



ELFT

COMPANION

NHS

East London
NHS Foundation Trust



AUGUST 2023

Inside:

Stories

Poetry

Puzzles

Things to do

Hobbies

ELFT.BEFRIENDINGSERVICE@NHS.NET

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August

Summer Holidays are here! We have a special one for this edition! **Read what we have for you across p. 20 - p. 22**



The Gardener's Guide is back again!

Read more on **p. 15 - p. 16**

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AUGUST

2023

SUN MON TUE WED THU FRI SAT

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Halfway through the year already?! Whats 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?.

POETRY

I SELF

Where life is quiet
Time is incomplete

No words in the mouth
No languages in eyes, still what to
say.

Hiding some pain in the minds
Losing time moving forward

Bringing back

the feeling of madness of word
Filling the Days
that have been left with again.

Holding a moment unknown
traveler
Lost in the land of Dreams
in the light of the hope.

And finding me in memory

by Farzana

ART



BY FARZANA

Self/Thinking identity



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

**IT COULD BE ART, A POEM,
PHOTOGRAPHY OR WHATEVER
YOU CAN THINK OF!**



**SEND IN YOUR WORK FOR IT
TO BE POTENTIALLY SHOWN
IN THE SEPTEMBER 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 **Relaxation**. Having a focus on relaxing, whether it is with friends, family or solo - can help you feel recharged and a lot better. In the day-to-day, we can tend to forget how to relax when dealing with many things.

WRITTEN BY ABDUL

Relaxation



FOUR THINGS TO CONSIDER

➔ Increased self-awareness



➔ Increases Creativity



➔ Improves Sleep



➔ Reduces Anxiety



TO RELAX OR NOT TO RELAX?

By Abdul

In our fast-paced and demanding lives, finding time to relax has become more important than ever. Relaxation is not merely a luxury, but, it is an essential component of maintaining good mental health and overall well-being. Exploring the profound benefits of relaxation for mental health and discussing various techniques can help you unwind, recharge, and cultivate a sense of calm in your daily life.

In a world that often glorifies staying busy and constantly being productive, the importance of relaxation for mental health cannot be overstated. Incorporating relaxation techniques into your daily life can significantly reduce stress, anxiety, and burnout, while enhancing overall well-being. Whether it's through meditation, deep breathing, yoga, or simply enjoying leisurely activities, make relaxation a priority. There is no right answer or activity that makes it all better - instead focus and find on what works for you.

Embrace the transformative power of relaxation and unlock a calmer, more joyful, and resilient version of yourself. Remember, taking care of your mental health is a continuous journey, and finding what works best for you may involve experimentation and exploration. So, start carving out moments of relaxation in your daily routine, and reap the countless benefits it has to offer.

