



ELFT

COMPANION

NHS

East London
NHS Foundation Trust



Inside:

Stories

Poetry

Puzzles

Things to do

Hobbies

SEPTEMBER 2023

ELFT.BEFRIENDINGSERVICE@NHS.NET

CONTENTS

02
Contents
(YOU ARE HERE)

03
Calendar
September

Schools back! We thought it would be good to get some tips on for the year ahead! **Read more on p. 11**



This edition has an awesome hobby to discover
Read more on **p. 19**

04
Poetry - Enchanting

06 - 07
Health Suite - Gratitude

08
Poetry - Thoughts

09
Art - by Fiona

10
Ask Me Anything

11
Back To School

12
Things to Do - London

13 - 14
Gardener's Guide - Vertical Gardens

15
Article

16
Recipe - Simple Thai Style Curry

17
Inspirational Quotes

18
Things to Do - Luton & Beds

19
Hobby - Archery

20
Poetry - Patient I

21 - 27
Poetry - Trauma

28 - 29
Useful Contacts

2023
SEPTEMBER

Sun Mon Tue Wed Thu Fri Sat

					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

With September here, why don't you answer some of the questions below and reflect on how the year has been so far?

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?.

ENCHARNTING

MY OH MY SUCH IS YOUR LOVING TOUCH, AND YOUR
ENCHARNTING SMILE WOW, WOW, WOW CAN'T GET
ENOUGH.

WITH ALL OF YOUR WONDERFUL CREATION, I CAN
SURELY PERCEIVE THE REVERLATION. YOUR AURA
EMITTANCE HENCE LIKE THE SUN IN THE SKY BRIGHTLY
SHINES. YOU ARE SO FILLED WITH ENDEVOURING
ABOUNDING GIFT, TALENT, SHUDDERS MY HEART. SUCH
FLAWLESSNESS, COMBIND WITH A DEMEANER OF
GRACEOUSNESS.

YOUR BEAUTY SHINES WITHIN YOU, AND MY LOVE FOR
YOU IS SO TRUE. YOU'RE A LOVER AND A FRIEND AND MY
BELIEF IN YOU WILL NEVER EVER END.

SOMETIMES YOU ARE RIGHT, AND SOMETIMES I AM
WRONG, BUT THOSE PRECIOUS MOMENTS THAT WE
SPEND TOGETHER KEEPS US VERY STRONG. THOSE SWEET
PRECIOUS MOMENTS JUST KEEPS US STRONG.

I GIVE IN TO YOU...I COMPLETELY SURRENDER TO YOUR
ENCHANTMENT, AS THE YEARS GO BY IT WILL BECOME
MORE AND MORE APPARRANT. IT'S A VERY ENDURING
KIND OF LOVE THAT WE SHARE, AND NO MATTER WHAT
NO MATTER WHERE, BY YOUR SIDE I WILL ALWAYS BE
THERE.

SUBMITTING TO YOU OH YOUR WONDEROUS WAY,
SPONTANEOUSLY WITHOUT DELAY, DAY BY DAY, BY DAY,
BY DAY!
MY DEAREST ENCHARNTMENT.



**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 OCTOBER 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 **Gratitude**. In a blink of an eye, days pass and life simply goes by. We can get caught up in the day-to-day and forget how much we have or how far we've come.

WRITTEN BY ABDUL

Gratitude



FOUR THINGS TO CONSIDER

➔ Enhances Relationships



➔ Improves Mood



➔ Increases Resilience



➔ Reduces Stress



WHAT AM I GRATEFUL FOR?

By Abdul

Gratitude is a feeling of thankfulness and appreciation for the good things in our lives. It can be for anything, big or small. When we practice gratitude, we focus on the positive aspects of our lives and turn our attention away from the negative. This can have a number of benefits for our mental and physical health.

When we focus on the good things in our lives, it helps us to put our problems into perspective and makes them seem less daunting. This can lead to a calmer and more relaxed state of mind. Gratitude can also help to improve our mood. When we focus on the positive, it helps to boost our happiness and well-being. This can lead to a more positive outlook on life and a greater sense of satisfaction with our circumstances.

Gratitude can also help to strengthen our relationships. When we express our gratitude to others, it makes them feel valued and appreciated. This can lead to stronger, more meaningful relationships. There are many different ways to practice gratitude. Some people find it helpful to keep a gratitude journal, where they write down a few things they are grateful for each day. Others like to write thank-you notes to people who have done something nice for them. Still others like to spend time with loved ones or do something kind for someone else as a way of expressing their gratitude.

Always filled with thoughts
Some pain in the deepest
corners of the mind.

To hide the known and
unknown memories in the
heart.

Feeling the unlimited desire
to hold
Them is a glimpse of the
deepest
Corner of the mind.

The pain of not getting
close
To anyone at the last
moment of life.

Matching the Calculations
of victory
And defeat in the battle of
life.

Is someone losing is lost,
it is a wise desire to get it
back.

by Farzana



THOUGHTS

POETRY

ART



BY FIONA



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 do I improve my mental health?

This might seem like a general question but as we get caught up in our day to day, we forget how to look after our minds when we have a lot going on. Be sure to take care of your physical health with plenty of rest in accordance with activities you undertake. Don't forget - connecting with others is important as well.

What resources are available if I am struggling with my mental health?

Talk to your doctor - best point of contact who can talk you through any issues you are having and even refer you to more specialist services should it be deemed necessary. Be sure to take a look at the magazine useful contacts pages found towards the end with plenty of useful numbers.

