



ELFT COMPANION



JULY 2023

Inside:
Stories
Poetry
Puzzles
Things to do
Hobbies

ELFT.BEFRIENDINGSERVICE@NHS.NET

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Halfway through the year already?! What's next? Do you think you can answer the questions below?

Is there anything that went well for me this year?

What are some things that have made me happy this year?

What moments can I remember up until now?

Did I make any changes since the beginning of this year?.

ART



BY FIONA

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

Fiona spent 7 hours on this beautiful piece!



**ARE YOU A BUDDING ARTIST
OR PHOTOGRAPHER?**

**DO YOU HAVE SOMETHING
YOU WOULD LIKE TO HAVE
FEATURED IN THIS
MAGAZINE?**



**SEND IN YOUR WORK
FOR IT TO BE SHOWN IN
THE AUGUST EDITION!**

**SEND IT TO US AT:
ELFT.BEFRIENDINGSERVICE@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 **Socialising**. Having a focus on socialising with people, whether it be your friends or family - can help you feel less lonely, more connected or even happier.

WRITTEN BY ABDUL

Socialising



FOUR THINGS TO CONSIDER

➔ Reduces Loneliness



➔ Increases Self-Esteem



➔ Improves Mood



➔ Reduces Stress



HMMM, SHOULD I GO OUT?

By Abdul

The answer to that question tends to be no right? I mean nobody gets it but when the thought of going to see family or friends is considered, it isn't the happy moments or thrill of seeing people that crosses our minds but its more the things that can go wrong. We get so caught up with the 'ifs' and 'buts' and it comes to a point where we just don't want to do anything or go out anymore. Socialising is an important part of life for everyone, but it can be especially beneficial for mental health. When you connect with others, it can help you feel less lonely, more connected, and happier.

Interacting with others allows us to showcase our strengths, receive positive feedback, and gain a sense of accomplishment. Socialising can provide opportunities for personal growth, as we learn from and inspire each other. By engaging in conversations, sharing ideas, and participating in group activities, we develop a stronger sense of self and build confidence in our abilities.

It allows us to step away from our worries, have fun, and recharge our mental batteries. Laughing, sharing stories, and engaging in enjoyable experiences with others releases endorphins, which are natural mood boosters.

Will you try to get out there?

