



ELFT

COMPANION



MAY 2023


Inside:

Stories
Poetry
Puzzles
Things to do
Hobbies

CONTENTS

02
Contents
(YOU ARE HERE)

03
Calendar
May



Looking for something to do as the sun starts to coming out more?
See p. 17 and p. 21

Did you know about our Youtube Channel and Meetup groups?
See more on **p. 04**

04
Social Media

05 - 06
Health Suite
Mindfulness

07
Poetry
Getting out of loneliness

08 - 09
Creative Writing

10 - 11
Employment Corner
Employment and mental health

12
Ask Me Anything

13
Poetry
You

14
Poetry
Medication, The Battle ahead

15 - 16
Nature
Wildlife Guide

17
Things to Do
Luton & Beds

18
Outreach Music Group

19
Recipe
Coronation Hummus Dip

20
Inspirational Quotes

21
Things to Do
London

22 - 25
Puzzles

26 - 27
Useful Contacts

Be mindful in MAY

2023

S	M	T	W	T	F	S
	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			

Why not try a mindful walk? You could visit a local green space and use the boxes below to notice your surroundings.

Use your observations as a tool to manage anxiety. Visualise your walk to help you relax.

What can I see?

E.g. A red butterfly with purple eyespots circling bramble.

What can I hear?

E.g. The dawn chorus; birds with a low pitched chatter, some with high pitched squeaks.

What can I smell?

E.g. The earthy smell of the forest floor.

What can I feel?

E.g. Cool water running downstream.

YOUTUBE AND MEETUP GROUPS?

READ MORE IN THIS SECTION!

By Abdul

The Befriending Service has been expanding rapidly over the past year and with the progress made, our social media reach has been growing slowly but surely. In our previous editions, you would find that we were active on platforms such as Instagram and TikTok!

YOU CAN NOW FIND US ON YOUTUBE!!

Apart from the regular 'Shorts', we've got plans on introducing more lengthy content which will give you a chance to spend your time, listening or watching something from a service that focuses on combatting loneliness and isolations



We have now introduced Meet Up Groups for our Befriendeds! We know that there's so much to talk about in this day and age but what about if we prefer something specific? or only want be speaking to individuals who we has something in common with us?

That's where the groups come into play. We currently have four groups running:

- **Gastronauts**: For all you foodies and those who love talking about recipes, healthy or even indulgent eating!
- **Earthlings**: For those who want to discuss gardening or plant care tips and tricks among so much more! We have a superstar on the team who loves this!
- **Cinemates**: For those of you interested in different forms of visual entertainment
- **Bookworms**: This will be our discussion group for those who love a good read and want to talk a bit more about what they've come across while reading.

For more information, speak to your Befriender or send us an email:
elft.befriending@nhs.net

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 Mindfulness. The term means 'being conscious or aware of something'. The difference between Mindfulness and something like meditation is that Mindfulness is a quality, meditation is a practice.

WRITTEN BY ABDUL

Mindfulness



IT CAN BE EASY TO RUSH THROUGH LIFE WITHOUT STOPPING TO NOTICE MUCH

SIX THINGS TO BE MORE MINDFUL

➔ Notice the everyday

➔ Keep it regular



➔ Try something new

➔ Name thoughts/feelings



➔ Watch your thoughts

➔ Free yourself from the past and future



HOW TO BE MORE MINDFUL?

By Abdul

The first step to mindfulness is taking notice of your feelings, body sensations, thoughts and everything around you.

As we go about our day-to-day, you can notice the food you eat, air rushing past your body as you walk and so much more which you wouldn't normally notice.

Trying new things, such as sitting in a different seat in meetings or going somewhere new for lunch, can also help you notice the world in a new way. Some people find it very difficult to practise mindfulness. As soon as they stop what they're doing, lots of thoughts and worries crowd in. It might be useful to remember that mindfulness isn't about making these thoughts go away, but rather about seeing them as mental events that come and go.

Some people find it is easier to cope with a busy mind if they are doing activities like going for a walk or yoga. To develop an awareness of thoughts and feelings, some people find it helpful to silently name them: "Here's the thought that I might fail that exam" or: "This is anxiety".