"WHAT TO DO, WHAT TO DO?"

How can I talk to my loved ones about my mental health?

Sometimes there is never a right time or place to talk, but finding a place in your day where you are calm and relaxed would definitely allow you to understand your thoughts better. Find someone to talk to and be honest and open about how you are feeling. It's always easier said than done - but sometimes all it takes is a chat to see things through.

How can I advocate for better mental health care?

There are a number of things you can do to get involved such as volunteering, talking to individuals or groups who have goals that are aligned with improving mental health, talking to elected officials or seeing what is happening in your local area and even so much more! There's no set way to become an advocate - just persist and you'll find something that works.



BACK TO SCHOOL

Where did the time go? Did you take the children on holiday or just get around the local area more? It's that time of year again where parents and guardians are preparing to get the kids back to school, ready for another year!

Read below for tips that'll help the kiddos get back into it!

Get back into a regular sleep schedule

This means going to bed and waking up at the same time each day, even on weekends. Getting enough sleep will help your child be alert and focused in school.

Establish a morning routine

This could include waking up, getting dressed, eating breakfast, and packing their backpack. Having a routine will help your child get ready for school more smoothly and avoid feeling rushed.

Help your child choose their school supplies

This is a great way to get them excited about going back to school. Let them choose their own backpack, lunchbox, and other supplies.

Pack healthy lunches and snacks

This will help your child stay energised throughout the day. Avoid sugary drinks and processed foods.

Encourage your child to read for pleasure

Reading helps children develop their imagination and language skills. Make sure they have plenty of books to choose from at home.

Set aside time for homework each day

Help your child create a quiet and organized workspace. Be patient and offer support, but don't do their homework for them.

Talk to your child about their day.

This is a great way to stay connected and help them cope with any challenges they may be facing.

Be positive and supportive

Let your child know that you believe in them and that you're excited for them to start the new school year.



Here are some extras that could definitely help all year round!

- Introducing themselves to classmates and the teacher. This will help them feel more comfortable and confident.
- Volunteer to help out in class. This is a great way to get involved and make friends.
- Ask questions if they don't understand something. It's better to ask for help than to struggle on their own.
- Taking breaks when they need them. Not trying to power through if they're feeling overwhelmed.

THINGS TO DO

LONDON

TOURIST WALKING TOUR

Have you lived in London all your life or visit the capital city so often you feel like you know it all? Maybe you're so used to your borough you haven't ventured out and explored the city in a long time. Well why not give it a try this September? Now that the Summery tourist months are over, this is the perfect time to stop by all the infamous London spots and spend your day just like a tourist, snapping photos of monuments, possibly getting a glance at a royal family member, and picking up a flashy souvenir from one of the many London souvenir shops!

Arguably September will be less busy than its previous months as the tourist rumble is said to die down by this time now that summer (and summer vacation!) is behind us. This means less crowds, less queues, less filled out sidewalks, and more time to see all the amazing sights that London has to offer. Its easy to forget why the city is as popular as it is, but this walking tour is exactly what you need to reignite your passion for the capital!



What is great about this tour, is that as you walk through London, you can spend as little or as much time as you want at the set locations, deciding whether a specific monument is just a snapshot photo on your walk to somewhere else, or if stopping and having a look inside is more your thing. Either way, no place is left behind and everything can be appreciated however you would like to appreciate it!

The Route I would recommend starts at Trafalgar square and ends at Tower Bridge:

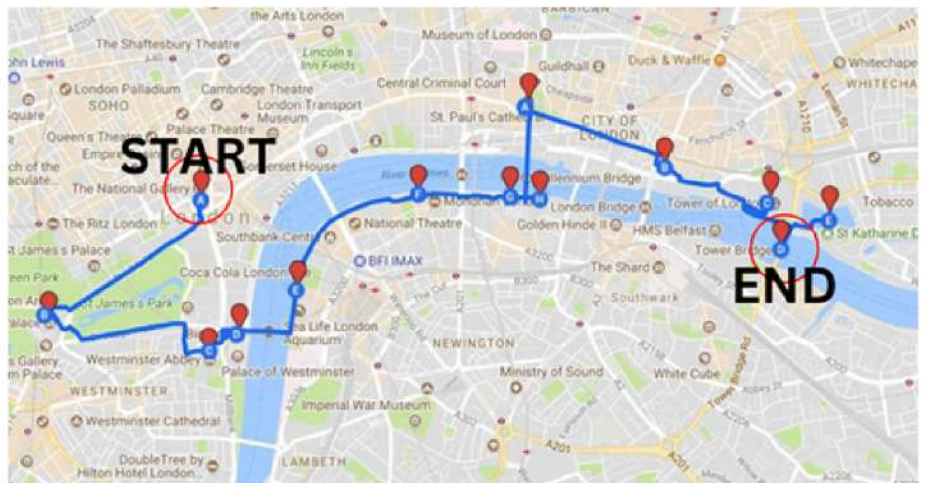
Following the map, here are the spots you'll hit:

- Trafalgar Square (optional: The National Gallery is right there!)
- Through or around St James Square
- Buckingham Palace
- Westminster Abbey
- House of Parliament
- Big Ben
- Across Westminster Bridge
- Southbank & The London Eye (optional: grab a view of the City from the London Eye itself!)
- Tate Modern (optional: Check out the amazing art exhibitions inside!)
- Shakespeare's Globe (optional: Catch a famous Shakespeare Play!)
- à Across Millenium Bridge (Harry potter fans this one is for you!)
- St Pauls Cathedral
- à Walk along Cannon Street
- The Great Fire of London Monument
- Tower of London
- Tower Bridge



Without stopping to check out the museums or visit the monuments inside out, the whole walking tour is believed to take two hours, but of course this whole journey is completely up to you- adding or taking away anything that fits your fancy! And of course, the whole walking tour is totally free if you don't plan on any stops which makes it a great value day out from start to finish.