POETRY

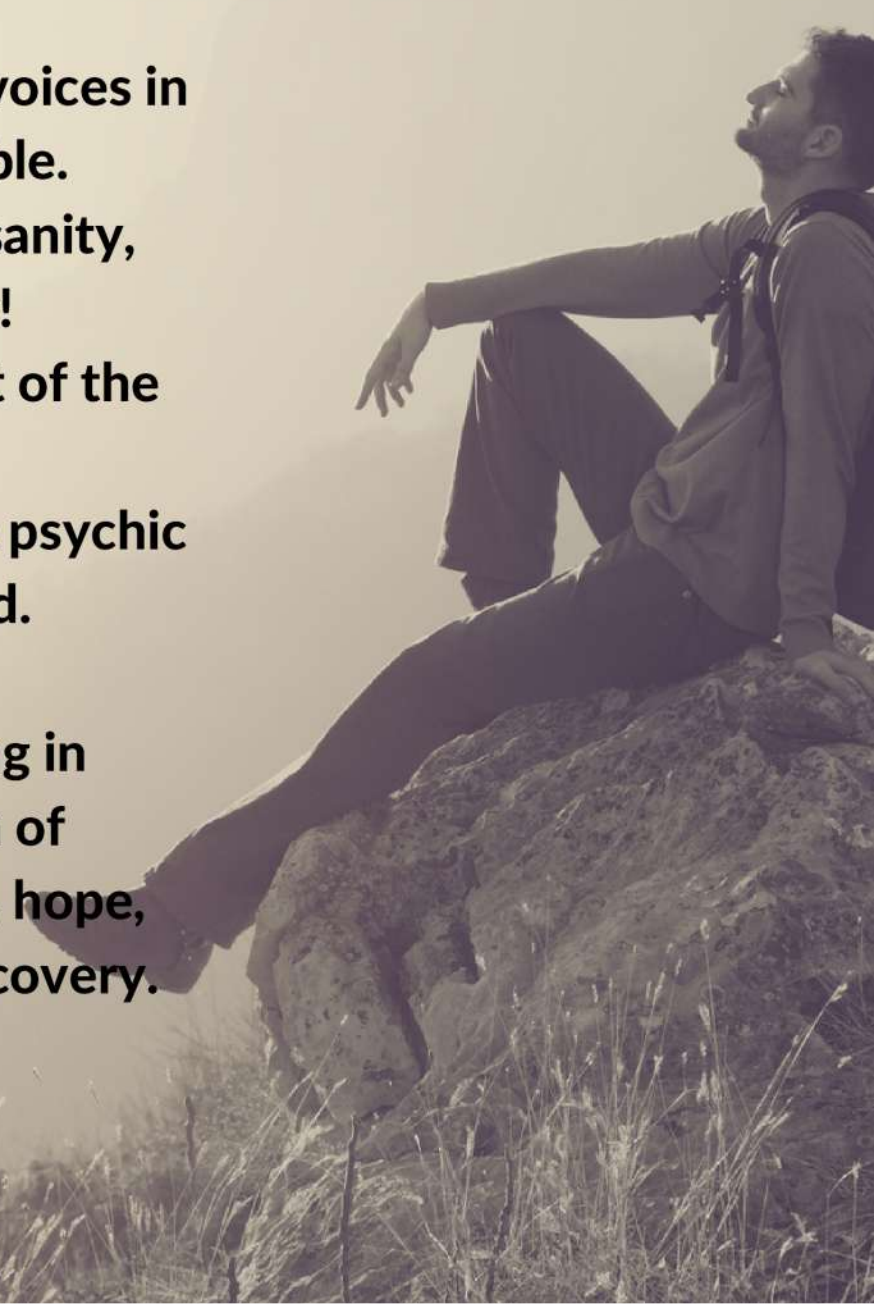
MIND HEALERS

Lone, dark, insane minds wander away.
It's all embedded in treatment and cure.
Save our troubled souls, mind healers, sail away!
Away we'll fly in sanity towards heaven.
Down beneath and up above, cracking, cracking.
Under the ground, the flesh and soul repaired.
Together we'll heal, shine and rise above madness.

Heaven or hell, the angry voices in
the head become stable.
Even the gods appease sanity,
away from insanity!
Indeed, there's treatment of the
mind on earth.
Loneliness disappears, the psychic
of the mind revealed.

En-suite it felt, working in
partnership; the birth of
Sanity, bravery, stability, hope,
desire, happiness, and recovery.

by Dele



GET OUT

GET WALKING

Walking is a free exercise which doesn't require special equipment or training.

The healthy benefits are obvious and there other advantages too. Just getting out and seeing people can be great for our wellbeing. you can even join a walking group and meet new people!

Just 30 minutes walking every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Google these local walking group for more information:

East London:

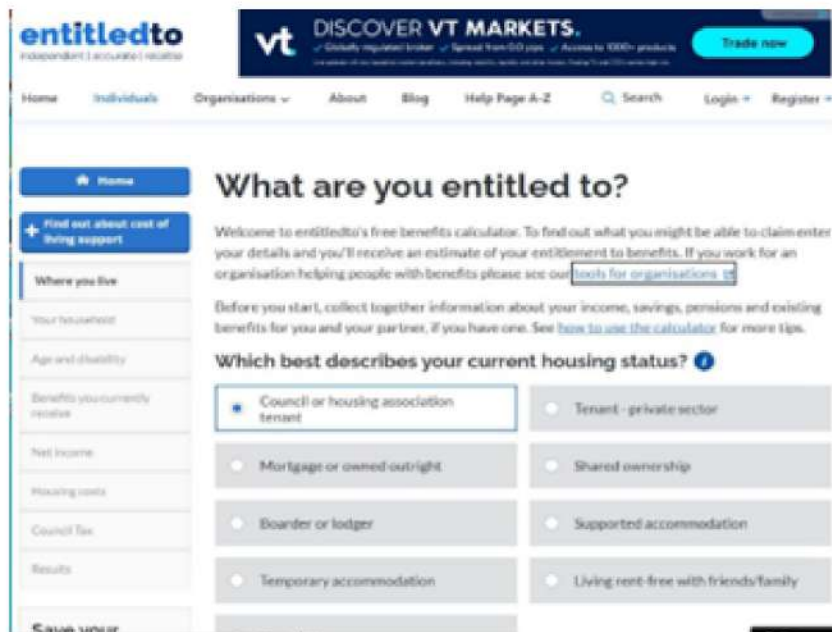
- London Strollers
- Metropolitan Walkers
- Capital Walkers

