



ELFT

COMPANION

NHS

East London
NHS Foundation Trust



Inside:

Stories

Poetry

Puzzles

Things to do

Hobbies

MAY 2023

ELFT.BEFRIENDINGSERVICE@NHS.NET

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June

This piece of artwork was too good not to have on our contents page!



Nutrition is such an important part of our lives - be sure to see what we have in this edition.

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It might be hard to believe that we're already reaching the halfway point of 2023. But it also means that the sun is finally ready to come out and with the approach of summer, there's so much that you can get up to. Take a walk and see if you can answer the questions below.

What have I seen?

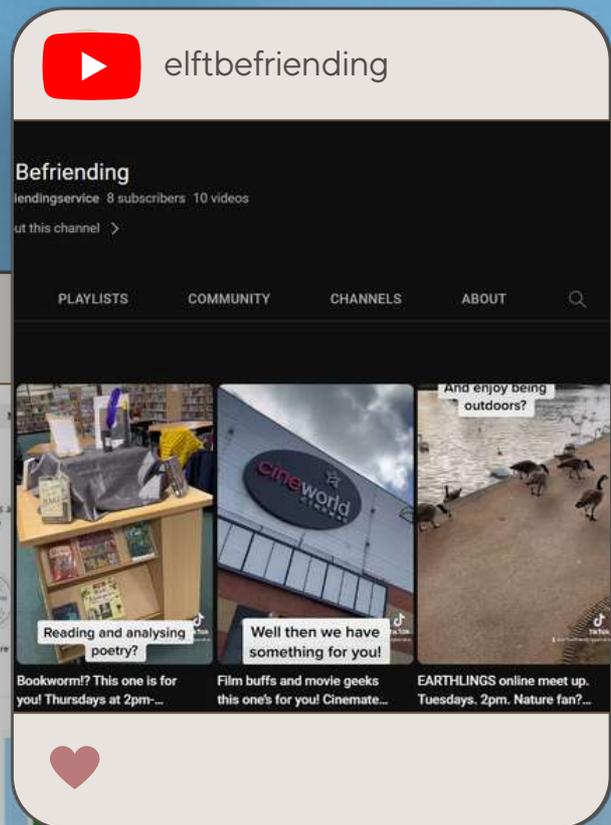
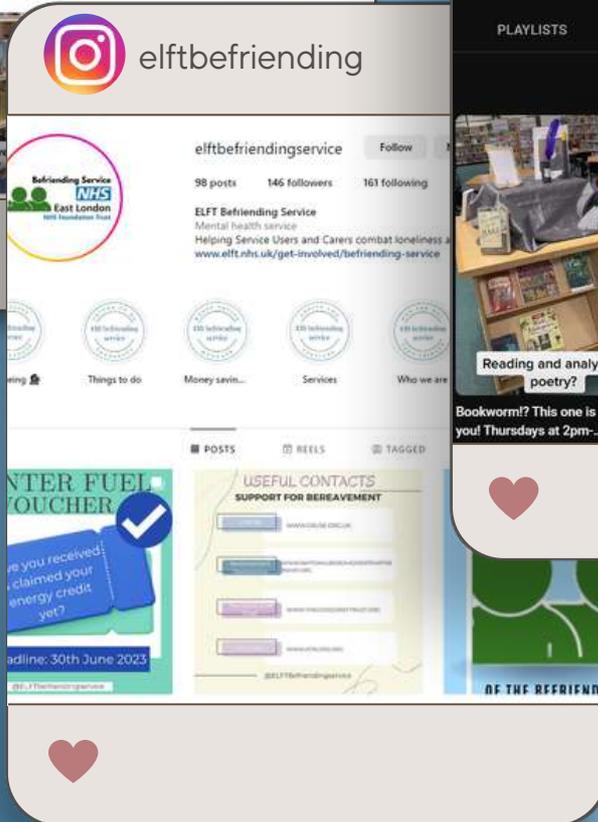
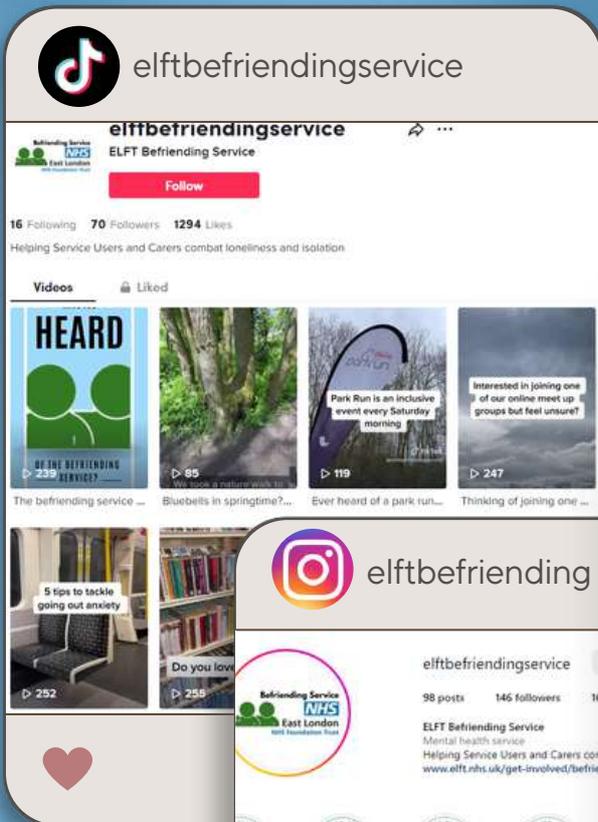
What have I heard?