Try this out! If you are unsure how to plan the journey, try using Google Maps-My Maps. You can create a map of any location and pin each spot you want to visit. It can then help you track your journey from place to place to make the trip easier for you!



Gardener's Guide

In this edition, I'll be covering *Vertical Gardens* and how important they can be, especially if space is at a premium or difficult to obtain.

You can use vertical spaces for lots of crops. Hanging baskets and window boxes are perfect for this but you can also, with some ingenuity, hang up growing bags, cutting holes in the sides for plants. You can even use large catering tins, banging holes in the base for drainage, attached to trellis or fence posts.



A sunny wall or fence is best for most crops but remember that the reflected heat from a wall dries out pots and baskets quickly so you need to pay particular attention to watering.



A west-facing wall may be more successful than one that gets sun all day. Small baskets and other hanging containers, with small volumes of compost, dry out more rapidly than large containers. Small, short-term plants are the best choices for hanging baskets and window boxes and any multipurpose compost suffices for these plants.

An example of a vertical garden utilising shelves where planting takes places from the bottom-up as opposed to the traditional method which involves preparing a specific area or plot of land, ready for planting. There isn't any set way of having a vertical garden as they come in all different shapes and sizes, but ultimately serve one purpose - make gardening efficient and easier!



See the next page for more!

Gardener's Guide

You can buy special container compost that usually contains both controlled-release fertiliser and water-retaining gel to help prevent the compost drying out so quickly. You can buy both these products and add them to ordinary compost if you prefer. Unless you're able to water frequently, investing in an automatic watering system run from an outside tap is worth consideration.

These systems, controlled by a battery-powered, computerised timer, aren't expensive and are useful for your containers too, taking the worry out of watering.

Ideal crops for hanging baskets, window boxes and anything in a vertical garden:

- Bush and Trailing tomatoes
- Most herbs, especially thyme, parsley, sage, basil and chives
- Leafy salads, including lettuce, rocket and baby leaf endive and chicory

If you have a spare 20 - 30 minutes, I've located a good video in my opinion, which you can watch on YouTube. It runs through the basics of how to make a vertical garden, showcasing a number of things which an individual gardener might find really helpful to know -

<https://www.youtube.com/watch?v=Re2qaQxunLU>



Tedious to type? Scan the QR code I've got here to be taken directly to website on a mobile device!



**ONWARDS
AND
UPWARDS!**

Over 50, self-motivated and £10 p/m: My healthy aging programme

Most of my life I have spurts of exercise. As a youngster I swam, and as a young teenager with my dad, through to my mid-thirties, I did martial arts, and then I had kidsand didn't do anything for a while.

I then used videos as they were in my day, moving onto DVDs, of various workouts as I came across them at charity shops. Some I liked and others not so much but each morning I would do 30 minutes or so and remember my son crawling through my 'downward dog' on a regular basis.

As the kids got older, I would drop them at school and used forerunners to Couch to 5 to learn to run. I can't say I ever liked running but it was cheap, just the cost of trainers, and I could go out of my front door and 'get it done'. In fact, I carried on running for many years, never really enjoying it but putting my kit out the night before the 2-3 mornings, and then just getting up, into my kit and just doing it. I think if I waited for the feeling I'd enjoy it, I would never have gone out but I do know that whilst I never really looked forward to it, I certainly felt better afterwards and there is something nice about getting outside and watching the world wake up..... I never ran quickly, in fact my husband who is a runner said he'd come out with me on one occasion and as I was 'running' at what I thought was a reasonable pace, he was walking alongside me, I hasten to say I never went out with him again!! I then stopped running after an injury so walked instead for three morning a week - enjoyed it more.

So, what do I do now?? I have found the most fabulous 'platform' for want of a better word and recommend it highly if you are:

- Over 50, can self-motivate, and fund a £10pm 'habit'.

It's called 'Goldster', and its philosophy is that we should try to do as much as we can to age well. It runs online and provides classes from 7.30am to 7pm Monday to Friday and classes over the weekend: they are also recorded so I can access at any time if I miss any that I like.

There are 'keep fit' classes such as easy and moderate workouts, tai chi, Pilates, yoga, Zumba, dance.

There are learning/knowledge classes such as anxiety management, meditation classes, pain management, nutrition, brain games, art classes, style/fashion, creative writing. Others such as singing ...with a choir and a cockney sing along, poetry and a book club. So, if you are over 50, can self-motivate to access classes to keep your self healthy - body, brain and emotionally, give it a go. I think the first month is free so if you don't use it during a 4-week period, it's not for you, but it may open a world of fun, and bodily / brain/ emotional fitness.