Luton and Beds:

- The Bogtrotters
- Walking in Bedfordshire.
- Leighton Buzzard Ramblers



CLAIMING BENEFITS



The screenshot shows the 'entitledto' website's benefits calculator. The main heading is 'What are you entitled to?'. Below this, there is a form with several sections: 'Where you live', 'Your household', 'Age and disability', 'Benefits you currently receive', 'Net income', 'Housing costs', 'Council tax', and 'Results'. The 'Which best describes your current housing status?' section is expanded, showing options like 'Council or housing association tenant', 'Tenant - private sector', 'Mortgage or owned outright', 'Shared ownership', 'Boarder or lodger', 'Supported accommodation', 'Temporary accommodation', and 'Living rent-free with friends/family'. The 'entitledto' logo is in the top left, and a 'vt DISCOVER VT MARKETS' banner is at the top right.

Before going ahead and claiming benefits, it's a good idea to find out what you might be entitled to when claiming. Entitledto and Turn2us are great, simple to use tools for giving you an idea of what you could receive, based on your own individual circumstances

UNIVERSAL CREDIT

UC is a single benefit run by the DWP which combines benefits for in and out of work support, housing, families and childcare costs, with additional payments for people who have disabilities or caring responsibilities.

It is gradually replacing many existing benefits.



You'll need to claim UC online and then usually have a face-to-face interview. You can go to your local Jobcentre to claim online if you don't have internet access at home.

It takes around 5 weeks to get your first payment. UC is paid once a month, usually into your bank or building society account.

It is worked out each month, during assessment periods. You should get this payment 7 days after each assessment period ends.



CLAIMING BENEFITS



Personal Independence Payment can help with extra living costs, for people under pension age, with a long-term physical or mental health condition or disability.

PIP eligibility isn't based on your National Insurance contributions and it isn't means-tested, so how much you earn or how much you have in savings doesn't make a difference. How much PIP you could get depends on the difficulties you encounter doing certain things, like preparing meals, dressing and undressing, or getting around. PIP is made up of a daily living component and a mobility component. You might be able to claim one or both components.



If you're awarded the higher rate mobility part of PIP, with at least 12 months left, you're eligible to apply for the Motability Scheme.

To make a claim, you need call the Department for Work and Pensions. They'll ask you for some basic information and then send you a claim form.

You can also write to 'Personal Independence Payment New Claims', to be sent a claim form but this is a much lengthier process.





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 can I manage stress and anxiety in my daily life?

Stress and anxiety can be managed through various techniques such as practicing relaxation exercises (e.g., deep breathing, meditation), engaging in regular physical activity, maintaining a healthy lifestyle, seeking support from loved ones, and considering therapy or counseling if needed.

What are some self-care strategies for promoting mental well-being?

Self-care plays a crucial role in maintaining mental well-being. It involves activities that help you relax, recharge, and nurture yourself. Examples include prioritising adequate sleep, engaging in hobbies or activities you enjoy, practicing mindfulness or journaling, setting healthy boundaries, and seeking professional help when necessary.

"WHAT DO YOU SEE WHEN YOU LOOK IN THE MIRROR?"



How can I support a friend or family member who is experiencing depression?

Supporting someone with depression requires empathy and understanding. Encourage them to seek professional help, listen without judgment, and offer your support. Stay connected, engage in activities together, and let them know they're not alone. Remember, you're not expected to be their therapist, but your support and presence can make a significant difference.

What are some healthy coping mechanisms for dealing with emotional challenges?

Healthy coping mechanisms can include talking to a trusted friend or therapist, practicing relaxation techniques, engaging in physical exercise, journaling, pursuing creative outlets, seeking support groups, and finding ways to express emotions constructively. It's important to find coping strategies that work best for you and prioritize self-care during difficult times.



**TELL US WHAT IT
MEANS TO YOU!**

A hand is shown from the wrist up, making a peace sign (V-sign) against a clear blue sky. The hand is wearing a rainbow-colored wristband with horizontal stripes of red, orange, yellow, green, blue, and purple. The background of the entire page is a vibrant, multi-colored gradient from red at the top to purple at the bottom.