Mindfulness may seem difficult at first, but with anything that is new - it takes time to understand and perfect. How about you give it a go?

POETRY

Getting Out Of Loneliness

**Finding yourself is the first good step
You can't be lonely if you have found
yourself**

Meditate

Don't frustrate

**Breathe in a peaceful harmony to your
life.**

Think about yourself first

Go for a stroll and acknowledge

The beautiful nature surrounding you.

**Even the traffic lights, the rythm of
them -**

Stop, Ready, Go,

Is a beautiful routine.

That will hopefully help your safety.

Things in the World are beautiful,

A flower bud is the beginning

Of a life of a flower.

Jade



CREATIVE WRITING

Creative Writing brings joy and happiness; connecting with our souls, our consciousness, sub-conscious and reality. Writing is a powerful tool for recovery: anxiety, loneliness, isolation and spectrums of living in a world of uncertainties, power, oppression and poverty. The writer's voice is never easy to find. It encompasses/entails discipline and time: passion, commitment, determination, sensitivity, empowerment, and connections with all of our senses. Expressing dreams, aspirations, strengths, hope, and bravery that we all possess. It enrapt the colours of our weaknesses, our flaws, and desires.

When I started writing, it was like playing games and puzzles. I heard multiple voices and developed them into characters, scenes: writing poetry in layered voices and finding musical tones. The process was empowering. I understood humanity and mental health. I connected with the voices. I felt inspired, joyfully. I wanted to write the best poem ever. The best short story ever, the best play, the best novel, and write the best ever journaling.

Finding the writers voice could be harrowing, challenging and demanding. I spent a lot of time writing about whatever came to mind. I understood the process. I fought the concepts of oppression, racism, melancholy and hopelessness. I wanted change. I yearned exploring life's challenges through Creative Writing.

There are tips that allow the process nurture, making writing enjoyable, pleasing, and also empowering. I became self-aware of society. I set goals and targets. I enjoyed holding a pen, writing on paper. Follow these tips. They open the eyes, mind and soul to start writing:

FINDING THE WRITER'S VOICE

1. Write down the first word/s that comes to mind. Be honest.
2. Create characters with the voices/words you heard.
3. Find ways of navigating the positive voices, and the negatives voice/s.
4. Explore through imagination. Let it take you to places known or unknown.
5. Express joy with the voices. It could be difficult, but fulfilling.
6. Attempt writing musically with Poetry. Thinking musically helps with content, structure, rhythm, pace, colour, and endings.
7. Think of practical things you enjoy doing to get you started.

Examples:

What did you have for breakfast? Write about it.

Did you listen to music before going to bed? Write about it.

How was your mood today? How easy/difficult was it going to bed?

What does the summer months remind you of? Do you like animals?

How was your cat today? Was your imaginary dog happy this morning? Write about them.

If you navigate around these, you're gradually becoming a writer that encompasses all the genres of creative writing. Your voice will shine.

Your writing journey begins.

These tips rouse the creative juices. They get the thought process flowing. Anyone can write. We do it every day, communicating.

Finding the will-power to write is the most difficult huddle. Once you embark on that journey; the pleasure, passion and commitment never stops. There is freedom! Our senses take us to places of beautification! Places of joy, hope, charms, and intense happiness!

EMPLOYMENT CORNER

Employment & Mental Health



Employment has many benefits for your mental health and wellbeing, from increasing your sense of purpose to providing you with structure. Each month this section will give you tips to help you get into work, from writing a CV to preparing for an interview.

70-90% of people with mental health issues would like to work, but only 37% are in paid employment. For people with severe mental illness, it's just 7%.

Employment can help you to gain self-reliance, self-confidence, the respect of others, personal income and it can help you to feel like part of the community.

Volunteering can be a great way to start (or restart) your journey into work. Voluntary roles often give you the structure of a paid role, with less commitment and more say over your working hours. It is a great way to learn new skills, build confidence and gain experience in a sector you are interested in. It also looks great on your CV.