What have I smelt?

What have I felt?.

SOCIAL MEDIA SHOWCASE

Don't forget to find us on Social Media! 👁️



ELFT BEFRIENDING

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 Nutrition. Having a focus on consuming a well-balanced diet promotes optimal mental well-being. A focus on nutrition can have a positive impact on mood, cognitive function, stress management, and overall mental well-being.

WRITTEN BY ABDUL

Nutrition



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

FIVE THINGS TO CONSIDER

→ The Gut-Brain Connection



→ Essential Nutrients

→ Balancing Blood Sugar



→ Mindful Eating

→ Hydration



NOURISHING YOUR MIND

By Abdul

In today's fast-paced world, taking care of our mental health has become more important than ever. While therapy, self-care practices, and medication are valuable tools in mental health management, we often overlook the crucial role that nutrition plays in nurturing our minds. The foods we consume have a direct impact on our brain function and emotional well-being.

Practicing mindful eating can enhance your relationship with food and promote emotional well-being. Slow down, savor each bite, and pay attention to the sensory experience of eating. Tune in to your body's hunger and fullness cues, and eat when you're genuinely hungry rather than in response to emotional triggers. Mindful eating helps foster a healthier relationship with food, reduces stress-related eating, and enhances the enjoyment of meals.

Proper hydration is essential for optimal brain function. Dehydration can lead to fatigue, difficulty concentrating, and mood disturbances. Aim to drink an adequate amount of water throughout the day and reduce the consumption of sugary beverages. Herbal teas and infused water can add variety and flavor to your hydration routine.

How about you try making small changes today over the long-term?

THE MIND CLOCK

Ticking, ticking, ticking away.
At 9pm prompt, its time for medication.
At 10pm, its time to go to bed.
At 01.00hours; it's the start, the beginning to
A magnificent dream. At 6am,
The mind wakes and shuffles anxiety. At 12.00 noon,
warmly,

Its time for breakfast. At 4pm,
Its lunchtime! The extremely busy
Mind celebrates happily, ticking hyperactively.
Running after stability.
Hour by hour, ticking. Minute by minute, ticking.
Second by second, ticking. Floating and wandering. At
2.00am

There's a moon's cry. Amazing lovely dreams

Appear running after the alter ego. Wakey!
Wakey! It's time to for Godly awakening. The mind
Clock is unique and very creative, just
As the human psychic is extremely complex

And demanding. Always ticking away madly into
another world,
Into a fine, worthy, universe. Ticking and ticking.
Running after joy. Crying for justice. Ticking
For hope. Singing the hymns on Zion. Watching
through
The murky windows. The gods blowing their priceless,
calling trumpets.

Dele Oladeji



HOBBIES



GAMING

The video game industry is a much more mature than it has ever been. There are now more adults gaming than ever before. The games industry is now worth more than \$180 billion and an estimated 3.2 billion players in the world, video games dominate the audio-visual sector, far ahead of music and cinema. Not even Hollywood can compete

Playing video games can even have positive effects and benefits, when played in moderation. Including improved cognitive and problem-solving abilities including hand-to-eye coordination. Greater multi-tasking ability, Faster and more accurate decision-making.