WHAT DOES PRIDE MEAN TO ME?

Here are a few things that Pride means to so many individuals:

- **Acceptance:** Pride is a time for celebrating who we are, without judgment or fear. It is a time to be surrounded by people who love and support me, no matter what.
- **Community:** Pride is a time to connect with others and see one another. It is a time to celebrate diversity and to learn from experiences.

Pride Month has just passed but is a time to celebrate the LGBTQ+ community and all that has been accomplished. It is also a time to reflect on the challenges that are still faced and to continue pursuing equality.

- **Hope:** Pride is a time to feel hopeful about the future. It is a time to remember that the world has come a long way, but there is still more work to be done. It is a time to believe that everyone can contribute to creating a world where everyone is accepted and treated equally.

Freddo

By Siân

Small man
In your giant shell
Stupid grin
Beaming from the bottom shelf
What a prince
I am the pauper
Legs trimmed
From your French style slaughter
Cane toad
An alien to me
One for the road
What a waste of 30p



Wildlife Guide

July

While you might hear fewer bird calls, July is when insects are most abundant, others are raising newborns, and meadows are in full swing. It is a month filled with so much action- so why not get outside and see for yourself!

Busy insects

July is a great time to witness the diversity of British insects. Watch out for summer butterflies and moths, hungry beetles, swarms of flying ants, and dancing dragonflies and damselflies. Why not visit your local green space, sit near some flowers and record what you see?



Chalkhill Blue, *Polyommatus coridon*.

Bats

Bats are most active on warm summer evenings. They give birth in June, will be busy catching insects this time of year. They tend to roost in old buildings such as churches with surrounding green spaces. Park up and watch them emerge as the sun sets!



Common Pipistrelle, *Pipistrellus pipistrellus*.

Meadows

National meadows day is celebrated on the 1st July each year. In summer, wildflower meadows transform from green to a burst of colours. They support insects, birds and mammals by providing nectar and shelter.



Common spotted orchid, *Dactylorhiza fuchsii*.

Wildlife Guide

July

Why not visit your local meadow to see nature in full swing? Read below to find your closest meadow:

Dunstable Downs

Did you know Dunstable Downs is part of the wider Chiltern Hills Area of Outstanding Beauty? You can witness the chalk grassland habitat, which is now very rare and fragmented, and is of international conservation importance.

Visit: Whipsnade Road, Dunstable, Bedfordshire, LU6 2GY.

London Fields Wildflower Meadow

This beautiful meadow is Hackney's largest ever wildflower meadow. It supports local pollinators, birds and people, by giving us a wild space to unwind in amongst the busy city. With restaurants and cafes nearby, why not make an afternoon of it?

Visit: 26 London Fields East Side, London E8 3SA.

Mowsbury Hillfort and Putnoe Wood

In early summer the meadow is full of wildflowers, butterflies and other pollinators. Inside the hillfort you'll find medieval fishponds, orchards and earthworks. Look out for birds of prey overhead, including red kite.

Visit: Ravensden, Bedford MK41 8AN.



Why not submit your wildlife photos to be featured in next months article?

By Siân

THINGS TO DO

— LUTON & BEDS —

STRAWBERRY PICKING

Now that summer is truly upon us farms around Bedfordshire have begun offering their pick your own strawberry activities! What's great about this activity is that it gets you outside, it's a fun day out for both adults and children and you get to take home a yummy selection of strawberries at the end of the day too!

Grove Farm, which has been running for 40 years, is a big safe space in the fresh country environment that has

Pick Your Own events for several months of the year. The farm also allows you to bring along your own packaging, which is a great way for you to reuse any containers you have lying around the house and save on waste! Plus, if you bring a heavy box, they will weigh it before you start so that the weight is taken off the final amount for your strawberries.



Want to make it even more fun? Why not turn it into a competition for your kids? Who can find the biggest strawberry...the oddest shaped strawberry...the reddest strawberry? That's bound to get the little ones excitedly running around to search among the sea of strawberries and present you their chosen ones!

Fun tip! The best time to pick strawberries is a warm afternoon where it's believed that the fruit is at its most flavorsome!

Remember! Wear suitable shoes for walking around the fields!



