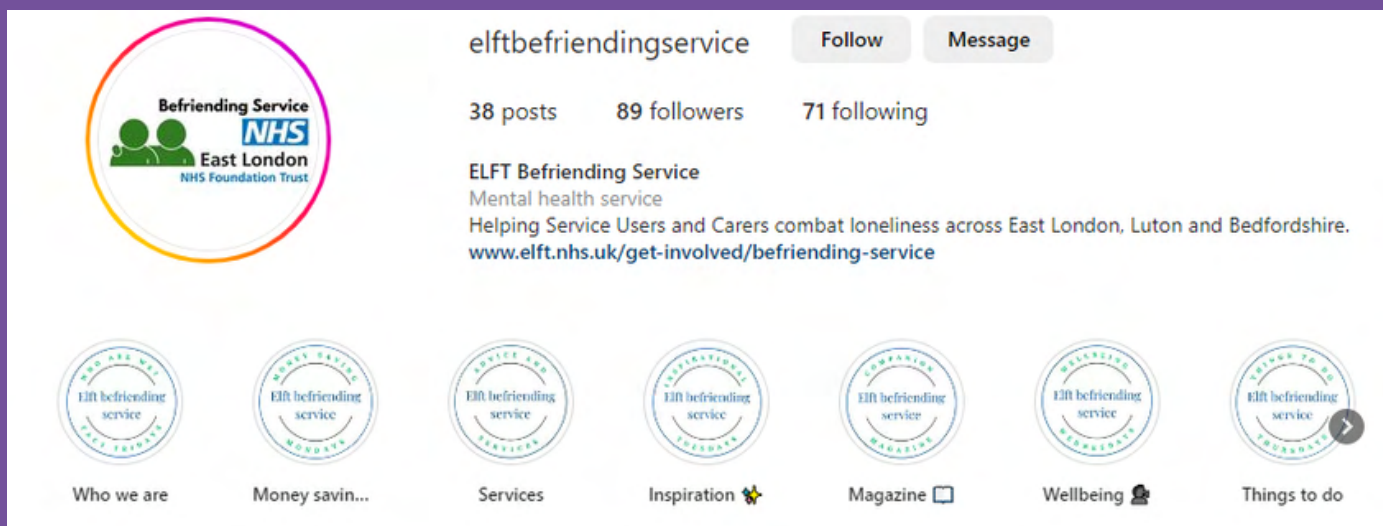
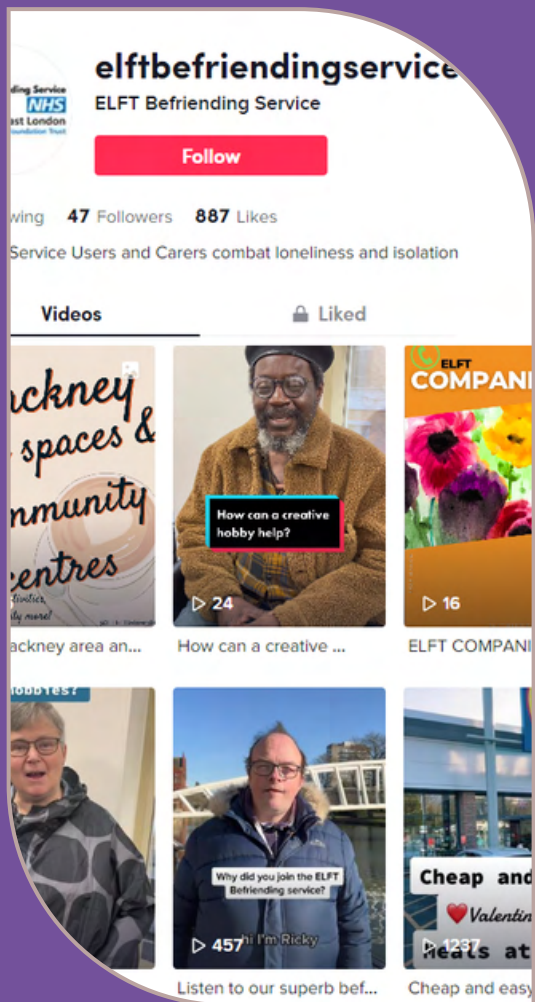
Try a forum
Google your favourite hobby and find a forum to discuss and debate the finer points!