By Richard

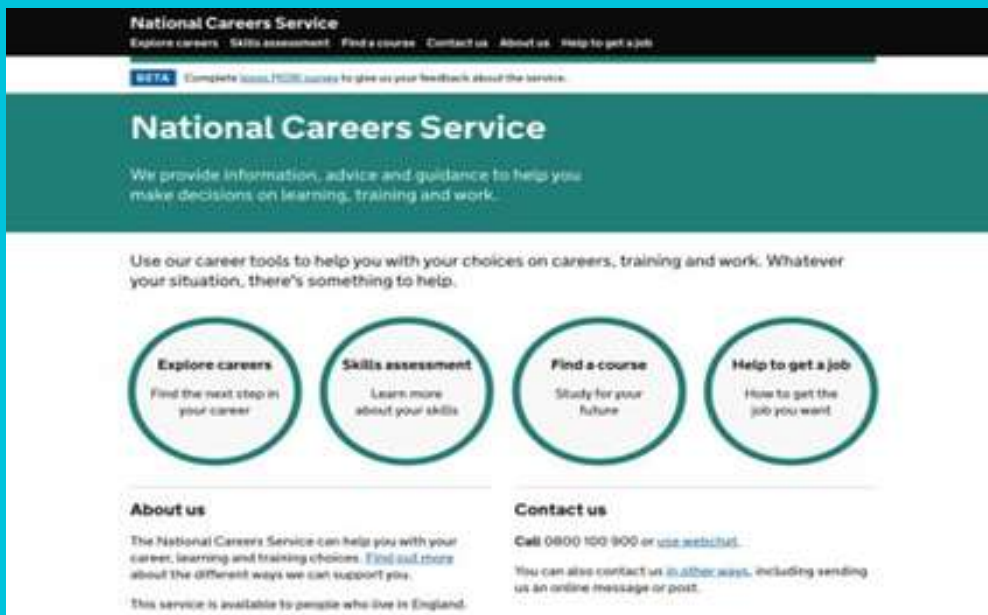
Looking for work

If you have some idea of the kind of work you're interested in, why not try one or more of the ideas below to find work:

- **Networking** - Chat to people in your local area or on social media about any job opportunities.
- **Jobsites** - Indeed and Totaljobs allow you to specifically search the positions that meet your requirements.
- **Careers fairs** - Here you can meet prospective employers and discuss opportunities they have on offer.

If you know who you want to work for, you can also go onto the company's website and search any available jobs.

A good tool for helping you decide what role you might be suited to, is the Government's National Careers Service website.



On there, you can do a skills assessment to see what type of role suits your skillset, or personality. You can also find courses to enhance your learning, create an action plan for job searches and talk to a careers advisor.

Want more advice?

If you are currently under a Community Mental Health Team ask to be referred to their IPS Employment Specialist. They are in place to assist you in your journey into employment and support you when you start.

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!

I went to meet my Befriender face to face

Now and again we are asked this question. Unfortunately, this is some thing we do not offer. There are many safety aspect to consider when meeting up, both for the Befriendee and Befriender. We do offer weekly online meet ups in a group setting where you are able to share thoughts, ideas and flex your social skills.

Am I 'eligible' to access a food bank?

You can ask Citizens Advice to refer you to a food bank. They'll usually make an appointment for you to discuss your situation where they will ask you some questions to check you're eligible. If you are, they'll give you a voucher for your nearest food bank. They can also check if you should be getting any benefits you're not currently claiming and tell you about other help you could get.

"YOU MAY NOT CONNECT WITH EVERY PERSON YOU TALK TO. THAT'S OK"

What other things can I be do to enrich my life?

Occasionally, for your mental health, it is important to try something new, something different from your day-to day life activities. There are many meaningful ways to enrich your life by making little, yet effective decisions.

- Do what makes you happy
- Be good to others
- Play to your strengths.
- Take time for yourself.
- Play more.

How do I meet new people?