Address:
Grove Farm PYO
Great Gap
Ivinghoe
Leighton Buzzard
LU7 9DZ

Admission:
No entry free, just pay
for what you pick!
£6/ kg

When?:
Monday-Saturday 10:00am-5:00pm
Sunday 9:00am-12:00pm

TIME TO GET SPORTY!

In honour of all the sportig events that have or are still taking place throughout the summer period, we thought it would be good to raise awareness about where you can go to find a range of different activities that individuals of any age can take part in.

It can seem a bit daunting when trying to find a place but there's plenty to choose from with a bit of effort.

BETTER which is a charitable social enterprise, which has multiple locations across the UK including London, Luton & Bedfordshire alongside other areas. You can see if your local branch are holding any specific events for the community to take part in OR join a Sports Club which comes under their Healthy Communities category. You'd be able to meet new people, get active, potentially find something you like and so much more!

So what are you waiting for?

If you're interested in finding a local BETTER leisure centre near you, you can use follow this link: <https://www.better.org.uk/healthy-communities/sports-clubs>

which will let you put in your postcode and show you the closest branch alongside their offerings.

Interested in getting involved with new activities or sports?



ETON MESS

INGREDIENTS

-400 G STRAWBERRIES,
HULLED AND
QUARTERED 5 MERINGUE
NESTS, BROKEN INTO
PIECES:

-284ML POT DOUBLE
CREAM, LIGHTLY
WHIPPED OR LIGHT
WHIPPING CREAM

STEP 1

-CRUSH HALF OF THE
STRAWBERRIES TO A
ROUGH PULP WITH THE
BACK OF A FORK OR IN A
FOOD PROCESSOR. TIP
THE MERINGUE INTO A
LARGE BOWL AND STIR IN
THE CREAM.



STEP 2

-ADD THE STRAWBERRY PULP
AND STRAWBERRY QUARTERS
AND GENTLY FOLD EVERYTHING
TOGETHER SO YOU HAVE RIPPLES
OF PINK THROUGH THE WHITE.

-REDUCE AMOUNTS FOR
PORTIONS AS THIS SERVES 4

YOU COULD TRY SPREADING THE
MIXTURE OVER A PLAIN CAKE FOR
A HEAVIER DESERT



INSPIRATIONAL QUOTES



“We don’t make mistakes, just happy little accidents.” —

Bob Ross

“Misery might love company, but so does joy. And joy throws much better parties.” —

Billy Ivey



“Joy is not in things; it is in us.”

— Richard Wagner



“It’s not about being happy all the time, or being sure of all your choices. It’s about knowing that life is precious, even when it’s tough.” — Topher Kearby

THINGS TO DO

LONDON

SUMMER OF WELLBEING FESTIVALS



The summer of wellbeing is back again, bringing a whole range of fun festivals and days out centered around catering for your mental health.

There will be eight festivals throughout the summer period with three happening during July. Each festival will include bouncy castles, music, face painting, food stalls and a whole lot more! If you want to get involved in some group stretching, drawing workshops or learn a new skill, watch a group of local dancers do a performance or bring along a blanket and have a picnic, then the summer of wellbeing festivals is the place for you!

Brought to you by local organizations and groups, these events are totally inclusive, accessible and include activities for the whole family to enjoy. They will also have a range of local services there dedicated to focusing on health and wellbeing, offering you the chance to connect and talk with no judgement and gain any help or support you may need. These services will also be there to offer advice on things such as ways to stay fit and active, how to cook healthy meals and tips to deal with anxiety and low mood. It is also a great opportunity to meet other people who may share your interests and hobbies!

If you are looking for a fun day out in the sun that is also free to visit, why not check out one of the locations this July throughout Tower Hamlets?

SUMMER OF WELLBEING Festivals



When/ Where:

1) Thursday 6th
July

Chrip St, E14
173 East India
Dock Road
Poplar, E14 6AQ

Time: 3:00pm-
6:00pm

When/Where:

2) Saturday 8th
July

Our Teviot, E14
Teviot Centre
1 Wyvis Street,
E14 6QD

Time: 12:00pm-
4:00pm

When/Where:

3) Saturday 22nd
July

British Estate, E3
Bernie Cameron
Community
Centre

32 Merchant
Street, E3 4LX
Time: 12:00pm-
4:00pm

REMEMBER! All events are free to visit but bring along some money if you're interested in purchasing any food!