HAVE YOU FOUND US YET?

We have an awesome social media representative looking after our pages. Producing and posting meaningful content is all that matters and the best thing about it – we do it all for YOU!

Paola works wonders creating posts which resonate with a lot of people and captures some brilliant moments to give you an inside look into who we are and what we do.

SO WHAT ARE YOU WAITING FOR?! Head on over to our pages and see what we have for you!



HEALTH SUITE

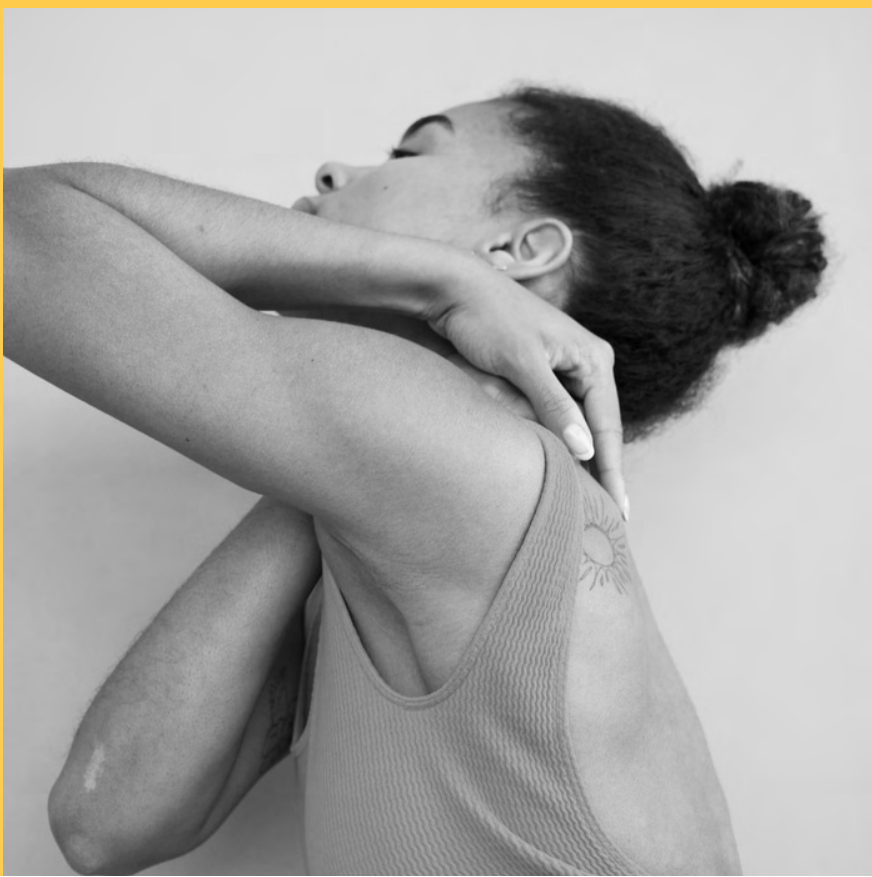
Welcome to the Health Suite. Here is where you can find health and wellness tips/suggestions to improve your quality of life or even make you feel good.

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 **Stretching**. These can also be referred to as 'flexibility exercises'. We won't be focusing on anything too intense as the aim here is to find something easy and get your blood warm.

WRITTEN BY ABDUL

Stretching



STRETCH TO RELAX

THREE BEST STRETCHES TO DO AFTER GETTING OUT OF BED

➔ Lunges



➔ Side Stretch



➔ Touch Your Toes



WHY SHOULD WE STRETCH?

By Abdul

Stretching is an important component of physical fitness and can provide a range of benefits for the body. One of the key benefits of stretching is **improved flexibility** and **range of motion**. Regular stretching can help to loosen and lengthen muscles, which can make it easier to do everyday tasks.

It can also help to **reduce the risk** of injury by improving muscle coordination and balance. When muscles are flexible and supple, they are less likely to become torn or strained during physical activity. Additionally, stretching can help to **reduce muscle soreness and stiffness after exercise**, which can help to **speed up the recovery process**.

Most importantly, it can promote **relaxation** and **reduce stress**. Many stretching exercises utilise deep breathing and mindfulness techniques, which can help to calm the mind and reduce tension in your body. This can help to **improve overall emotional and mental well-being**.