Gaming can be a positive and beneficial experience, when played in moderation. To experience the positive effects of video games, it can be helpful to identify your motivation to play.

If you play games in moderation, for fun and recreation, you may experience many benefits. However, if you play games excessively to escape real-life problems, then you may begin to experience problems. Playing games can have both negative and positive implications on your quality of life so it's important to be aware of your play and keep it in balance.



ART



BY FIONA

Want to see your artwork featured in the magazine? SEND IT IN!

Fiona spent over 6 hours on this beautiful piece!

EMPLOYMENT CORNER

By Richard

Writing a CV



So, you've decided to look for work (GO YOU!). The first thing you'll need to do is create a CV. A CV allows you to summarise your education, skills and experience, enabling you to successfully sell your abilities to potential employers.

CV's have moved on a long way since the days of writing CURRICULUM VITAE on the top of a piece of paper (Your name is the only title you need). With lots of large companies now using computer programs to sift through CV's and the average Human spending 6 seconds to glance at your CV before deciding, it's important to give a good account of yourself.

A standard CV should be no longer than two sides of A4 paper. Though this can vary depending on your work history. Any gaps in your CV can be explained in your cover letter.

It's best to write a CV on a computer, this makes it easier and more convenient to send and receive via email. It also cuts down on paper usage, which makes environmentalists happy.

It's a good idea to have an email address specifically for job applications. A simple, free email provider like Gmail or Outlook is fine. This removes the possibility of losing any responses from prospective employers and might look more professional than the embarrassing one you set up when you were 16.

What to include in a CV

Your name

Telephone number | Email | Postcode | DOB isn't required

SUMMARY

A brief statement, highlighting your key attributes and to help you stand out. Pick out a few relevant achievements and skills, while expressing your career aims. Stay clear of empty statements, such as 'Team Player' or 'Hardworking'. 100 words is a perfect length.

EXPERIENCE

This should be most recent first. Make sure what you mention is relevant to the job to which you're applying. Include job title, company name, dates you were there and key responsibilities.

EDUCATION

List and date all previous education, including professional qualifications. Place the most recent first. Include qualification type/grades and the dates.

SKILLS AND ACHIEVEMENTS

The key skills that you list should be relevant to the job. Don't exaggerate your abilities, as you'll need to back up your claims during an interview.

INTERESTS

Relevant interests can provide a more complete picture of who you are, as well as giving you something to talk about at your interview. If you don't have any relevant hobbies or interests leave this section out.

References aren't required on a CV.

Try tailoring your CV to the job you are applying for. Winning a pie eating contest in 2017 isn't relevant to an accounting role.

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 are the benefits of therapy or counseling for mental health?

It provides a safe and non-judgmental space to express and explore emotions, thoughts, and concerns. Therapists or counselors can help individuals gain insight into their behaviors and patterns, develop coping strategies, and enhance self-awareness. They provide guidance and support in managing stress, anxiety, depression, and other mental health issues.

How can I recognise and address negative thought patterns?

Start by paying attention to your thoughts and identifying negative or self-defeating patterns. Engage in self-care practices, such as mindfulness and relaxation techniques, to cultivate a more positive mindset. Seek support from someone who can provide guidance and tools to address and reframe negative thinking patterns effectively.

"YOUR MENTAL HEALTH IS A PRIORITY. YOUR HAPPINESS IS ESSENTIAL. YOUR SELF-CARE IS A NECESSITY."



What are some self-care practices for maintaining good mental health?

Some self-care practices for maintaining good mental health include regular exercise, getting enough sleep, practicing mindfulness or meditation, engaging in hobbies or activities you enjoy, setting boundaries, seeking social support, and taking breaks to relax and recharge.

What resources are available for seeking help with mental health concerns?

There are various resources available for seeking help with mental health concerns, including mental health hotlines, therapy or counseling services, support groups, online forums or communities, self-help books or resources, and mental health apps. Additionally, reaching out to trusted friends, family, or healthcare professionals can provide support and guidance.

What is Eid-ul-Adha?

Also known as the Feast of Sacrifice.



During Eid-ul-Adha, Muslims perform special prayers, gather for communal prayers at mosques or open grounds, and listen to sermons. The day is marked by the sacrifice of an animal, typically a goat, sheep, cow, or camel, which is done in remembrance of Ibrahim's sacrifice.