There are 8 differences between the pictures they can be on one or the other or even both can you find all 8 differences.

Have you Found all 8 Differences?

1. _____ 2. _____ 3. _____ 4. _____
 5. _____ 6. _____ 7. _____ 8. _____

	+		+		-	
+		/		/		-
8	-		+		-	
-		+		-		-
	+	11	-		+	
+		+		+		+
	-		-		X	
15		29		1		-1

15

How To Play
Math This?

Fill in the missing numbers between 1–16.

8

Each number is only used once.

Each row is a math equation

35

Each column is a math equation

Remember that multiplication and division are performed before addition and subtraction. Enjoy

-9

Strawberry Trivia

1. Strawberry is a member of which family.
A) palm, B) Rose, C) Fern Moss?
2. In ancient Rome, strawberries were used to treat what?
A) Depression? B) Bad Breath? C) Kidney Stones?
3. How many seeds do Strawberry have?
A) 200? B) 400? C) 1000?
4. What are Strawberries classed as?
A) Plant? B) Fruit? C) Berries?
5. Strawberry are mostly what?
A) Fat? B) Protein? C) Water?
6. At Wimbledon Tennis Strawberries are traditionally served with?
A) Shortcake B) Brandy C) Cream D) Cocktail
7. what country has a museum dedicated to strawberries?
A) China B) United States C) Belgium D) UK
8. Strawberry is the only fruit with seeds on the outside
A) True B) False
9. Do Strawberries grow back year after year?
A) True B) False
10. Which season are best for strawberry picking?
A) April/May B) July/August C) July/July

Odd One Out And Why

Toffee

Caramel

Nougat

Chocolate

Sherbet



START HERE



Finish Here

A-MAZIEMENT

can you make sense out of this racket

Love Love Love



Oh What A Racket



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

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



COMING OUT	FLAG	FLAMBOYANCY	TRANSGENDERS	BACKHAND	LOVE	CHAMPIONSHIPS	FOREHAND
DRAGQUEEN	ORIENTATION	HUMANRIGHTS	ACCEPTANCE	GAMESETMATCH	ADVANTAGE	LINEJUDGE	RETURN
EQUALITY	IDENTITY	RAINBOW	GENDER	BALL	SLICE	SINGLES	LINE
STREETPARTY	CELEBRATION	WHISTLES	LGBTQ	COURT	DROPSHOT	ACE	RACKET
RESPECT	LOVE	EMBRACE	COMMUNITY	DEUCE	SERVE	WIMBLEDON	UMPIRE

Solutions Page

Strawberry Quiz

- Rose
- All of them (romans believed strawberries had all of these powers.
- 200 seeds
- Berries
- 91% water
- Cream
- Belgium
- True
- True (a perennial is a type of plant that grows back each year.
- June/July

How To Play

Math This?

Fill in the missing numbers between 1-16.

Each number is only used once.