Overall, regular stretching can be an important component of a **healthy lifestyle**. Why don't you try incorporating stretching into your daily routine and see if it can provide the benefits your mind and body can use?

POETRY



RECALLING THE PAST

I sat sipping my coffee,
Images of the past slithered in my
vision.

I recalled them. I thought I
Could only imagine those days gone.
But I cannot be that person
Anymore. In my heart, in my
imagination,

I dreamed the past; the good times of
Youthful exuberance. But those days
are long gone now,
I can only re-live them. How I wish
I could turn back time. But that will
never happen.

Let the past live with the future.
Ageing is extremely beautiful. Living
in the moment is wonderful.
I'll cherish those memories until
death beckons.

I will. I will. I will. They are my
desires.

Hope, lingering in the future.

Nothing compares.

Nothing-

Dele Oladeji

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!

What is a Befriender?

A Befriender at ELFT establishes and develops an informal, social and supportive relationship. They offer a private space to talk, focusing on the needs of the Befriender. They should be non-judgmental, stick to clear boundaries and try to initiate conversation, if necessary. They should avoid giving advice about health care or treatment and raise any concerns to the office so we can escalate to our clinical colleagues.

Apart from staying in touch with friends/family, do you suggest other ways of dealing with being alone?

Being alone can also be a great time for growth and development. Take this time to think about your goals and dreams. This is an opportunity to do all this "if only I had the time" things you never got around to!

"EVERYONE DESERVES TO HAVE SOMEONE SPECIAL IN THIER LIFE"

What do I do if I'm worried about my mental health?

The first thing to know is that you aren't alone in how you feel. Many people have mental health issues of all different sizes and shapes! Things have come a long way in terms of understanding and you would be surprised who is dealing with a mental health issue once you get talking. The best starting point is always your GP, go to them get talking and see what they can do. You will find that just opening up will feel like a relief and the first step to feeling better.

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is important from childhood through to old age. A mental illness is a health problem that affects people's thoughts, 1 in 5 people suffer from a mental illness each year and almost half the population has suffered mental illness at some time in their life.





STRESS BUSTER

I once did the perfect hobby for Stress Busting. That hobby was re-enactment, Medieval to be precise, the era that I did was Viking, Saxon and Norman. I was a member of a group called OUSEKJARR which is a member of The Norse Film and Pageant Society.

There are groups all over the country, you can find different groups and societies by googling re-enactment you will see that there are societies covering a vast area of periods in history.

When you join a group or society you will be expected to make or buy your clothing from approved materials for the period you are in, you can get this from your society, but for me I used old army blankets and made my trouser and over tunic, my under tunic was bought at an event as I was unable to buy the material at that time.



I bought an approved helmet, sword, axe and scram (a smaller sword usually worn on your front) from the society. I also own still to this day a longbow that I bought at Sherwood Forest when I was re-enacting there, my arrows I made myself and had a Viking member make me a quiver for them. All fighting equipment was best bought from the armourer of the society you belong to, for safety factors.

Most weekends we would go to our groups, chosen place to practice, this for my group was on a Sunday afternoon for a few hours, in spring and summer we would meet up with other groups in the society all over the country at various events, we would be at an event for the entire weekend where we fought two battles each day, the first so the correct side would win for historical accuracy and the second the other side would win to make it fair.

As members would act dead, the audience would see the dead slowly move round to watch if a good fight was going on, this made the audience laugh as on some occasions to make it more funny, if one of the remaining combatants dropped their sword you may see a corpse hold up their sword for the de armed combatant so the fight would carry on, sometimes you would see a corpse get up and move out of the way so they did not get trodden on. At the end of a battle the king of the society would then use the words "With the power invested in me, may the dead arise", all the dead would then get up and collect their stage props.

If you did not want to be a combatant, then you could be a member of the authentic village, these members would be in costume all the time, they would sleep in tents made to fit the period and cook their food on open fires. You could also watch various products being made. The rest of us stayed in our tents in plastic city. I preferred being on the battle field and so I stayed in plastic city, I did make my own eating bowl and spoon, I was given a wooden drinking cup and eventually bought a drinking horn for ale.