MARKS POEM

**Suffering from Mental Health,
with no relief from Wealth
Brings Isolation, Segregation and
Desperation**

**From the prejudgement and
stigma from the Nation**

**Unless we change our attitude
And respect sufferer's fortitude
There will be no more 'Hello dude,
you O.K.?'**

**But we understand words, like
written backwards**

**And what you say, can make
someone's day**

**Or always remain in our minds
play**

So, choose your words wisely

Or it might become likely

**There will be no more 'Hello dude,
you O.K.?'**

Open your mind, heart and soul

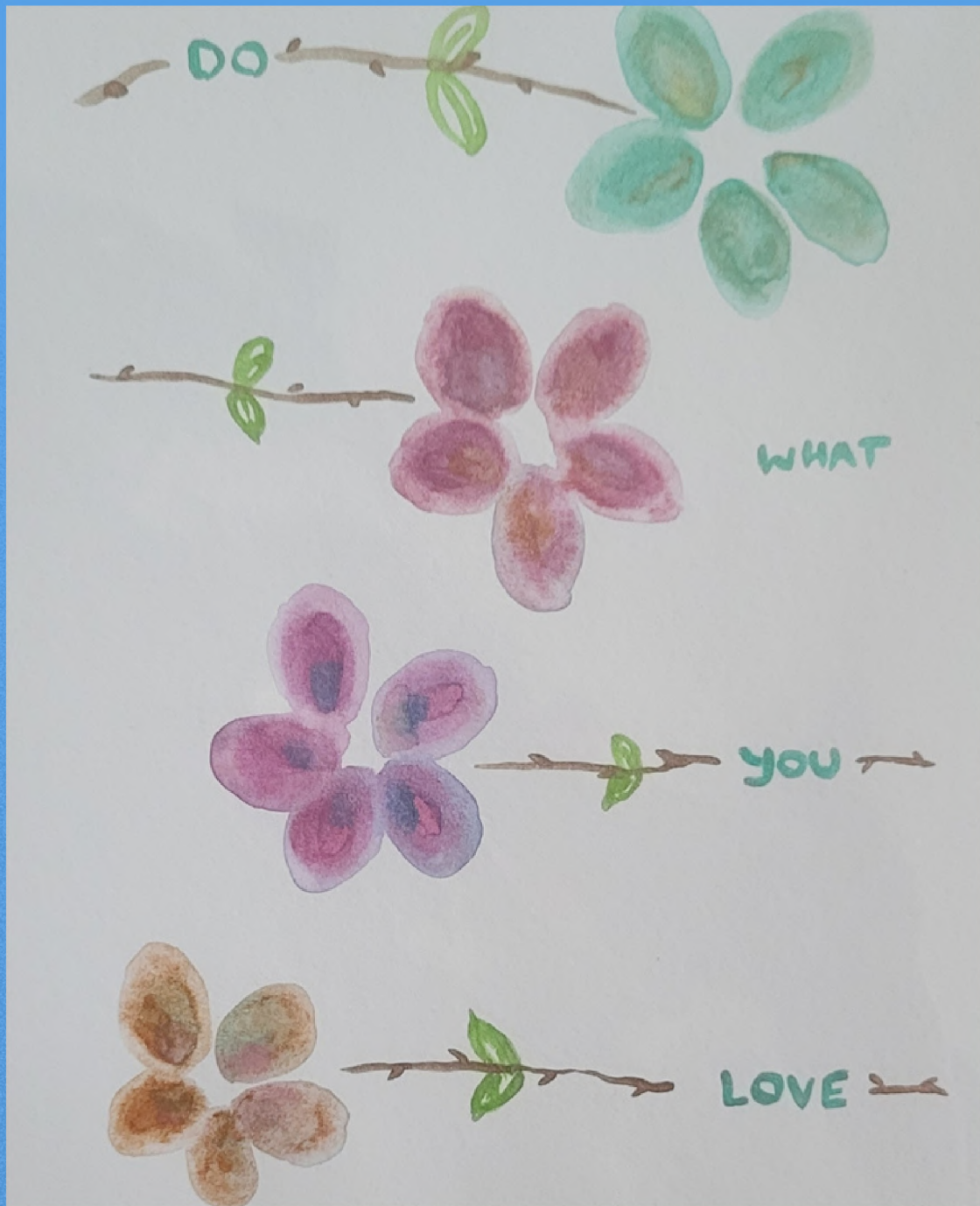
And make it your goal

To ask, 'Hello dude, you O.K.?'

**Mark Cox, Service User -
Dunstable**



ART SHOWCASE



BY DIYA

INDIVIDUAL PLACEMENT & SUPPORT (IPS)

Finding and retaining paid work can play a significant part in an individual's recovery. However, it can be daunting to start the process of finding employment, especially when you have been out of work for a while or have not had the opportunity to build a long term career.

ELFT IPS specialist work with you as an integral part of your clinical support. They negotiate with local employers on your behalf and with your permission. Even after you have found work, they are there with you to help and support you for as long as you need them.



Eligibility criteria

All they require is that you want to work and are ready to engage with employers within four weeks of your first appointment.

You will also need to be a service user of ELFT Clinical Services

Please speak to your care co-ordinator for a referral.



Support

Focused one-to-one support on accessing paid employment



Guidance

Guidance on writing a CV, including how to handle gaps or periods of absence



Advice

'In-Work' support, continued career development and advice on reasonable adjustments

We have vacancies in the following sectors



Nursing & Midwifery



Health Science Services



Administrative Services



Medical & Dental



Allied Health Professions



Personal Social Services



Apprenticeships

Search for jobs by keyword or job reference

Search

CHECK OUT

ELFT JOBS



East London
NHS Foundation Trust

<https://www.elft.nhs.uk/working-for-us>



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 does mental health impact physical health?