Simple

THAI STYLE CURRY

INGREDIENTS

- 1 tsp vegetable oil
- 2 small red onions, chopped
- 1 bunch of celery. stalks thinly chopped into 6cm sticks
- 2 tbsp Thai green curry paste
- 1 x 400g cans of coconut milk
- 2 tbsp fish sauce
- Zest and juice lime
- Sugar snap peas
- 320g chicken fillets

METHOD

- Heat the oil in a medium pan, add the red onion and thinly sliced celery and fry for 2 minutes.
- Tip in the paste and cook for 1 minute more.
- Pour in the coconut milk, fish sauce, lime zest and juice. Bring to a simmer, then add the sugar snap peas, celery sticks and chicken.
- Cook for 5-10 minutes or until the chicken is cooked
- Serve with rice or noodles

-When you buy the tai curry paste make sure you choose a mild medium or hot depending on which you like best

-Double up the ingredients to serve 4

-This curry itself can be frozen

INSPIRATIONAL QUOTES



"Tricks and treachery are the practice of fools that don't have brains enough to be honest."

— Benjamin Franklin

"Change what you can, accept what you can't, and be smart enough to know the difference"

— Wally Lamb



"If only... Those must be the two saddest words in the world."

— Mercedes Lackey



"I let them have their little victories, which they need far more than. I do. "

— Charles Bukowski.

I've failed over and over and over again in my life and that is why I succeed.

— Michael Jordan

THINGS TO DO

LUTON & BEDS

WREST PARK AND ITS HIDDEN GEMS

Wrest Park is an idyllic English garden that allows you to stroll through three centuries of landscape design. A spectacular house built in the 1830s, following the style of a French Chateau, there are several fabulous things to see and do, including viewing one of the remaining formal gardens of the early 18th Century. The location itself has an impressive history from being the home of the prominent de Greys family, decorated with spectacular wall paintings by Mark Anthony Hauduroy and more recently, had become a convalescent home for soldiers during the First World War. You can learn all about the different eras in which Wrest Park played a prominent role during your visit as you venture through the many rooms of the building and its stunning gardens.

The woodland walks and gorgeous landscapes during the month of September are filled with luscious browns and oranges that encapsulate the autumn months so splendidly. Amongst the gardens, Wrest Park brags about its wondrous hidden gems that along your journey you can go and discover. For example, there are over forty statues scattered around the grounds, as well as a Chinese Temple and an ornate marble fountain. You can even visit a rustic bathhouse, and for those interested, stop by the pet cemetery deep in the woods.

If you want to bring kids along for your journey, they have a dedicated outdoor play area with both a zip wire and pavilion to climb situated right next door to a café where you can grab a lovely cup of tea whilst they play.

This is only a small list of activities possible at Wrest Park, as the house and grounds have a plethora of things to see and do. If you are looking for a special location in September to explore and view hidden gems of Bedfordshire, be sure to check it out!



Don't forget! Between the 21st and 23rd September there is also an evening event taking place called the Night of Legends. This will be a showcase of medieval performances right on the grounds where myths and legends will come to life!

Heads up! If you book online, before your visit, you can save 10%!

Look out for! The wallpaper tours. On the first Sunday and third Thursday of each month, Wrest Park opens the doors to the rarely seen wallpaper rooms which has intricately hand painted walls with a bounty of history attached to them!

Address:
Silsoe
Bedfordshire
MK45 4HR

Admission:
Adult £14
Child (5-17 years) £8.50
Concession £12.50

(Tickets may change depending on the season)

Opening Times:
Daily 10:00am- 6:00pm

Website:
<https://www.english-heritage.org.uk/visit/places/wrest-park/>



ARCHERY

MORE ACCESSABLE THAN YOU THINK

If you have ever fancied having a go at archery or maybe even taking it up as a hobby but you have no idea where to begin, you're not alone. A lot of people are really excited to grab a bow and start shooting, but feel confused by all the terms and equipment. After all—there's a lot to know!

It might all seem a bit daunting at first, but don't worry, today there are a lot of beginner courses and taster days where you can learn everything you need to know - you'll soon be hitting the target like a pro!

There are Archery clubs all over the UK which run beginners' courses, delivered by qualified coaches. Courses will give you a grounding in range safety; scoring; how to setup a bow; different archery techniques; and skills and drills to help you continue your archery journey.

All your equipment will be provided for your beginners' course, but if you'd like to join a club afterwards and shoot regularly, all you really need are the basics: a bow, a string, some arrows, a bracer, finger tab, a quiver, a bow stand, a bow stringer and a target to shoot at. Your club should have equipment for you to use before you decide to get your own.

Target archery is the type of archery practised at the Olympics, and is the version most beginners learn first. Archers shoot a set number of arrows at targets set at specified distances on a flat surface. It can take place either indoors or outdoors.

Archery is a much more inclusive sport than many people realise. If you have any special requirements, most, if not all clubs will accommodate any reasonable adjustments.

Where to get started:

Archery Fit
archeryfit.com
Greenwich

The team are all dedicated to providing a fun and relaxed atmosphere for archers of all levels to get stuck into the hobby. If you want a fun, low-pressure induction into archery, this will be your best bet.

2020 Archery
2020archery.co.uk
Bermondsey

They offer classes for all levels, buyable in bulk or try the 'have a go' option for anyone who just wants to, well, have a go.

Hertford COA
experiencearchery.com
Hertford

A friendly club who cater for all ages and abilities from 8 years upwards. Open 7 days a week.