All in all it was a fabulous time, children and adults of all ages can be a re enactor, male and female there is no discrimination. but alas age comes with ailments and I can no longer run and I am not the authentic village type!

A U T I S M

A W A R E N E S S

I received my autism diagnosis when I was 25. It was fairly late compared to many others, although not uncommon for women (who are often less diagnosed than men), and I was put forth for the testing stages by my psychiatrist after a few discussions about my daily actions and interests. If I am totally honest, I had had an inkling beforehand that I may be autistic, but I did not want to diagnose myself. Instead, I took the tests and waited to see what my results would be.

When I received my report, I think the first feeling I felt was acceptance. I just took what the words said at face value and accepted that this was why I was the way I was. Things began to make sense; this was why I memorize certain things like dates and number plates so easily, why I had such an intense interest in film to the point where I could recite an hour and a half movie almost entirely word for word or why if something was too loud or smelt too pungent, I would have a strong aversion to it. Someone said to me, 'But do you want this label attached to you now?' and it confused me.

To me it wasn't a label at all, but rather a clarification and understanding of who I was. It felt almost relieving to have a reason for why I did certain things and I felt as if I could now explain to people that I behaved in certain ways because of my autism. Like I didn't need to hide certain aspects of my being just so people wouldn't question me, because now I had an answer.

A U T I S M

A W A R E N E S S

I think one of the most important things to remember about autism is that there is no one way of how it presents. Every single person who may receive a diagnosis is unique and different and their own person. The media likes to present autism in a very particular way and so it is important to know that this is not the only way and this exposure to autism is not always completely accurate either. Not all of us hate socializing, some of us are very good at giving eye contact, we aren't all blunt, we understand jokes and well... I am sure you get the picture.

I believe there is a necessity for education surrounding autism. It is important that people are aware of what it actually is, not how it is stereotyped, because for many, including myself, an autism diagnosis can help make sense of the world and your place in it. There is so much about autism that I was totally unaware of and was misguided about for such a long time. Ultimately, I now know that being autistic is just being me, and I can accept that.

Written by PM

EARTH DAY

April 22nd

Copyright: BBC.co.uk

Earth day is an annual event founded in 1970, which celebrates our natural world. The movement is responsible for campaigns supporting environmental protection, from increasing climate literacy to ending plastic pollution. The theme of 2023 is Invest in Our Planet.

It is a common misconception that taking actions to help the planet comes at a higher cost. Here you will find things you can do to invest in our planet which will save money:

Cut Your Food Waste

Making sure you only buy what you need saves food going to landfill and money from leaving your pocket. Around 1/3 of all food ends up in landfill, which increases greenhouse gas emissions and the build-up of toxic waste.

Use less

Using less water and turning off electrics when you're not using them will reduce your energy bill and our use of fossil fuels.

Less Meat

Reducing the amount of meat you eat is a great way to reduce your carbon footprint. Why not try meat-free Mondays?

Upcycling

Upcycling old items is a great way to save money and encourages creativity. Why not alter clothes you no longer wear or spruce up old furniture with a lick of paint instead of buying new?

Walking/ cycling

Now the weather is warmer, why not try walking or cycling shorter trips instead of driving? Spending time outdoors is proven to boost your mood and switching to cycling reduces air pollution too!

Grow your own

Read the next page on things you can do in your garden this month to support nature and your tummy!

Gardener's Guide

Whether you have acres of luscious green land, a sky-high balcony or sunny a windowsill, each of us has the space to grow some grub! This section will provide you with some gardening tips and seasonal jobs to keep your garden bustling each month. Spring is the perfect time to start gardening. The warmer temperatures and longer daylight hours kick plants into action.



Start by growing seeds indoors in seed trays, choose your favourites from the list below and follow the instructions on the seed packet.

- Tomato, pepper, chilli, cucumber, courgette, pumpkin, squash, salad leaves and peas.

You can buy seed trays and soil from many high street stores, but you can also make your own seed tray from toilet paper tubes and empty mushroom punnets. Place the empty toilet rolls in the mushroom punnet and fill each roll with soil. Sow individual seeds into the rolls (this will make transplanting easier once the seeds have germinated).

You can also grow the hardier crops outside in pots or directly into the soil. These include: carrot, beetroot, leek and radish. Read each seed packet for individual instructions.