Eid-ul-Adha is also a time for Muslims to express gratitude to God and engage in acts of charity and goodwill. It is a time of unity, reflection, and sharing blessings with others.



Emotionally Driven

Sometimes I get tired
And I don't feel like driving anymore
I let my emotions take the wheel

They don't drive as well as me

They hit every pothole in the road
And we always end up crashing
Far from where I set out to be

Then it's the long walk back
To a place I recognize
Past broken fences
And angry faces



Gardener's Guide

Whether you have acres of luscious green land, a sky-high balcony or a sunny windowsill, we all have the space to grow some grub! This section will give you some gardening tips and seasonal jobs to keep your garden bustling each month.

Did you know you can grow a whole plant without buying seeds? See three cheap and easy methods to grow some plants from scraps below:

1. *The water method*

This is the easiest method to grow from less. All you need is a sunny windowsill, a glass and some water. This method works for your leafy veg, such as lettuce, spring onions and celery.

Once you have cut the edible part of your veg for dinner, pop the base (with roots intact) into a glass of water. Over the next few weeks new leaves will grow, ready for you to eat. Remember to change the water every few days and check the roots are fully submerged.



2. *Save the seeds*

You would be surprised how easy it is to grow plants from the seeds we throw away. Almost any fruit plant, from tomatoes to avocados, can be grown by saving the seeds.

Each plant will have specific requirements to kickstart germination- so do your research before you get started. You will most likely need somewhere warm, some grow medium (e.g. soil) and a container to keep them in.

Growing a plant from seed is very rewarding, and before you know it, you will have a fruit plant (or tree!) of your own.

See the next page for more!

Gardener's Guide

3. Propagation

As long as you can identify a root node, you have potential to grow a whole new plant! All you need is a pair of sharp scissors and a glass of water.

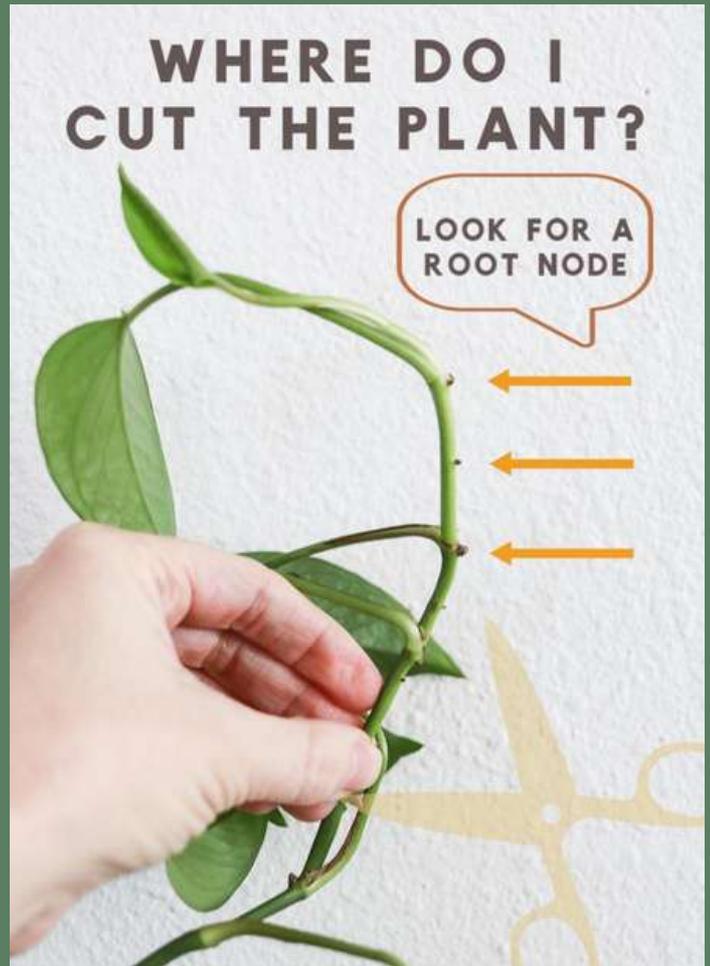
Cut the plant below the root node and place it in water.

Within the next few weeks, you should see roots start to emerge. Once you have a healthy nest of roots, you can pot your plant into suitable growing medium.

As with the first method, change the water weekly and keep it topped up so the roots don't dry out.