POETRY — PATIENT 1

I was in character. I listened very carefully
To my wondrous, but helpless Mental Health patient.
The diagnosis was that of Paranoid Schizophrenia.
It was a rough, gloomy journey. It was truly
An amazing, breezy encounter too. I assessed all the
Symptoms. They appeared wholly like Paranoid Schizophrenia.
I had to prescribe medication. Initially, it
Was Olanzapine, then later, I prescribed Clozapine. For
The first and the last time it felt like Olanzapine
Would work. Then I thought within my knowledge that the diagnosis
Might have been Schizoaffective disorder. Mood swings.
But hearing strange voices affirmed strongly it must be Schizophrenia!
I'm not a Psychiatrist. I was only pretending being
One. It was that crucial time for a review. I planned that
For three months' time. Perfect! Sweet! Lovely! Patient 1 stood up
Boldly, and left consultation. I started to hear tempestuous
Voices in my deranged head. I was left working out how to manage the
angry,
Stormy voices I started to hear in my head. I aren't a Psychiatrist. I
Was only pretending. I closed my eyes, the world of psychiatry played
before me.
I opened them; there were bright colours splashed on the wall.
Am I suffering from Schizophrenia!? I'm not a psychiatrist, or a
psychologist.
Patient 1 sat down quietly. It's time for that quarterly mental health review.
Patient 1 was now pretending being the psychiatrist. He had a fierce glow
in his blue eyes.
What we felt was shame running after joy. The pain of tenebrous voices,
burning
Deeply inside. Recovery, mirthful – strumming empathy, stability and hope!

Multiples

1) how many pints are there in a gallon?

4 8 12

2) what is the square root of 1024?

16 32 64

3) What has 2 in it?

Carbon Monoxide carbon dioxide nitrogen

4) what is the largest bone in the human body?

Ulna humorous femur

5) how much approximately did the Film Avatar take in the box office?

586 million 322 million 3 billion

6) how many films did John Wayne star in approx.?

104 94 169

7) what was John Waynes 1st movie?

Frontier Horizon the Big Trail stagecoach

8) in monopoly what are the green titles called?

Oxford St Oxford St Vine st

Bond st Bond st Bond St

Regent St Bow st Oxford st

9) in Chess how does the Queen move?

Diagonally Omnidirectionally Horizontally

10) in what month in 2001 did the original tog gear end?

July September December

11) How many varieties are there of Heinz?

106+ 57 92

12) who won the 1994 British Grand Prix?

Jean Alei M Schumacher Damon Hill

13) which former planet was redefined as a dwarf planet?

Mars Venus Pluto

14) who Guards the Crown Jewels?

Vegans Beefeaters Demi-Vegetarians

15) what is the weight class for a middleweight?

81kgs 63kgs 73kgs

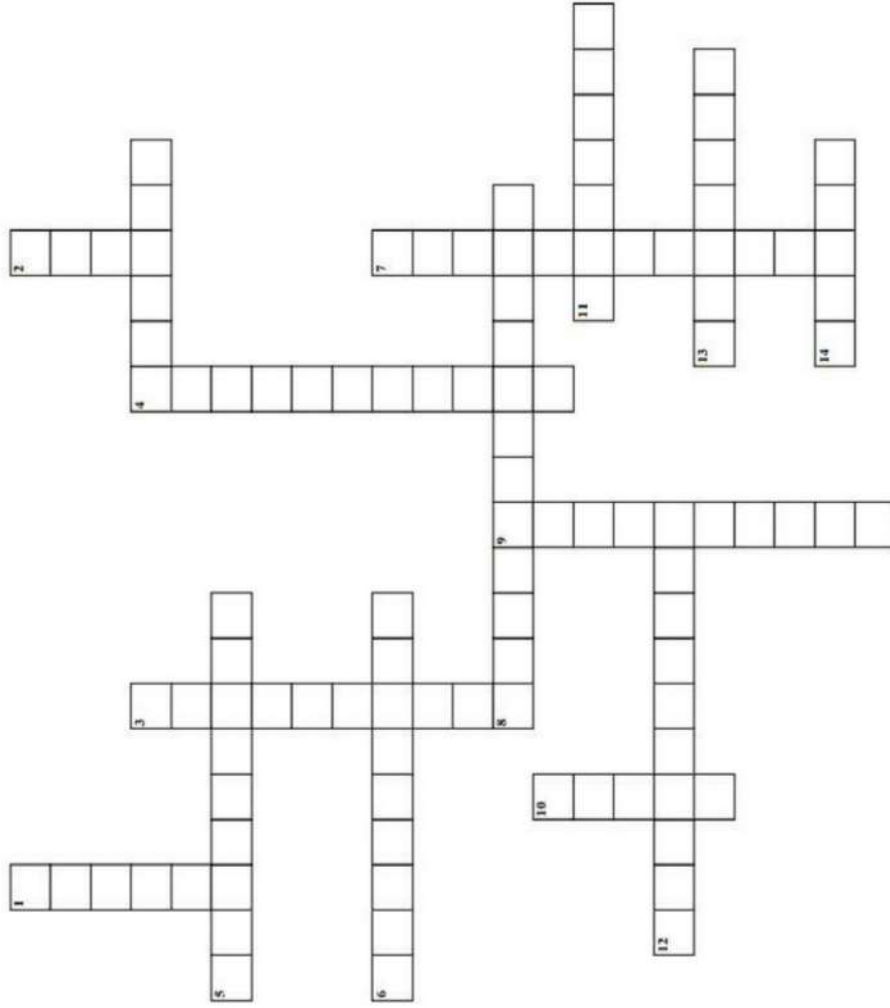
16) what shares its name with a musical note?