There are many you can seek out and cultivate new friendships. Make an effort to introduce yourself in situations where you have the opportunity for interaction with others, such as at the grocery store, at the library, or even online. Don't be afraid of rejection. You may not connect with every person you talk to. That's OK! You can also turn acquaintances into friends by simply talking to them from time to time, finding out more about their interests, and sharing your thoughts with them.





YOU



I COULD TELL YOU EVERY DAY
YOU ARE BEAUTIFUL
YOU ARE LOVED
AND WHEN YOU'RE NOT AROUND
YOU ARE MISSED

I COULD SAY IT A THOUSAND TIMES A SECOND
UNTIL OUR SECONDS RUN OUT

BUT IF YOU WERE TO SAY IT TO YOURSELF
JUST ONCE
AND TRULY BELIEVE IT
YOUR POWER
WOULD BE UNMATCHED IN THIS WORLD



MATT

MEDICATION, THE BATTLE AHEAD

HEAVY RAINFALL

THOSE PILLS MIGHT FEEL DISTRACTIVE TO THE HEALING MINDS
SOMETIMES. IN TIMES OF WORRIES, ALSO IN TIMES
OF ANXIETIES AND UN-WELLNESS. THERE ARE SAFE WAYS
OUT - ADMINISTER. I WANDERED IN MY HOPELESS, DARK, SCHIZOPHRENIC,
SELF LIKE A TROUBLED, SAD, LOST, HALFWIT, TRASH EN-ROUTE TO HELL.
IT'S A HUGE WAR TOO, SOMETIMES — THE LIVELONG BATTLE
OF ADMINISTERING MEDICATION - STAYING ALIVE. PSYCHOSIS AND
NEUROSIS, AND OTHER MEDICATED DISABILITIES; THE PRIDE
AND JOY IS IN TAKING THOSE HOPEFUL TABLETS. AT MOST TIMES THOUGH, THERE'S THE URGE
TO STIR AWAY - THE CONFUSED STIMULUS PLAYING THE CRAZY GAME.
FLASHES — LIGHTNING
BUT THINK TWICE. REASON WISELY. A RELAPSE OR FALL MIGHT ARISE.
FEEL FOR THE EVENING MOON AND THE EARLY MORNING
DEW — THOSE, FINE, JOYOUS FEELINGS OF ACCOMPLISHMENT MAKES
LIFE WORTH LIVING. TAKE THOSE FINE TABLETS. THEY TRULY
AID THE RECOVERY PROCESS, AND STRONGLY, MADLY STIR AWAY THE DEVIUS, ANGRY
SYMPTOMS, AS WELL AS THE CONFUSED, WANDERING, HOPELESS, LOONY VOICES.
A NEW PERSON IS BORN! A GRACEFUL LIFE EMERGES! ADMINISTER
THE MEDICATIONS. FLOAT IN THE AIR WITH THEM. FLY FREE WITH THEM, ETERNALLY.
HUMAN'S MINDS BATTLES ARE DEEPLY, DEEP, BUT BLISSFULLY EMPOWERING.
THOSE ROUNDED PILLS WORK MAGICALLY.
IT'S ABOUT BRAVERY. IT'S ABOUT HOPE. IT'S ABOUT DETERMINATION. IT'S ABOUT STABILITY.
OUR HEALING DRUGS DON'T HURT; THEY SOOTHINGLY, DIVINELY, CURE,
ALSO AT WAR WITH NEGATIVITY — JOURNEYING AWAY WITH THE MIND, BODY
AND SOUL INTO INCREDIBLE, COLOURFUL, WONDROUS, EMBRACING, UNIQUE PLACES.
THE DRUGS WORK AMAZINGLY. THEY HEAL THE SORES OF MELANCHOLY.
RESPONDING HAPPILY TO SUICIDAL THOUGHTS, AND UNPLEASANT, RAMBLING VOICES.

Wildlife Guide

May

Spring is well under way, and with it comes more sun and more wildlife! May is a time for mating to some, and a time for raising young to others. It is a month filled with so much action- so why not get outside and see for yourself!

Mayflies

As the name suggests, these can be seen in great numbers in May. You will see them emerge from lakes, rivers and ponds looking for a mate. Their adult stage is short-lived so be sure to look out for them this month.