Why not grow herbs & wildflowers?

If you have some space outdoors, you could set aside some room for wildflowers and herbs. Herbs and wildflowers provide food and refuge for pollinating insects and add colour to your garden. Herbs such as mint, basil, lavender and rosemary are excellent natural deterrents to pests.

You can sow wildflower and herb seeds outside in pots or directly into the soil.



When buying wildflower seeds, make sure these include native wildflowers. Look out for mixes that include: common poppy, red valerian, cowslip and forget-me-not.

Method:

Cut the butter and dark chocolate into small pieces and put into a medium heat proof bowl.

Quarter fill a small saucepan with hot water then sit the bowl on top so it rests on the rim of the pan, not touching the water. Put over a low heat until the butter and chocolate have melted together, stirring occasionally.

Once the butter and chocolate have melted together, remove the bowl from the pan and leave the melted mixture to cool to room temperature.

While you wait for the chocolate to cool, position a shelf in the middle of your oven and turn the oven on to 180C/160C fan/ gas 4.

With an electric mixer on maximum speed, whisk the eggs and sugar together in a large bowl until the mixture is about double its original volume.

With a stiff spatula, gently and slowly fold the chocolate mixture into the eggs until the colour becomes a uniformed dark brown.

Sift the plain flour and cocoa over the mixture and gently fold in the same as before, until the mixture becomes "fudgy". Take care not to overwork the mix at this stage.

Ingredients:

185g unsalted butter
185g best dark chocolate
50g white chocolate
50g milk chocolate
85g plain flour
40g cocoa powder
3 large eggs
275g golden caster sugar



Cut the white and milk chocolate into chunks and stir in until they're dotted throughout.

Pour the mixture into a shallow 20cm square tin, cut out a square of non-stick baking parchment to line the base. Use the spatula to level out the mixture.

Put in the oven to bake. When 25 mins have passed, gently shake the tin, if it wobbles in the middle, it's not quite done, so bake for another 5 minutes or until the top has a shiny crust.

Leave the whole thing in the tin until completely cold, then simply slice out a piece any size you like!



ULTIMATE BROWNIES

"These Brownies are the height of decadence. Soft, chewy and chocolaty. They can be a quick treat or served with ice cream for desert."

THINGS TO DO

— LUTON & BEDS —

DUNSTABLE DOWNS EASTER EGG TRAIL



<https://www.nationaltrust.org.uk/visit/essex-bedfordshire-hertfordshire/dunstable-downs-and-whipsnade-estate/visiting-dunstable-downs-with-family>

Admission:

£3 per child

(includes bowling balls to throw and bunny ears!)

Date/Time:

03/04/2023 - 10/04/2023

10:00 - 16:00

Address:

Whipsnade Road
Dunstable
Bedfordshire
LU6 2GY

Contact information:

No prior booking required

For any enquiries:

Phone: 01582 500920

Email: dunstabledowns@nationaltrust.org.uk

“Spectacular views of rolling chalk grasslands and a seemingly endless sky in an Area of Outstanding Natural Beauty”

Dunstable downs is a national trust, part of the Chiltern Hills in southern Bedfordshire. Made from chalk escarpment, the downs are the highest point in the county and have beautiful walking trails and footpaths, lots of history and fascinating plants and wildlife. It's the perfect area for all the family to out on their walking shoes, fly a kite, enjoy a view and have a picnic.

This April the downs are hosting a particularly special Easter event sure to bring joy to any kids off school during the bank holidays and half term period. This new trail hosted by the downs is based on the 200-year-old tradition of orange rolling- A good Friday event where people would gather at the top of the downs to chase rolling oranges down the hills in an effort to catch them.

This year they have reignited this old tradition with a new twist. You will be handed a selection of orange bowling balls and the goal is to try to roll the balls through colourful Easter stations. Think of it a bit like traditional bowling, or mini golf, where you can compete against family and friends to eventually crown an Easter champion!

Plus, once you have completed the trail you can collect a Chocolate egg gift for all your hard work, courtesy of the rainforest alliance. Allergen and diet friendly eggs are also available.

Don't forget! The event is outdoor so make sure to bring your wellies or appropriate footwear and clothing!

Look out for! The Downs have a shop, book store and café for you to peruse and grab a nice warm drink and cake whilst you are there!