Quavers Cheetos Onion

True or False

- 1) Black and White are not colors True / False
- 2) Dolly Parton wrote Jolene Made Famous By Whitney Huston True / False
- 3) Catching a Crab is a rowing term True / False
- 4) The term inbox refers to your mail box for emails True / False
- 5) Summer solstice is held on the 21st June every year True / False
- 6) Can a Goalie score and own goal? True / False
- 7) Was George graham an England football manager? True / False
- 8) The Mary Rose sank in 1554? True / False
- 9) There is a USA Submarine named after President Theodor Roosevelt? True / False
- 10) A dodecahedrane has ten sides True / False
- 11) Gemma Collins was adopted True / False
- 12) Tom hanks has a collection of over 100 typewrite True / False
- 13) Oprah Winfrey has a bath shaped liked her body? True / False
- 14) No countries in the world has purple in their flags? True / False
- 15) Over 100 countries took part in the 2018 winter Olympics? True / False
- 16) Mammals can't fly? True / False
- 17) Wombats poop is cube-shaped? True / False
- 18) Octopuses have eight hearts? True / False
- 19) Owls don't have eyeballs? True / False
- 20) The lungs are the body largest organ? True / False

elvis has left the building?

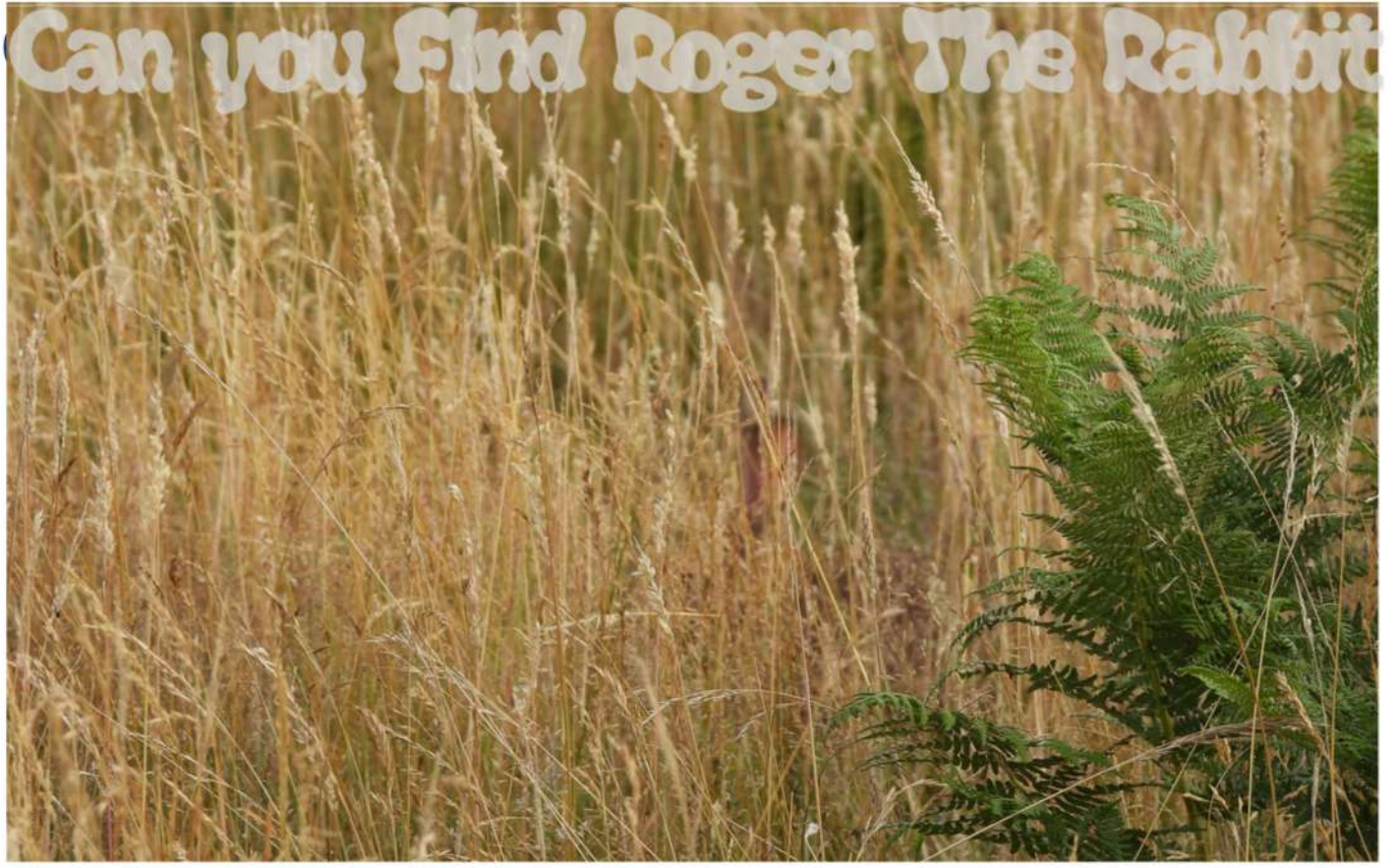


Across

- [4] where was he born?
- [5] elvis named his mansion?
- [6] the name of elvis's final studio album?
- [8] the name of elvis's debut studio album?
- [11] what is one of the songs by the beatles that elvis cover?
- [12] elvis shares his birthday with what other music legend?
- [13] what month of the year was elvis born?
- [14] what is Elvis middle name?