Mayfly, *Ephemera* sp.



Elephant Hawk Moth, *Deilephila elpenor*.

Hawk moths

You can see these beautiful insects on warm evenings from May. As the name suggests, they are large (between 6-12cm), and can have distinctive bright colouring (so quite hard to miss)!

Hedgehogs

It isn't just breeding season for our birds, male hedgehogs will also be out looking for a mate. Listen out for his snuffling and grunting noises as he circles the female in the evenings. Just be careful not to disturb them!



European Hedgehog, *Erinaceus europaeus*.

Wildlife Guide

May

What can I do?

No Mow May

You can help nature by doing nothing! By leaving the lawn, you'll allow wild flowers to grow which create the perfect habitat for a range of insects and birds.

Why not make a note of your garden visitors once you say no to the mow?

Join the Dawn Chorus Festival

International Dawn Chorus Day happens on Sunday 7 May 2023. Head out to your local green space just before dawn to listen to beautiful birdsong- you'll be impressed!

If you can't get out to listen- don't worry! Download the RSPB Birdsong Radio App to listen to birdsong from the comfort of your home.



Your RSPB dawn chorus checklist:

1. An early alarm. You can hear the dawn chorus throughout the morning, but the noisiest time is between 5 and 5.30am.
2. Warm clothes - early mornings can be chilly!
3. Strong shoes if you're intending to head out and about.
4. Birdsong app such as BirdNet.
5. Your favourite hot drink.
6. Snacks for after the show.

THINGS TO DO

— LUTON & BEDS —

DANISH CAMP RIVERSIDE

Have you thought about getting out and cycling more this springtime? Well can we entice you with an amazing destination you can visit on your trail, bound to make the journey worth it?

Why not head down to the Danish Camp this May time with friends or family and enjoy a lovely break by the Great Ouse in Willington! There are many cycle paths, depending on your start location that will direct you to what is considered 'Bedfordshire's best-kept secret'. Perfect if you love the Countryside, the camp is nestled between the woodlands of Willington, just east of Bedford where there sits a beautiful Norwegian Log cabin that houses a café filled with delicious food and drink to keep you satisfied as you embrace the nature around you!



Keep an eye out for! Live Music Fridays! Every month the Danish camp hosts a live music event where you can be entertained with DJ's and bands, served food and enjoy a relaxing evening out on their heated terrace. The next event will be held on 5th May 2023.

Did you know! Bike and trailer hire is also available for those who would prefer to stay on land and make a journey through the woodlands surrounding the area.



Admission:

Free to Visit.

Payment dependent on activities taking part in and food ordered.

Getting its name from its rich history, the location is dated back to Viking times where Danes would use the area to set up a camp to care for their ships and is now a scheduled ancient monument. Tours can be arranged to visit the sites including the local moat- one of the very few water-filled moats that remains from the Viking age to this day!

Further, if you're the adventurous type, the Camp also offers self-drive boat hire suitable for up to five passengers- perfect for wildlife and bird spotting along the river whilst spending time with loved ones. Or if you would prefer to kick back and relax on a boat ride, you can also cruise on the Artful Dodger- a 12 passenger wide beam barge where you can be served lunches or afternoon tea on board. They also offer mini golf, a bouncy castle for the kids during summer months and host exclusive events on bank holidays and special weekends.

Address:
DANISH CAMP RIVERSIDE
VISITOR CENTRE
Chapel Lane
Willington
Bedford
MK44 3QG
Tel: 01234 838709
info@danishcamp.co.uk

Opening Times:
Wednesday- Sunday:
9am-5pm



OUTREACH MUSIC GROUP

IN CONJUNCTION BEDFORD RECOVERY COLLEGE

PRESENTS



Words Unheard



Free
10 Week
CREATIVE
WRITING
COURSE


EVERY THURSDAY FROM
11th May 2023 until 13th July 2023 5:30PM-7:30PM


BEDFORD RECOVERY COLLEGE
3 WOBURN ROAD BEDFORD MK40 1EG


"Come And Let Your Creativeness Flow"


FOR MORE INFORMATION

EMAIL: omgcg@yahoo.com | CALL: Mark 07946 180 132

 **YouTube** [OMG outreach music group](#)

 **Instagram** [outreachmusicgroup](#)

 **Facebook** [outreach music group](#)

 **Twitter** [outreachmg](#)

Bedfor



CORONATION

HUMMUS DIP

Need to take a dish to a picnic or event?