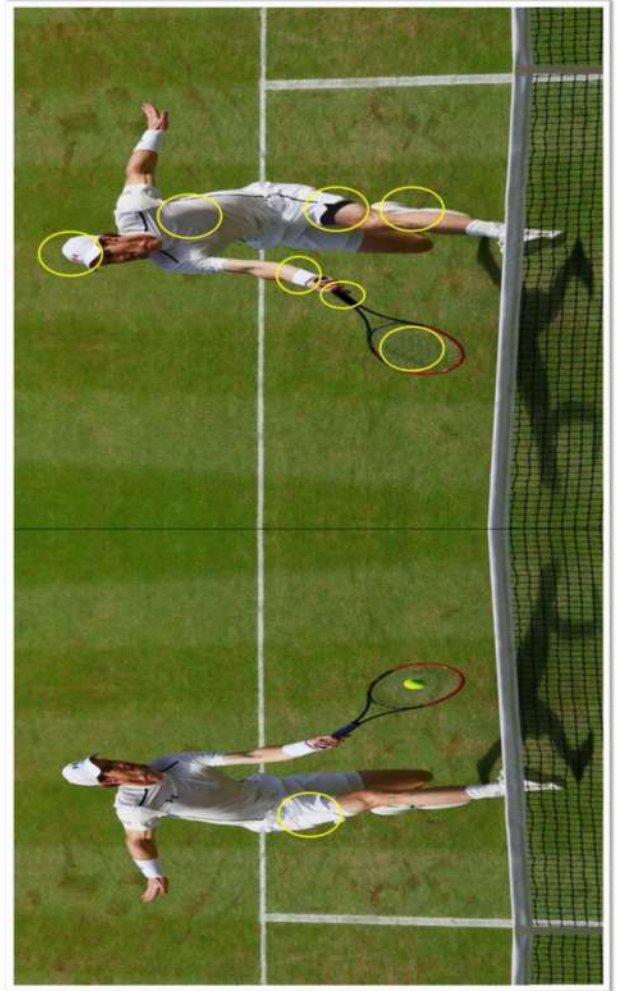
Each row is a math equation

Each column is a math equation

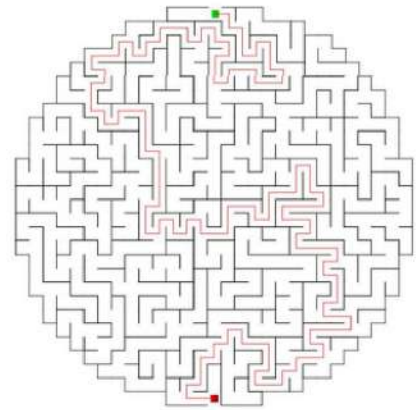
Remember that multiplication and division are performed before

addition and subtraction. Enjoy

5	+	9	+	14	-	13	15
+		/		/		-	
8	-	3	+	7	-	4	8
-		+		-		-	
10	+	11	-	2	+	16	35
+		+		+		+	
12	-	15	-	1	X	6	-9
15		29		1		-1	



Solution to the maze



Odd One Out

Nougat: because it is the only sweet in the list that does not contain an E.

Solution

LQP THE VDC CCG FBPTAIRRTTFFDNIKKRJ
 OVQUNXPFRUYBLMVKRURTUPWTRIMWNG
 VAVOHQDQIXIUALDPCERSLQSELSIHW
 EOVGBRORSJSNXMVVFGZLALAQJNKUVS
 TDINDMUOFTMVBSONWEPUFHEUYW
 TOTINLSWZKQOXNGFYAKAMEOF
 CGUMYZGYGTZCPYRFYZAWUMJIAUYL
 LCFOTEKIHETLXYXQQJGDSJPGKH
 GMB CZDNI RLFNMBXFFGZQDGEPOFN
 BE RESRDNBKAGCCCKVASKYWKNSX
 TRCXUHEUWEGSYRATRAGHZJSTJFDS
 QVCN OORMUXLUYFRDQZVGVHIBFF
 EWLG AJZMLYXOYAUVIDNAFJGTLJ
 BU FYUTROHOMINOZHJCOPADFYACX
 TRREEQPCQKQDSREHVHXKOOYWGJAX
 IVEJPMREEBGFBRKUAQLLPMJTOYJ
 QFNBNLELCEMGNPDXTDAQDQEDTOU
 ARDWMELISNCUZQGSMLKKGMCYJJA
 KUCILPMDGRAANQVJSAUXZKWMBLX
 FUEMPJECVORIENATATIONWSVOIZY
 HGMYNRNMHCHZAWQWNOITARBELECH
 OYBKMEZELLKAMYJMZAZXJZVYH
 LARSKRDBJDWTJLPRBKWQJRESPECT
 PBAUWIRKDNXLXAAATRAPTEERTSLFI
 QRCOVKQCMCSXEWDI LYNLVQQSFNFG
 EKEBLMJYTFQVRRJDNUGLJYVEFXO
 JJYGLFQQTOQVSDBOCDKUAATZCMH
 ELNXTLRVHAQGSDFOPGMIELJRHAWA
 MIWZNJVUOSPEOZNLWLPYFBEMXING
 KWSZNXAWZVBNVCP CMGDZNGLJXEN