Down

- [1] other than USA what was the only other country Elvis
- [2] how many songs did he write?
- [3] what was his mother?
- [4] before fame, what was his job?
- [7] what was the first film did he starred in?
- [9] first record lable to work with elvis?
- [10] what class did elvis fail in high school?



MAPS OF THE WORLD

1. AANODRR
2. IANNSGFAAT
3. WLEZATRISDN
4. ETCO IDIEV'OR
5. ALAMUEGAT
6. YJRESE
7. RRTEMSATON
8. WEN AZNELDA
9. ANTMEIV
10. EELNZVUAE
11. NAZWADSLI
12. UNDTIE SATEST
13. IAERNKU
14. KYUETR
15. AISNTIU
16. DAACAN
17. IETUND DGMINOK
18. IDBOCAMA
19. APPAU WEN AIEQNU
20. ESIL FO NAM

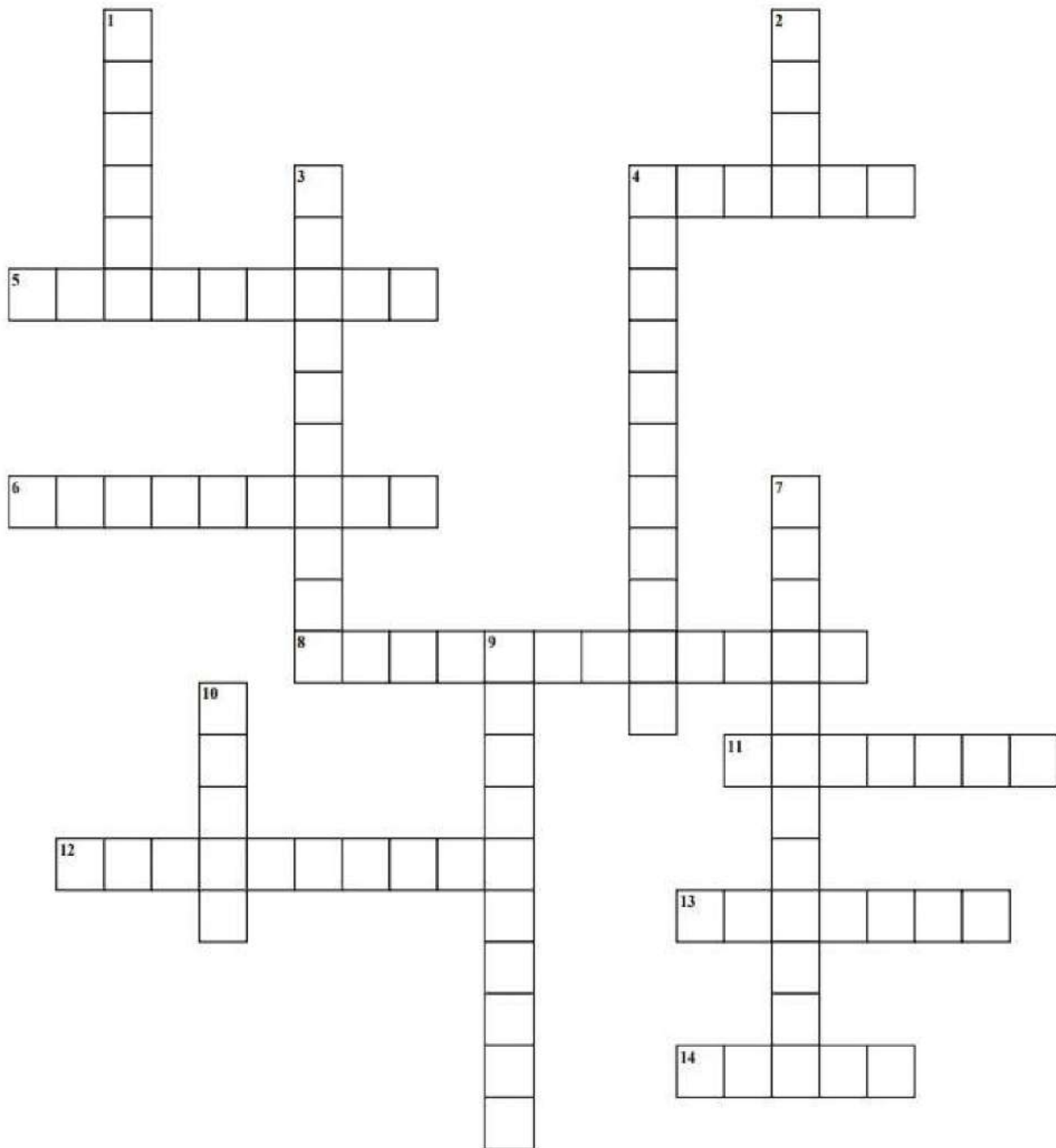


TRY THIS

Using a single pencil colour
me in by shading me?



elvis has left the building?



Across

- [4] where was he born?
- [5] elvis named his mansion?
- [6] the name of elvis's final studio album?
- [8] the name of elvis's debut studio album?
- [11] what is one of the songs by the beatles that elvis cover?
- [12] elvis shares his birthday with what other music legend?
- [13] what month of the year was elvis born?
- [14] what is Elvis middle name?

Down

- [1] other than USA what was the only other country Elvis
- [2] how many songs did he write?
- [3] what was his mother?
- [4] before fame, what was his job?
- [7] what was the first film did he starred in?
- [9] first record lable to work with elvis?
- [10] what class did elvis fail in high school?