- In a tub of plain hummus add 2 tsp of mango chutney and 1 tsp of curry powder. Mix with a spoon and add a small amount of raisins or sultanas

- Refrigerate until ready to use*
- Serve with crudité's or crisps*
- Tasty and nutritious and super economical*

Please send in your recipes to mark our new king's coronation we would love to try them!

Note if you don't have hummus, blend a can of chick peas with a little water, garlic and mayo for a similar result



**By
Deanna**

INSPIRATIONAL QUOTES



"You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens."
- Mandy Hale

"There is nothing impossible to him who will try." - Alexander the Great

"Believe you can and you're halfway there." - Theodore Roosevelt



"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely." - Roald Dahl

THINGS TO DO

LONDON

THE GREENWAY CYCLE AND FOOTPATH

Thinking about a way to boost your activity now that Spring time is upon us? If you're in the East London area, enjoy walking or own a bike, why not check out the greenway, a 7-kilometer footpath and cycleway perfect for reaching your exercise goals, take in the sights of London, and spend your days out in the sunshine (provided of course you aren't met with any April showers!).

Recognized by the mayor of London as a site of importance or Nature conservation, the western end of the trail is Victoria Park in Tower Hamlets and the Eastern end is at the Royal docks in Beckton.



The route will take you past some of London's most intriguing and historical sights such as the northern Outfall sewer along the embankment and the Queen Elizabeth Olympic Park. You will be able to pass through Fish Island in Tower Hamlets, see the city mill and waterworks rivers in Newham and pass the memorial recreation ground.

Close to the London stadium, you can also visit the Viewtube- a community venue made from recycled shipping containers that houses a café, maker studios, tranquil gardens and also allows bike hiring.

Cycling or walking this trail is a fantastic accomplishment that can bring you closer to what London has to offer, increase your fitness and activity levels and help with your mental wellbeing. You could even get a group of friends or family to travel the trail with you, and make a whole day of stopping at the sights, grabbing something to eat and clearing your mind.



Only Royalty Reigns! Who's House Is This

Unscramble these words to solve the puzzle!