ZJGNSCWI MBLEEDONCZXRWPFUUOOLYZJ
 VUPFFZUHE TQHHXQXGMGCVUQCIXJZ
 OXTNWT DGEJHQLDJSVYTEMFETZQWHKT
 VGEWSTDWLOD XSWLPRIUOSKFI CDDBPM
 SJOIEULEAAXHAPHILRF SHIBYFECAZP
 LHOKJICFRNWZFCYVNAPUOSNAJTWXRU
 LUCEIBDCWIEHWATMIEHIUDDPGRCREHB
 MANWLZGFRREBYBKDVZPMPQOOLJKCBWR
 RIAORBAKIROILUBSUZDRIPKREDTBR
 LJTTDKZYFOBGFYBTMANEOJTQJDSUEO
 ARCSPIHSNOIPMAHCMSVBDGLWFNDJJP
 IYRTFVQZCVHYANAVCTROWVNDLSESEU
 FJDUWHPEQCQBXIGBDZLFBUAHKGCOK
 ZTQNGDLFFRKJEU BLBUYHFBDBHAIQCD
 SQXCNTKQYISVTJDDQIKYEDLBRMEGAZK
 NOSZEMFDEUCEUQWTRUOCVFRZQRPOE
 ADVANTAGEUVVTTCUVJUUVQSONVOOLN
 HDLSGOLQJPPYKOITHHGETEJYXNQWFH
 QJFBBCFWOIPMRQGBEMDXTVGFCCQUXU
 RJVNGIADFOXKYSDTWAZAOMZMUFDDQJVL
 JVBNCLEFRQKNDIWP IYAWQYLZJDTZOV
 AVIFMVVHXQQNUIWUDKTEIVZLUMLGPZG
 WLAYNJLRKKQV VWNQCWCWEAAGILZIK
 HIZLEMJBAACKHANHDHCNIBNXBOSMFAEV
 GBPIZVELJBTMNRUTERLULHKTIOTZOU
 SCLBURRRPCYQRKYSMDSDMSKUEDOSGU
 NJDGKKFEIMPGIUWMXENC SXNPUOISCO
 UEPQBWLZSPEFTXAI FHUOHDMNYZFFT
 URUJZJAFKAMMIBWVVRDTHCLCXVKS
 XSCPLLX T JLSUMPMHPRS LYGUHJHABVA

COMINGOUT FLAG ORIENTATION IDENTITY CELEBRATION LOVE
 DRAGQUEEN HUMANRIGHTS RAINBOW WHISTLES EMBRACE
 EQUALITY GENDER LGBTQ COMMUNITY
 STREETPARTY CELEBRATION LOVE
 RESPECT LOVE

BACKHAND LOVE ADVANTAGE CHAMPIONSHIPS FOREHAND
 GAMESETMATCH LINEJUDGE RETURN
 BALL SINGLES LINE
 COURT DROPSHOT ACE RACKET
 DEUCE SERVE WIMBLEDON UMPIRE

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

ARE YOU FOLLOWING US?

Instagram profile for **eftbefriending**. The profile shows the logo, name, and bio: "elftbefriendingservice", "98 posts", "146 followers", "161 following". The bio states: "ELFT Befriending Service, Mental health service, Helping Service Users and Carers combat loneliness across East London, Luton and Br www.elft.nhs.uk/get-involved/befriending-service". Below the bio are several circular icons representing different services. The main content area shows two posts: "ENTER FUEL COUCHER" and "USEFUL CONTACTS SUPPORT FOR BEREAVEMENT".

DO YOU HAVE SPOTIFY? FIND AND SCAN THE QR CODE IN THIS EDITION AND SEE WHERE IT TAKES YOU!

hint: It'll be near the beginning

TikTok profile for **elftbefriendingservice**. The profile shows the logo, name, and bio: "elftbefriendingservice", "ELFT Befriending Service", "16 Following", "70 Followers", "1294 Likes". The bio states: "Helping Service Users and Carers combat loneliness and isolation". Below the bio are several video thumbnails with titles like "HEARD", "Bluebells in springtime...", "Ever heard of a park run...", "Thinking of joining one...", "Do you love films?", and "Do you love nature?".

YouTube channel for **elftbefriending**. The channel shows the name, "elftbefriendingservice", "8 subscribers", "10 videos". Below the name are tabs for "PLAYLISTS", "COMMUNITY", "CHANNELS", and "ABOUT". The main content area shows three video thumbnails with titles: "Reading and analysing poetry?", "Well then we have something for you!", and "And enjoy being outdoors?".

COMMENT AND TELL US WHAT YOU WANNA SEE!