This method is great for raising new house plants, so why not trade some cuttings with a friend?

You could also try growing herbs from freshly cut packets in the same way,



Get involved!

Do you have any burning gardening or wildlife questions? Or any tips you would love to share? Why not send us pictures of what you've been up to in the garden?

Email us at elft.befriendingservice.nhs.net to have your say in next month's edition.

THINGS TO DO

— LUTON & BEDS —

THE BEDFORD KITE & MOTORING FESTIVAL

Along the stunning embankment river located in Russell Park, Bedford is back again hosting the Kite and Motoring Festival in 2023! A family friendly day out and a perfect way to spend time with your dad for Father's day, there is a whole array of activities, exhibitions and food stalls to excite the biggest car fanatics and outdoorsmen alike. What can you expect at such a festival? Well, the event boasts a wide variety of 'classic and unique' vehicles where "anything on wheels will be considered". That means commercial, off road, competitive vehicles, motorcycles, steam and more will be proudly placed on display for all to see. You can also pay a small fee if you have a beloved car that you would like to be presented, for what is expected to be a crowd of more than 30,000 people over the two days!



Look out for! Want a chance to experience motor racing too? The event is also expected to have a Professional motor racing simulator perfect for those who want to feel just like Lewis Hamilton! If your dad is a fan of F1 make sure he checks this out!

Don't miss out on! Bedford river hosts wonderful dragon boat racing that gets everybody amped up and competitive. Watch and cheer along with the locals and see who will come out victorious!

Alongside all the wonderful car exhibits, there will be detailed demonstrations of international kite flying as well as several chances to buy your very own kite to take home and fly with your family on those especially windy days. The sky will come alive with colourful dancing characters that are a wonder to marvel at with your children.

And it doesn't stop there! Get ready for live music, crafts marquees, a children's funfair and even a vegan marketplace—something for everybody that makes it totally worth your time to stop by!



Address:
Russell Park,
The Embankment
Bedford
MK40 3RH

Getting there:
Trains to Bedford run from St Pancras International Station.

Admission:
Free for visitors and
guests
£4-£8 if interested in
exhibiting your vehicle

Time/Date:
Sat 24/06/2023 10:00AM
-
Sun 25/06/2023 16:00PM





106.5FM Beford IN2BEATS

Minimal/progressive
deep house and
trance. Meditation
shows will be 2nd
Saturday of month -
Be sure to tune in!

Link: <https://in2beats.com/shows/weekend-boost-show-with-open-being-saturday-mornings-9-10/>

CONSCIOUS BUDDY COMMUNITY

A collaborative and conscious
community space



<https://www.consciousbuddycommunity.com/back-to-the-roots-2023>



Healthy Rhubarb

INGREDIENTS

400g rhubarb, cut in 1/2 inch chunks

artificial sweetener to taste (equivalent to 8 tsp sugar, such as 8 stevia tablets, crushed)

150g 0% fat Greek yogurt

100g reduced-fat crème fraîche

STEP 1

Add the rhubarb to a pan with 3 tbsp water. Bring to the boil, turn down the heat, add a lid and simmer for 6 minutes, stirring regularly, adding another tablespoon of water if it starts to stick. The rhubarb should be soft, but still hold its shape.

STEP 2

Transfer the rhubarb to a bowl and add the artificial sweetener. Mix well.

STEP 3

In a bowl, mix the yogurt and crème fraîche together and fold in the rhubarb.

Place in glasses and chill before serving.

Recipe tips

- Can be made in advance and kept in the fridge for a few hours. Or if you want to make
- This recipe works well with tart fruits, such as gooseberries or redcurrants.
- You can use most fruit, although you won't need to sweeten it quite as much if the fruit is sweet. Try apricots, peaches, nectarines, raspberries or cherries.
- For a vegan version, use unsweetened soy or coconut-based yoghurt.

INSPIRATIONAL QUOTES



“If you obey all the rules, you miss all the fun.”

— Katharine Hepburn

“In early June the world of leaf and blade and flowers explodes, and every sunset is different.”

— John Steinbeck



“It isn't the big pleasures that count the most; it's making a big deal out of the little ones.”

— Jean Webster



“Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they've started.”

— David Allen

THINGS TO DO

LONDON

WEST END LIVE

Are you a fan of musical theatre? Well for two exciting days in London, all the most celebrated and famous West End shows will be putting on incredible performances for free and all to see in Trafalgar Square!