Chocolate Easter Nests

INGREDIENTS

- 400g milk chocolate
- 150g your favourite cereal (shredded wheat looks most like a nest though!)
- 60 mini eggs

Makes around 20 nests

1 YOU MAKE ME MELT

Melt the chocolate in a glass bowl on top of a saucepan of hot water making sure that the water does not go into the chocolate and that the bowl fits tightly over the saucepan

2 JUST ADD CEREAL

Empty the cereal into a different bowl and pour the chocolate on top, protect your hands at all times and gently mix until fully combined.

3 MAKE A NEST

Place one heaped tablespoon of the mixture into cupcake cases and with a spoon make a dip in the middle (so it looks like a nest) and decorate with 2-3 chocolate mini eggs before putting in the fridge for an hour to set.

INSPIRATIONAL QUOTES



“April is the kindest month. April gets you out of your head and out working in the garden.”

– Marty Rubin

"No rain, no flowers."

-Haruki Murakami



“Here cometh April again, and as far as I can see the world hath more fools in it than ever.”

– Charles Lamb



“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

-Carl Bard

THINGS TO DO

LONDON

EASTER ADVENTURES AT SUTTON HOUSE

Sutton house is a fascinating Tudor house right in the heart of Hackney's vibrant community. It is one of London's last remaining Tudor houses, built in 1535. To this day it still holds some of the original features such as the original oak-paneled rooms and carved fireplaces as well as French style paintings of the 'trompe l'oeil' style.

You can go on a guided history tour of Sutton house, exploring the hundreds of years of history this building in the heart of Hackney has. There is also the chance to look at the courtyard and Tudor kitchen as well as learn about how the area has changed over time, from being used by squatters in the 1980s and a music venue too.



<https://www.nationaltrust.org.uk/visit/london/sutton-house-and-breakers-yard/visiting-sutton-house#cb-44579630-5>

Address:

2 - 4 Homerton High Street
Hackney
London
E9 6JQ

Admission:

Adult (18+) - £8.50
Child (5 - 17) - £4.25
Additional £3 for Easter Trail entry

Date/Time:

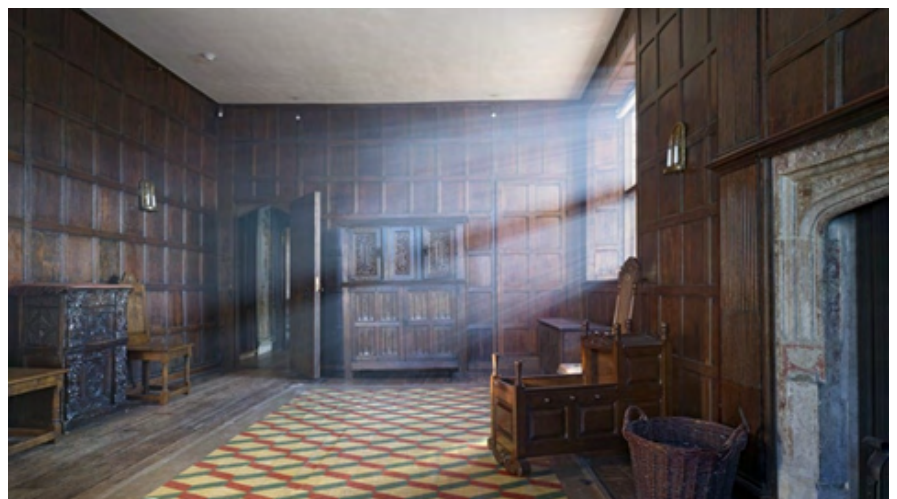
Friday 07/04/2023 - Sunday 16/04/2023
11:00 - 15:00

Contact information:

Phone: 02089862264
Email: suttonhouse@nationaltrust.org.uk

This April, Sutton house is hosting an Easter themed Adventure. You can follow the trail to uncover the traditions of Easter in Hackney and win a chocolate egg when you finish. Guaranteed to be entertaining for the whole family, not only is it educational but filled with fun and treats to keep everyone invested!

Look out for! Next to London's oldest house is Breaker yard, an award-winning garden that only ten years ago used to be an industrial wasteland. You can pop over to explore the space and enjoy the beauty of nature, as well as see the upcycled caravan 'The grange' made from 1970s scrap caravans and fitted with salvaged items from stately homes.