1. MEAIRC _____

2. WSEXSE _____

3. EDANMRK _____

4. IVNNAEG _____

5. EATLANPNTEG _____

6. WEDDNYG _____

7. EIEIROCGDN _____

8. PIANL _____

9. DEDLGNU _____

10. RAMOCEN _____

11. LLBLAIO _____

12. REBCU _____

13. UTATSR _____

14. WREATST _____

15. NSATLCREA _____

16. OYRK _____

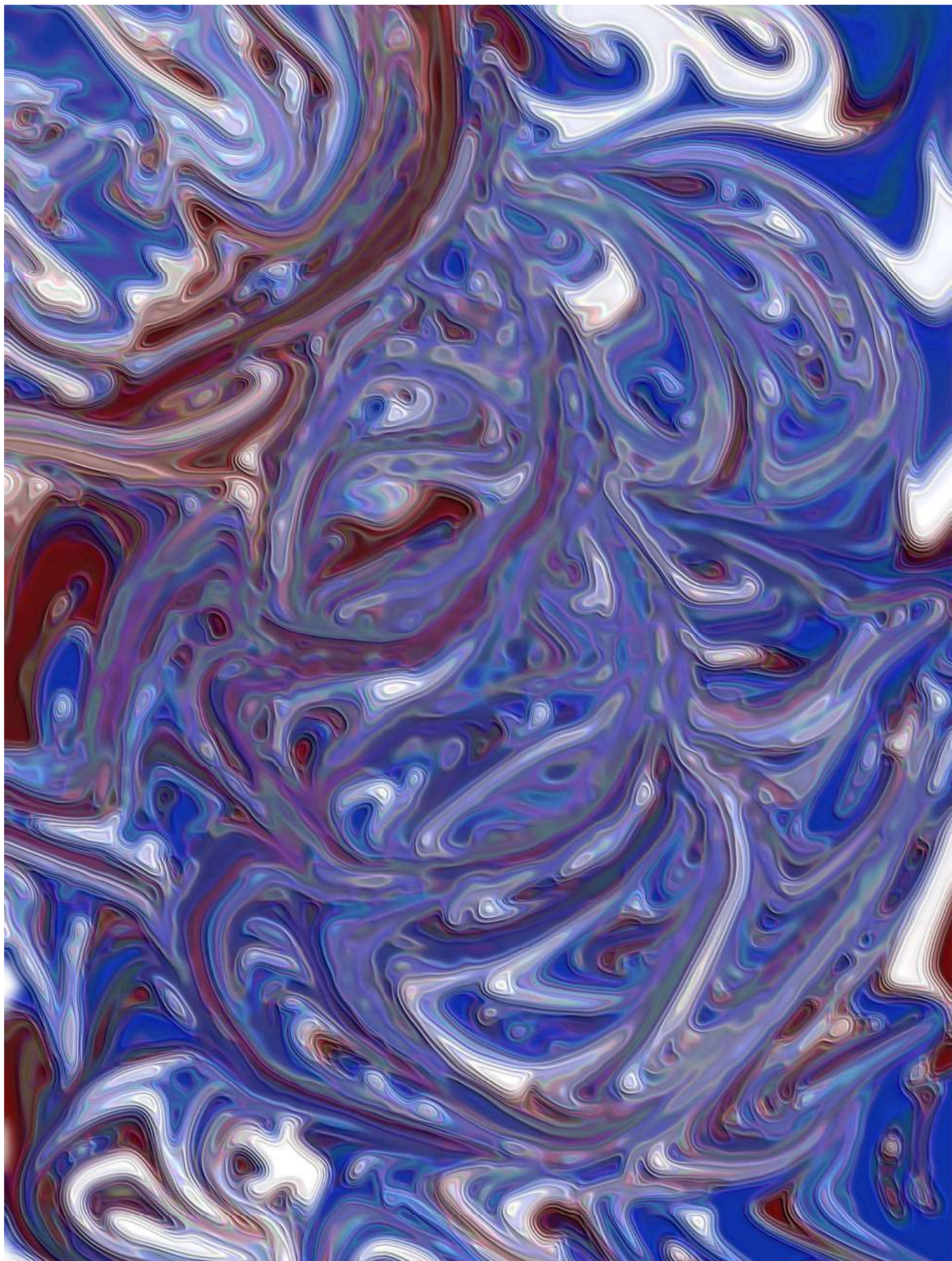
17. TUDRO _____

18. NOVRAHE _____

19. ONRIWSD _____

20. NDAYRNOM _____

Welcome to reverse coloring, the aim is for you to draw in what ever you wish, from what you see in the picture, with a black pen, let your mind be as creative as you wish have fun!



Solutions Page

- | UNSCRAMBLE | SOLUTION |
|----------------|--------------|
| 1. Mercia | 2. Wessex |
| 3. Denmark | 4. Angevin |
| 5. Plantagenet | 6. Gwynedd |
| 7. Ceredigion | 8. Alpin |
| 9. Dunkeld | 10. Canmore |
| 11. Balliol | 12. Bruce |
| 13. Stuart | 14. Stewart |
| 15. Lancaster | 16. York |
| 17. Tudor | 18. Hanover |
| 19. Windsor | 20. Normandy |

The Right Royal Eight Quiz

1. Elizabeth Alexandra Mary Windsor
2. Swans
3. Her Royal Highness The Princess Royal
4. Eight
5. Athelstan (895-939AD)
6. Imperial State Crown
7. Ration Coupons
8. Stanley Baldwin

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THE REFERENCE IS OF THE DATE AND DAY OF:
 King Charles III Coronation

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



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