Want to hear Phantom below the Music of the Night or see Elphaba defy gravity? Then this is the place for you! The outside event allows those who may not be able to access theatres in London to get the chance to experience what these shows have to offer, with the stars of the stage performing just for this special occasion right in the square. There is a wonderful opportunity to find your new favourite show and sing along to long time loved classics, meet others who share this fabulous passion for theatre or grab a group of friends to come along with you for all the fun!

WEST END LIVE

17-18 JUNE 2023

Look out for! Trafalgar square will have food and drink vendors offering light snacks and refreshments during the performances, but you are welcome to bring your own food and drink (no alcohol) to the event too!

Don't Forget! It is an outside event so be prepared for whatever weather may be coming your way. Pack a raincoat or suncream just in case!

Time/Date:
17th June 2023
-
18th June 2023

Admission:
FREE, (on a first
come first serve
basis- entry is not
guaranteed if full
or crowded)



The highly anticipated line up is yet to be released, but videos from the previous years have dazzled and stunned with creative and incredible performances. Mamma Mia, Les Miserables, Hamilton, Six and so many more shows are expected to give a belting production with the staging also being BSL interpreted. There will also be an accessible viewing platform for wheelchair users and others with accessibility requirements who may not be to stand throughout the day.



Address:
Trafalgar Square
City of Westminster, London, WC2

Getting there:
Charing cross, Embankment and Leicester Square underground stations are a 5-10-minute walk from the location.

QUOTABLES : read the quote? 1 point for the correct answer and 1 point from what play it came from. If there is more than one word missing then it's a point for each one that's correct

Alas Poor _____, I knew him -

*Now is the _____ of our
_____ made glorious summer
by this sun of _____?*

*If you _____ us, do we not _____? If you
tickle us, do we not laugh? If you poison
us, do we not die? And if you wrong us,
shall we not _____?*

*To be or not to be, that is the question,
whether this _____ in mind to _____.*

Word-Link : Using a five (5) letter word before or after the printed word making 6 new words using the same word?