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 _____

Designed and compiled by

Jan (befriender) ©2023

Board Games

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

Designed and compiled by

Jan (befriender) ©2023

PAYDAY

CHESS

CAMELUP

SNAKESNLADDER

RISK

RUMMIKUB

GUESSWHO

DIPLOMACY

DIXIT

HOTEL

MANCALA

OTHELLO

TABOO

YAHTZEE

SORRY

SMALLWORLD

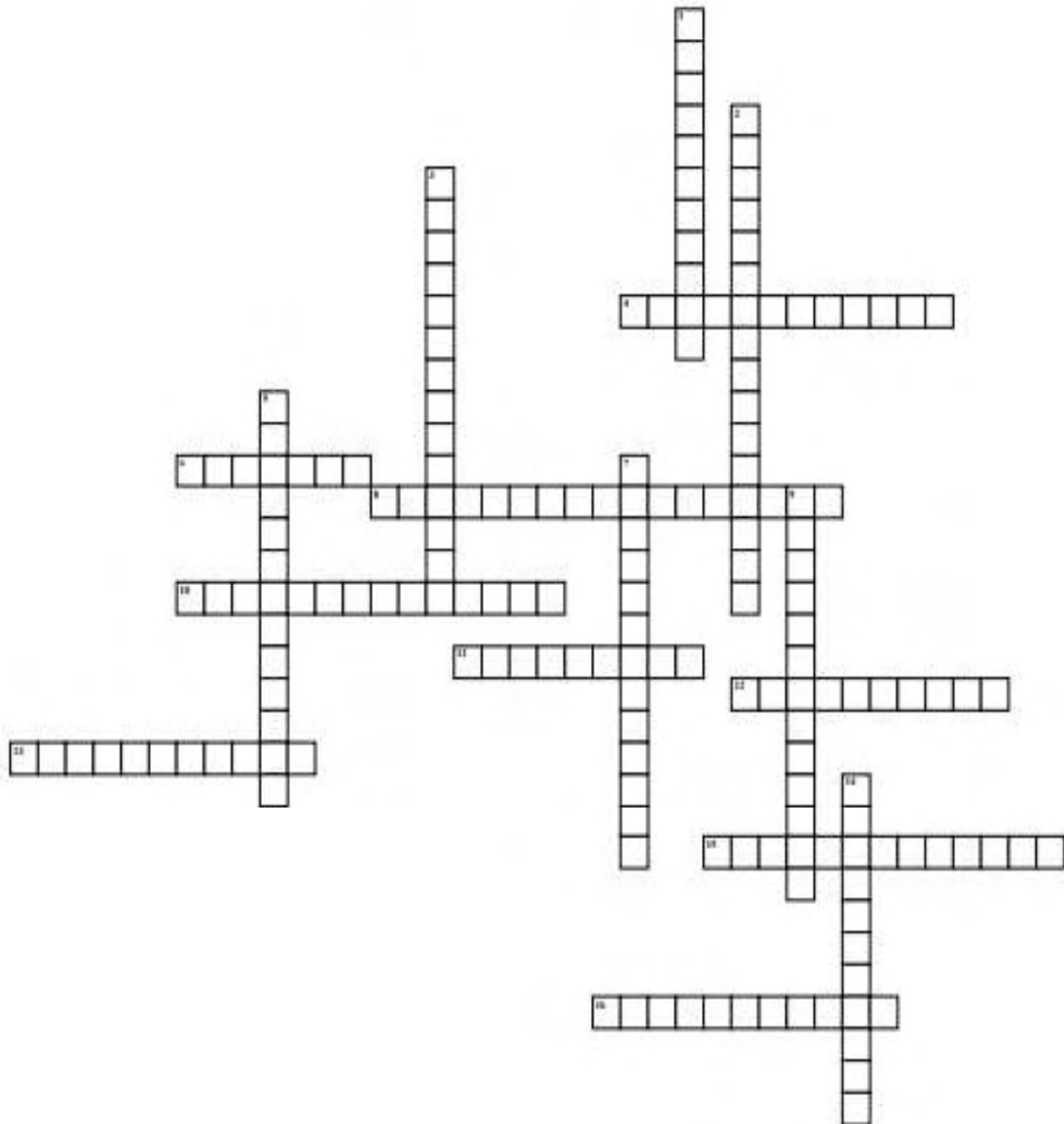
SHOUT

SAPIENS

SHOGUN

QUANTUM

Happened In April



Across

- [4] drizzle or down pour?
- [6] went down after a big bang?
- [8] a proud day for Yorkshire man and past time to show once a year?
- [10] died on April 15, 1865 (Gettysburg address)?
- [11] Goddess of April?
- [12] Easter holiday?
- [13] start the year a fresh?
- [15] green celebrations for around the pot o' gold?
- [16] born in April he starred in the big bang theory as Rajesh Koothrappali?

Down

- [1] Former British Army officer and philanthropist who made headlines in 2020 after raising more than 32 million pounds prior to his 100th birthday.
- [2] born 21st April 1926, longest throne sitter?
- [3] Whether or not its good or bad for fun or the elite Blackheath to the mall? but don't hit the wall?
- [5] from the Chair to Beeches Brook? 40/1 chance?
- [7] they only dig deep on the first Sunday of April?
- [9] only stupid and pranks for a day?
- [14] not bouncing over New Zealand nor Wales?

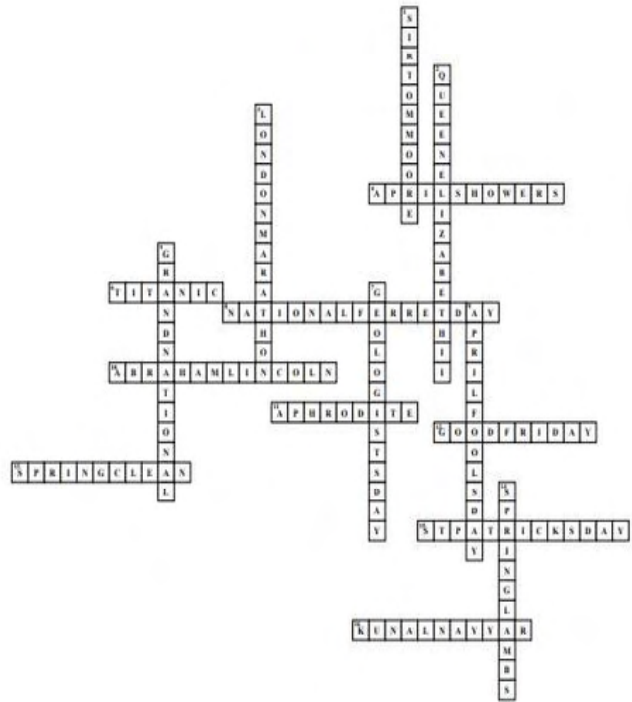
Solutions Page

Solution

Unscramble these words to solve the puzzle!

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

Solution



Solution

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

Across