Mental health and physical health are interconnected. Poor mental health can lead to physical health problems like cardiovascular disease and weakened immune function. Conversely, taking care of mental health can promote better physical health outcomes.

How does exercise and physical activity contribute to mental health?

Exercise releases endorphins, which are natural mood boosters. It reduces stress, improves sleep, boosts self-esteem, and provides a sense of accomplishment, all of which contribute to better mental health.

"WHAT TO DO, WHAT TO DO?"

What are the effects of social media and technology on mental health?

Social media and technology can have both positive and negative effects on mental health. Excessive use or comparison to others' highlight reels can contribute to feelings of inadequacy and anxiety, while social support and online mental health resources can be beneficial.

How does nutrition and a healthy diet impact mental well-being?

A healthy diet, rich in nutrients like omega-3 fatty acids, vitamins, and minerals, can support brain health and positively impact mental well-being. Poor nutrition, on the other hand, can contribute to mood imbalances and cognitive difficulties.



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

DISABILITY



PRIDE MONTH

Disability Pride Month aims to shift the narrative around disability from a focus on limitations to a celebration of diversity, resilience, and the inherent value and worth of individuals with disabilities.

It recognises the unique experiences, perspectives, and talents of people with and works towards building a more inclusive society where everyone can fully participate and thrive.

It serves as an opportunity for individuals with disabilities to come together, share their stories, raise their voices, and challenge societal barriers and prejudices. It is a time to foster dialogue, promote understanding, and work towards a world that recognizes and respects the rights and dignity of all individuals, regardless of their abilities.

Read more from ELFT about Disability Pride here: <https://www.elft.nhs.uk/news/celebrating-disability-pride-month>

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 month, we will take a different tack- rather than gardening to feed us, we can also garden to feed nature. Though many associate the end of summer with shedding leaves and dead flowers, it is actually a perfect time to plant some flowering plants. Wildflowers provide shelter and food for important pollinators including bees and butterflies, which in turn support the whole ecosystem, from birds and small mammals to our largest birds of prey and foxes. [Read below to find out how you can plant wildflowers.](#)

Most wildflower seeds can be sown in late August and those which don't germinate in September will pop up in the Spring. You can often buy cheap wildflower seed this time of year in supermarkets or garden centres.

If you want more of a challenge- why not try collecting some wildflower seeds yourself? This method is free, and gives you an excuse to soak up the last of summer. Here's how:



Copyright: Mancunian Matters

Harvest your seeds

You will know when the seeds are ready to harvest when they fall freely from the plant. Poppies store their seeds inside a pod- shake the pod and listen. Are they rattling? Then they are ready to harvest!



Copyright: Love Plants



Copyright: Botanical PaperWorks

Identify your seeds

Ideally you are looking for native flowering plants to better support local ecosystems. Visit the Kew guide for identifying wildflowers: <https://growwild.kew.org/get-involved/resources/identifying-wildflowers>



Copyright: House and Garden

Sow sow sow!

Once you have your seeds, either bought or collected, you're ready to sow them. You can simply sprinkle them over any bare patches of soil. You can also sow them into pots for balcony gardeners, or in your empty veg beds. For best results, try sowing your seeds on lighter, well-drained soil. Instead of sprinkling your seeds, you could also get creative at home by making seed bombs.





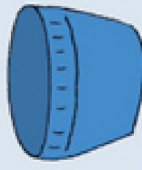
Seed Bombs


Seed bombs or balls are simply a mix of seeds rolled in a ball of clay or other material to help them germinate. This is a fun way of introducing seeds into your local area, by throwing them onto any bare earth. Flick on to the next page to find out how to make seed bombs at home!

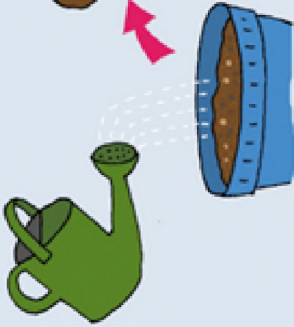
See the next page for more!