-----House

Head-----

-----Blub

-----Brigade

Sun-----

Day-----

Odd one out & Why

Chocolate

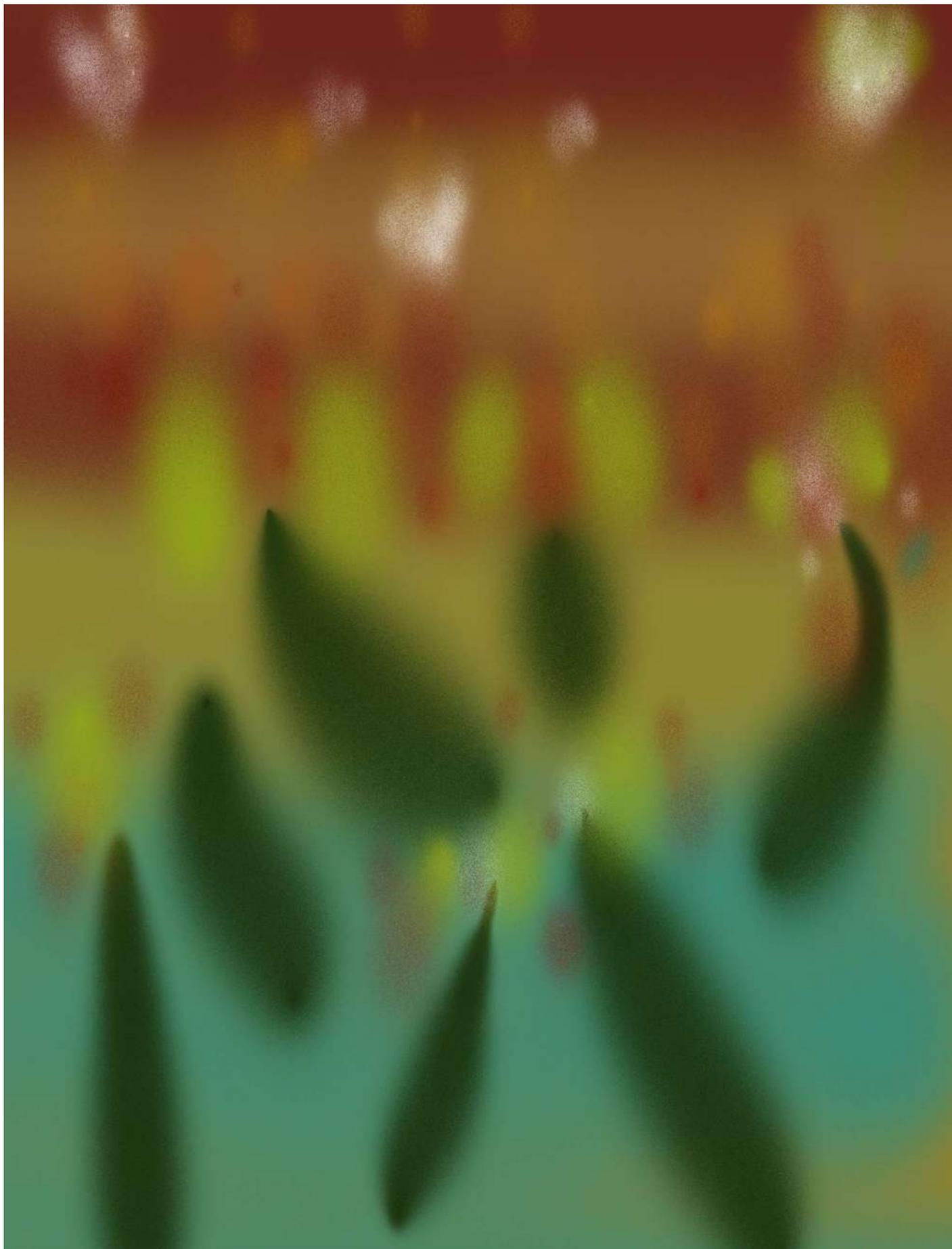
Lemonade

Biscuit

Jelly

Cake

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!



Summer Breeze

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

STAYCATION

SUMMERTIME

SWIMWEAR

ICE-CREAMS

FLIPFLOP

HOLIDAY

SUNGLASSES

SUNBURN

SAND-CASTLES

SWIMMING

HEATWAVE

THEME-PARKS

SANDALS

SAND

AIR-CON

SEASIDE

SOLSTICE

BARBECUES

SUN

SUNBATHING

Solutions Page

Odd one out & why

Answer Lemonade, you drink this and the others you eat.

QUOTABLES : read the quote? 1 point for the correct answer and 1 point from what play it came from.
If there is more than one word missing then it's a point for each one that's correct

Alas Poor Yorick, I knew him Horatio

Hamlet

Now is the winter of our discontent, made glorious summer by this sun of York?

Richard III

If you prick us, do we not bleed? If you tickle us, do we not laugh? If you poison us, do we not die? And if you wrong us,

The merchant of Venice

To be or not to be, that is the question, whether this nobler in mind to suffer.

Hamlet

Word-Link:

Lighthouse

Headlight

Lightbulb

Light Brigade

Sunlight

Daylight

Solution

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

- STAYCATION
- FLIPELOP
- SAND-CASTLES
- SANDALS
- SOLSTICE
- SUMMERTIME
- HOLIDAY
- SWIMMING
- SAND
- BARBECUES
- SWIMWEAR
- SUNGLASSES
- HEATWAVE
- AIR-CON
- SUN
- ICE-CREAMS
- SUNBURN
- THEME-PARKS
- SEASIDE
- SUNBATHING

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

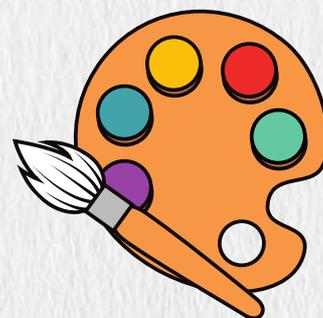
The Survivors Trust	WWW.THESURVIVORSTRUST.ORG
Rape Crisis	WWW.RASASC.ORG.UK
Survivors UK	WWW.SURVIVORSUK.ORG

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

A photograph of two watercolor palettes and a piece of paper with watercolor washes. The palette on the left has yellow, red, and white. The palette on the right has green, blue, and red. The paper shows washes of pink, orange, and yellow.

**A BUDDING ARTIST OR
HAVE SOMETHING YOU
WOULD LIKE DISPLAYED
IN THE COMPANION
MAGAZINE?**



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WORK FOR IT TO BE
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