Solutions Page

- 1) 8
- 2) 32
- 3) Carbon dioxide
- 4) Femur
- 5) 3 billion
- 6) 169
- 7) The big trail
- 8) Oxford st, Regent st, Bond st
- 9) Omnidirectionally
- 10) December
- 11) Damon Hill
- 12) 106+ the (57 is the sweet point)
- 13) Pluto
- 14) Beefeaters
- 15) 73kgs
- 16) Quavers

Multiples

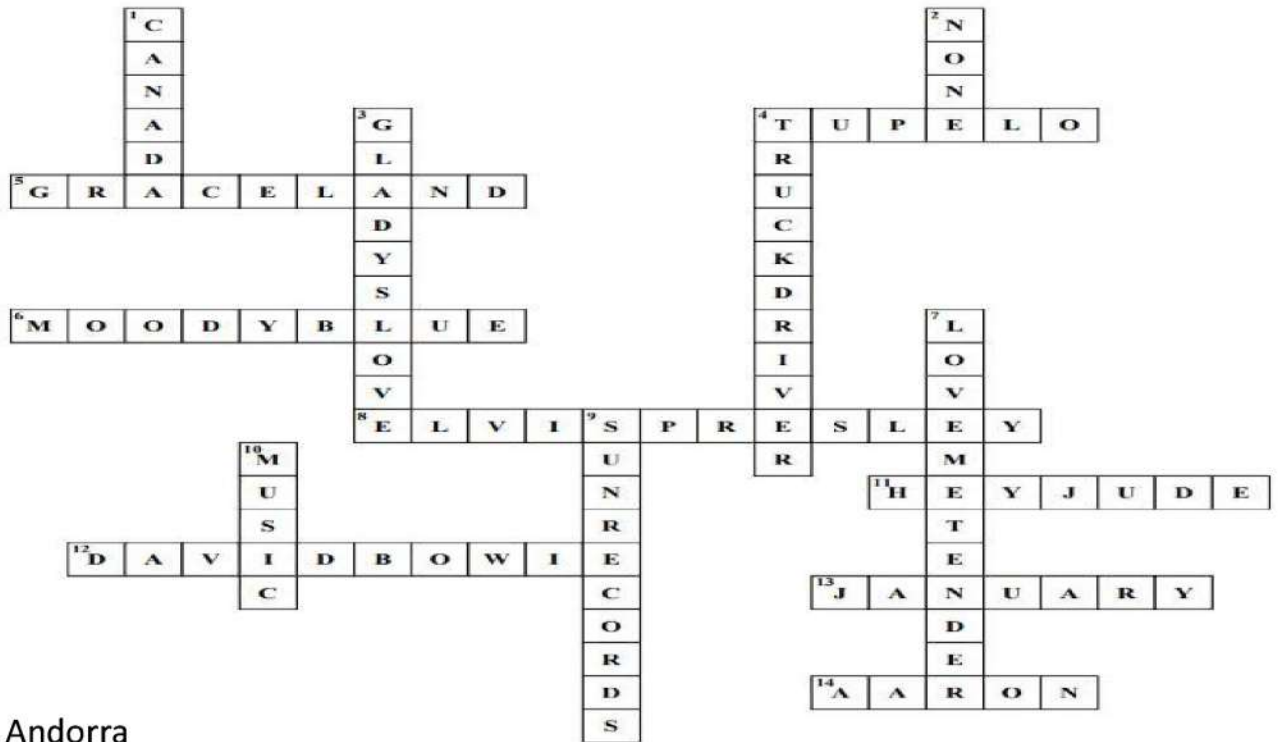
Can you find roger the rabbit



True or False

- 1) True
- 2) True
- 3) True
- 4) True
- 5) True
- 6) True
- 7) False
- 8) False 1545
- 9) True
- 10) False 12 sides
- 11) False
- 12) True
- 13) True
- 14) False
- 15) False
- 16) False
- 17) True
- 18) False
- 19) True
- 20) False

Solution



1. Andorra
2. Afghanistan
3. Switzerland
4. Cote d'Ivoire
5. Guatemala
6. Jersey
7. Montserrat
8. New Zealand
9. Vietnam
10. Venezuela
11. Swaziland
12. United States
13. Ukraine
14. Turkey
15. Tunisia
16. Canada
17. United Kingdom
18. Cambodia
19. Papua New Guinea
20. Isle of Man

Unscramble the flags

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

ARE YOU FOLLOWING US?



@elftbefriendingservice



elftbefriendingservice

Follow

Message

98 posts 146 followers 161 following

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



elft

Things to do

Money servin...

Services

Who we are

Online meet ...

POSTS

REELS

TAGGED



elftbefriendingservice



elftbefriendingservice

ELFT Befriending Service

Follow

16 Following 70 Followers 1294 Likes

Helping Service Users and Carers combat loneliness and isolation

Videos

Liked



The befriending service ...



Bluebells in springtime?...



Ever heard of a park run...



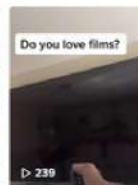
Thinking of joining one ...



5 tips to tackle going out anxiety



Do you love films?



Do you love nature?

Befriending

elftbefriendingservice 8 subscribers 10 videos

Join this channel

PLAYLISTS

COMMUNITY

CHANNELS

ABOUT



Bookworm? This one is for you! Thursdays at 2pm...



Film buffs and movie geeks this one's for you! Cinemat...



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



elftbefriending

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

COMMENT AND TELL US WHAT YOU WANNA SEE!