How to make seed bombs

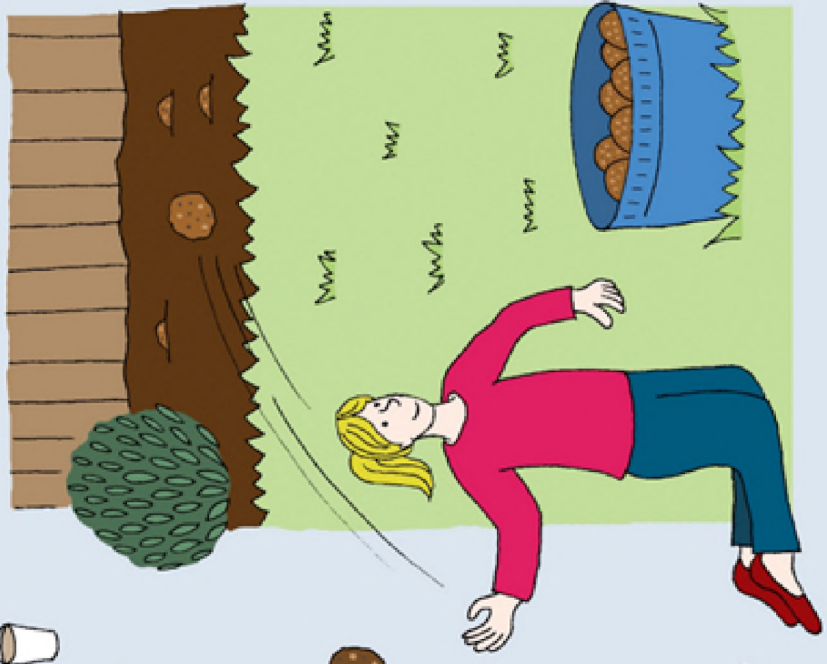
You will need:

- Meadow flower seeds or seeds collected from the garden 
- Peat-free compost 
- Water 
- Powdered clay (from craft shops - use clay soil if you can't find any) 
- Mixing bowl 

- 1 In a bowl, mix together 1 cup of seeds with 5 cups of compost and 2-3 cups of clay powder. 

- 2 Slowly mix in water with your hands until everything sticks together, then roll mixture into firm balls. 

- 3  

- 4 Now for the fun bit - plant by throwing your seed bombs at bare parts of the garden! 

SLEEP HYGIENE

Sleep hygiene is a behavioral and environmental practice developed in the late 1970s as a method to help people with mild to moderate Insomnia .

Go to bed at the same time each night and get up at the same time each morning, including on the weekends. Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature. Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.

Other tips

- Go to sleep when you feel sleepy don't push through it**
- Power naps should be 30 mins or 90 mins long. This is conducive to our normal sleep cycle**
- Not everyone needs 8 hours sleep some need more or less don't stress**
- Check the times you take medication some can keep you awake**
- Be mindful of the amount of caffeine you have during the day. This can impact you at night.**
- Write down your thoughts feelings and to do list before you bed down. It helps get things out of your mind**
- Sleep in a cool room**
- Weighted blankets are useful for some people**
- Speak to your GP or health care professional if you are struggling.**

For more information check out:

<https://www.sleepfoundation.org/>



Z





Pasta

WITH FRESH TOMATO SAUCE

INGREDIENTS

- Olive oil
- 4 large cloves garlic, thinly sliced
- 2 tbsp. tomato paste
- cherry tomatoes, halved
- 1/4 tsp. red pepper flakes, plus more for garnish
- 1 tbsp. balsamic vinegar
- 1/4 tsp. sugar
- finely grated Parmesan
- Cooked pasta



METHOD

- In a large pan medium heat, heat oil. Add garlic and cook, stirring frequently, until softened and light golden, about 3 minutes. Add tomato paste and cook, stirring, until paste is brick-red, about 1 minute. Add tomatoes, red pepper flakes, and 3/4 tsp. salt. Cook, stirring occasionally, until tomatoes are tender about 5 minutes.
- Increase heat to high and add vinegar and sugar. Bring to a boil and cook 1 minute. Add water. Cook, stirring, until sauce thickens about 2 minutes more.
- Add to cooked pasta
- Serve with a sprinkle of cheese
- Add meat poultry or fish (cooked) if desired



INSPIRATIONAL QUOTES



“Real loneliness is not necessarily limited to when you are alone.”

– Charles Bukowski

“If it could only be like this always – always summer, always alone, the fruit always ripe.”

-Evelyn Waugh



“It’s always summer somewhere.”
— Lily Pulitzer



“When you change your thoughts, remember to also change your world.”