- [4] drizzle or down pour?
- [6] went down after a big bang?
- [8] a proud day for Yorkshire man and past time to show once a year?
- [10] died on April 15, 1865 (Gettysburg address)?
- [11] Goddess of April?
- [12] Easter holiday?
- [13] start the year a fresh?
- [15] green celebrations for around the pot o' gold?
- [16] born in April he starred in the big bang theory as Rajesh Koothrappali?

Down

- [1] Former British Army officer and philanthropist who made headlines in 2020 after raising more than 32 million pounds prior to his 100th birthday.
- [2] born 21st April 1926, longest throne sitter?
- [3] Whether or not its good or bad for fun or the elite Blackheath to the mall? but don't hit the wall?
- [5] from the Chair to Beeches Brook? 40/1 chance?
- [7] they only dig deep on the first Sunday of April?
- [9] only stupid and pranks for a day?
- [14] not bouncing over New Zealand nor Wales?

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

Path 2 Recovery	0333 332 4019
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

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

The background of the image shows several easels in an art studio. There are at least four visible paintings. One in the foreground is yellow with a blue and red abstract face and a pink heart. Another is blue with a red crescent moon and a green figure. A third is pink with a blue and white striped figure and purple circles. A fourth is yellow with black diagonal stripes and a red and green abstract shape. The text is overlaid on a yellow circle at the top and a blue circle at the bottom.

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