—Norman Vincent Peale

THINGS TO DO

— PLANNING A HOLIDAY —

A STAYCATION - IN THE UK

Thinking about getting away for a while but would prefer not to hop on a plane? The UK has some great vacation destinations, and, in this article, I'll guide you through how best to plan and prep for a fabulous staycation.

If you would prefer to save on the money, then here's the trick for you! Choose a week in August and dedicate it to having a 'vacation'. That means staying home in style! Consider turning your home into a luxury hotel for a few days- place nice sheets on your bed, don't think about chores and order a takeaway of your favourite meal (or two... just like an all-inclusive buffet!) to take a break from cooking.

In the day why not consider being a tourist in your town? Check out local museums, go on a tour of the area and places you haven't visited in a while, book a massage at a local spa, and go see a movie or take a friend/family member for any local activity on offer such as bowling or mini golf. Think of it as taking some time to treat yourself like you would on holiday but as a cheaper alternative because there is no need to pay for flights or hotels!

How to make a staycation a reality? Use websites like trip advisor to find local activities and restaurants you can visit with reviews and ratings per option that can guide you on how suitable they are for you and if you would enjoy them. It's also a great way to find out about things going on in your area you may not have been previously aware of. Likewise, your local council website should have details about upcoming summer events you can bring the family to.



Thinking about evening activities? How about planning a game night with your family, or if you have the space, set up a tent in the garden with sleeping bags and plenty of snacks. You could share 'campfire' stories and laugh the night away whilst star gazing. If a back garden isn't an option, then why not create a make-shift fort in your front room, grab your bed duvets and pillows and put on a family favourite movie for all to enjoy? Spending time together can be a great and special way to divert from work, focus on the now and have some fun!

REMEMBER! It is important to remember that even if you are at home- you still deserve the break and to treat it like you would a proper vacation!



Groupon is a great website that can supply you with great deals on activities in your area too, if you are looking for something fun, whilst on a budget! Theatre trips, fun days out, dancing classes and escape rooms are just a few things on offer. Plan a budget and stick to it for each day of your planned staycation. Allow yourself the treats you deserve!

VISIT THE NEXT PAGE WHERE WE DISPLAY A THREE-DAY STAYCATION EXAMPLE PLAN!

PLANNING A HOLIDAY ABROAD?

THREE-DAY STAYCATION PLAN

DAY ONE - FRIDAY

- Morning- Visit a Local Museum (usually FREE- find things out about your area you may never have known!)
- Afternoon- Sightseeing in your area (a FREE activity to discover areas you have never visited and find your new favourite place!)
- Evening- Quiz and Game night with a takeaway (splurge on your favourite local takeaway whilst you get competitive at games night!)

DAY TWO - SATURDAY

- Morning- Relaxing lie in and full English breakfast (made with love at home to save money or ordered in from a local restaurant!)
- Afternoon- Family Bowling followed by a meal out at a nice restaurant (vouchers and discounts applicable at certain restaurants!)
- Evening- back home for camping in your garden with music and snacks! (Don't forget the marshmallows if you plan on having an open fire!)

DAY THREE - SUNDAY

- Morning- Booked Spa morning and/or Massages (If saving money, you and your partner could take turns massaging and plan a pamper day at home!)
- Afternoon- Late Brunch or afternoon Tea (eaten out or made at home!)
- Evening- Movie night at home or the cinema (Pick a film everybody will love!)

Summer holidays got you itching for a week in the sun? If you don't mind the travel, here is your guide to getting away from the UK to explore a new place and hopefully catch a stunning tan whilst you do so!

First it is important to consider where it is you would like to go. There are many websites that are dedicated to comparing flight prices to ensure that you can get the best deal for your money and find the right airline and trip for you. Check out this list of flight comparison websites:

- kayak.co.uk
- Skyscanner.net
- Cheapflightsuk.co.uk

If you haven't got a particular place in mind, try using the 'search everywhere' option on these websites. A list will be pulled up with cheapest flight options from several countries ranging from as low as a £25 flight to France! (correct at time of searching on skyscanner).

In regards to finding the right accommodation, decide if you would rather go in a hotel or if an Airbnb (Airbnb.co.uk) or hostel (Hostelworld.com or YHA.org.uk) is a better option for you. The second two options will most definitely provide you with a cheaper alternative. Booking.com, Expedia and Secretescapes, are also other websites dedicated to helping you find good deals on places to stay, or you can call the hotel directly to see if they have any deals or can price match your online options.



TIPS & TRICKS TO SECURING A GOOD HOLIDAY DEAL!

READ HERE:

- 1) Try downloading the app of the website you're looking on- some websites give special deals on their apps only to encourage downloads!
- 2) Don't select a specific airport when searching for a flight. Usually if you leave the option open or select a broader area instead, the website will compare prices from different airports so you can see first hand which option is cheapest.
- 3) Consider going all inclusive if you are worried about spending whilst away. Having your meals tied into your costs can help to prevent over-spending on food and evenings out whilst abroad.
- 4) Clear your cookies after searching for holiday deals and prices. That way, when you revisit the website with the intention to book, it will not hike up the prices with the prior knowledge that you had been searching before.
- 5) Buy your holiday essentials from saver stores like Poundland or Home bargains which will usually have all the things you need for a lower price than the supermarkets.
- 6) Create a list for everything! Never underestimate the power of planning. Whether it is making a list of the different price options for various getaways and accommodations, your shopping list or packing guide, your planning will make sure that nothing will go amiss, and you can relax the way you deserve to!



Don't forget! If you are going away, make sure to check beforehand if you need to have any VISAS, ESTAS, covid vaccine certificates or vaccinations for your particular destination!



Holidays away don't have to be stressful! Booking early, being flexible with dates and creating a daily budget for your days away can make your trip feel like a vacation from the second you type the option into your search bar!

Quick Tip! Do your research! It is believed that you get a better deal for a holiday booking in the week rather than the weekend. Some airlines will even drop prices on certain days as a way to entice customers into sealing the deal. Make sure to check if the place you're planning to book from has any days with better deals with a quick online search.

POETRY

TRAUMA

**My heavy head ached terribly. My fragile mind
Drifted away. My eyes like mice were dilated. My
Ears ringing aloud. I reflected into the living; the
Arising future - Trauma sang along. I looked
Into the past; anxiety was etched in my psychic. I hurriedly
Sat myself proudly upon the weeping, darkly moon;
Nothing transpired but evil voices, depression, psychosis,
And stigma - I listened to the birds sing, there
Were nothing charming but vile and hopelessness. I
Blew the golden trumpet to the gods. They laughed at me!
-Wind blowing softly, manic sound of birds' singing-
I sang a sad song for God, Oh, lord! - Trauma reigned
Supreme. So I took a bold step back in time - anger
Perished, floating confusedly in the air. I searched deeply through
Trauma in its nakedness - Positivity glittered, smiling! The
Flowery colours of nature bloom and gloom. Hope anchored,
Trauma dwindled. Bravery held the warriors swords of survival.**

Nothingness

**Became hopefulness - Joy, pride and empowerment drove
The Godly Chariots to higher points of existence. The worldly
Skies, dreaming. Madness screaming - Chanting, yelling and begging.
Trauma had lost its home. There are no rooms for you in here!
There's no resurrection for filth. The foetus' of grieve miscarried. The
Anchor of strength docked. Life and living became worthy, joyous!**

Happiness

**Showed her multiple faces. Death hanged on the Cross of Christ.
Like Methuselah, life would reconnect with humanity, for continuity.**

by Dele

Odd One Out And Why

Rome Melbourne

Paris

London Madrid

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

-----trip

corn-----

-----mouse

-----day

air-----

battle-----



Color me in



Thank-You!



FROM ALL OF US!





Car Parking Mayhem



Can you find all 20 car makers

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



MITSUBISHI

ACURA

OPEL

HYUNDAI

MAZDA

AUDI

DODGE

JEEP

TOYOTA

HONDA

LEXUS

FORD

CHRYSLER

ASTONMARTIN

JAGUAR

MERCEDES

CHEVROLET

NISSAN

BMW

KIA

unscramble

rearrange the letter to find the words?



1. AHVSERT _____
2. DYILE _____
3. TRTCRAO _____
4. AREFRM _____
5. CRUEPDO _____
6. WEN FIEL _____
7. ASNOSE _____
8. ROSCP _____
9. FLSAIETV _____
10. ODLAIHY _____
11. IESHNUSN _____
12. AKBN ALOHYDI AMOYDN _____
13. HUPOM'SAGNL LCNUH _____
14. ELASESD _____
15. LHFA TMRE AREKB _____
16. LNGO SYDA _____
17. IEDFLS FO GLOD _____
18. SWLSROFEUN _____
19. CIE AMCRE _____
20. NSAD STAELSC _____

Solutions Page

Fieldtrip cornfield fieldmouse

Field day airfield battlefield

Word: Field

Odd One Out And Why

Rome Melbourne

Paris

London

Madrid

Melbourne is the odd one out as the rest are in Europe.

SUDOKU

Very Hard

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

Word search solution

LQER IADNUYHXIEDBVPHPDZRBCFFVVFVS
PFOASSIUFAJBAQQADPRUMFZEWGEK2N
LZEDHTIMGYSEDECREMMAIOHSVPFFBYO
LHXWDHEOYROZHBQOLULVZDOSAXWZTD
TKSZWPVYFJOBLSHDEASTPIORDPSTOB
IARPQVDZEASIEDZXHXQJLDCDZVQOVL
APEOGSDRNHZFTWLFUCFLZTPRAUBRGU
EHZCOCYWIVOWJEECSPRSTSJBMPIFQQ
SBNU CHEVROLETHRHRCAOVAEUMQFPFYR
PUACUYDXYPVPIEMT MITSUBISHIOCAMX
YEHVNXSKBCNXFCSNNNXCKKAZARPTGU
USGQEELEHGSPPKWRVXGLDACTO IEDNGKF
EGWNHNWLEKXZIEQTVUHNNOEYUKSSAHS
YRNKJRTOFKPRCLHYHDCVIVAXXAMHUS
RQOUKXAUKITASTONMARTINGIXQNUDD
OFFUTRMRZJWQALUGKVTGUWLIXFDVCA
FQCXZEZOJYFBKALYVAYOQF EJDNDMDV
LKJVDLAOU CAJAQWATOYOTJQOPDGGXES
XJNOMSZPALAYZBDCMURLDLHLCZOILBB
CQFXXYVKDEKEIYNUGZUWZXPFXJJCJF
TCBSSRWAVVEKMFWRWIAUDIIBZWFHOKBR
CKHIEHNFPSVYRASPYCSYLHRDJZELSGX
PPLTT CWDZYBEPGIGDZBGPKIEBEYHYHB
JUWDYJMOZPYACWWRGHXTZJOVIBPIOA
RJWO OUMAZHNRAUGAJDGDQIWRKTWENS
SLYDFDPPFNVLCCFGMCKAQQGVBYVYDD
NISSANGAKOSSKHVAHWQVHTUCWUGHAE
LHVDRIEIEIEQUMLBPPEEJZGWNCLYECVW
SMXYOLNECVHYLJQLTZVNVJXB MNCNZLA
NUOIXXJKGGXWUGBOPZRCVPGYBJTOGB

Hard

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

Solution

rearrange the letter to find the words?

1. AHVSERT HARVEST

2. DYILE YIELD

3. TRTCRAO TRACTOR

4. AREFRM FARMER

5. CRUEPDO PRODUCE

6. WEN FIEL NEW LIFE

7. ASNOSE SEASON

8. ROSCP CROPS

9. FLSAIETV FESTIVAL

10. ODLAIHY HOLIDAY

11. IESHNUSN SUNSHINE

12. AKBN ALOHYDI AMOYDN BANK HOLIDAY MONDAY

13. HUPO'MSAGNL LCNUH PLOUGHMAN'S LUNCH

14. EIASSED SEASIDE

15. LHFA TMRE AREKB HALF TERM BREAK

16. LNGO SYDA LONG DAYS

17. IEDFLS FO GLOD FIELDS OF GOLD

18. SWLSROFEUN SUNFLOWERS

19. CIE AMCRE ICE CREAM

20. NSAD STAELSC SAND CASTLES

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
City & 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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Mental health service
Helping Service Users and Carers combat loneliness across East London, Luton and Br
www.elft.nhs.uk/get-involved/befriending-service



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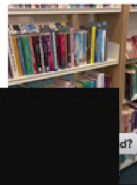
Ever heard of a park run...



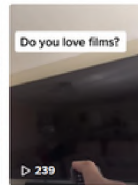
Thinking of joining one ...



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EARTHLINGS online meet up. Tuesdays. 2pm. Nature fan?...



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hint: It'll be near the beginning

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