

Being alone doesn't need to be lonely.

MAY
2024

COMPANION

MAGAZINE

NOTE TO SELF

Make self-care a
priority.



FALL IN
LOVE
WITH
YOU
AGAIN

HOLISTIC HEALTH: YOUR GUIDE TO A HAPPIER,
HEALTHIER YOU.

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Health and Lifestyle: A Holistic Journey to Your Best Self

Welcome to the Health and Lifestyle section of the NHS ELFT Companion magazine, your quintessential guide to embracing a life of wellness, balance, and vitality. As we embark on this enlightening journey together, our mission is to inspire, inform, and invigorate you with a cornucopia of insights that touch upon every facet of health and wellbeing.

In a world where the pace of life accelerates by the day, it becomes increasingly vital to pause and reflect on our health and lifestyle choices. Recognizing this, our holistic approach doesn't merely focus on physical wellbeing; we delve deeper, exploring the synergies between mental, emotional, and environmental health, all of which are essential for achieving a harmonious life.

But that's not all. We believe in the power of stories and the profound impact they can have on our journey towards a healthier self. As such, we bring you inspirational tales from individuals within our community who have transformed their lives through making mindful health and lifestyle choices. These stories not only serve as a beacon of hope but also as a testament to what is possible when we commit to our wellbeing.

In essence, the Health and Lifestyle section is not just about providing information; it's about sparking a movement towards a more mindful, balanced, and fulfilling life. Whether you're taking your first steps towards a healthier lifestyle or you're well on your journey, we're here to support, guide, and inspire you at every turn.

So, let us begin this voyage of discovery and transformation together. Here's to a healthier, happier, and more vibrant you. Welcome aboard the holistic health journey of a lifetime - where every page turned is a step closer to your best self.

Easy Ratatouille

03 | Soul Food

Another excellent dish from our talented

Befriender

Deanna

Ratatouille, a dish that whispers the rustic charm of Provence, is a tapestry of vibrant colors and flavors, elegantly woven together to create a culinary masterpiece. This humble yet sophisticated stew carefully blends the sun-soaked zucchinis, bell peppers, and eggplants with the ripe juiciness of tomatoes. Each ingredient is sautéed to perfection, ensuring that their flavors meld beautifully yet retain their individual textures.

The magic of ratatouille lies in its simplicity and the purity of its ingredients, which are allowed to slowly simmer to a tender, aromatic perfection. This process infuses the dish with a depth of flavor that speaks of sun-drenched fields and the earthy goodness of the harvest.

Serving ratatouille is like presenting a palette of Provencal sunshine on a plate. Its versatility is unmatched—equally delightful whether served as a hearty main course or a graceful accompaniment to meats and fishes. Each bite offers a taste of the French countryside, making it not just a meal but an experience—a celebration of provincial culinary traditions that continue to inspire and enchant food lovers around the world.



Ingredients

- 45 ml / 3tbsp extra virgin olive oil
- 1 Large onion chopped
- 3 Cloves garlic crushed
- 1 Red pepper deseeded and diced
- 1 Green pepper deseeded and diced
- 1 Orange or yellow pepper deseeded and diced
- 2 Medium aubergine diced
- 1 Large courgette
- 400 g Can chopped tomatoes
- 30 ml / 2tbsp Tomato puree
- 1 tsp Mixed herbs
- 60 ml / 4tbsp Water
- Salt and freshly ground pepper



Method

Lightly fry all the ingredients except the tomatoes, then blend them with herbs. Once they are tender, add water, canned tomatoes, puree, and herbs, and let it simmer for 45 minutes.

After it cools, store this mixture in a sealed container in the refrigerator's cold storage for up to 3 days.

You can also freeze this elixir, but remember to consume it within 3 months, and label the container properly.



THINGS TO DO LUTON & BEDS

Woburn Safari Park



Spring is here which means fun days out with the family are a must now that the days are brighter! One of the best things to do now that the cold and (hopefully) the majority of the rain is behind us, is head to the Zoo, and Woburn Safari Park is one zoo not to be missed!

Woburn Safari Park has two elements to its zoo day out. The first is an exciting safari ride where you drive your car on designated routes through nine acres of 'sweeping parkland reserves'. There are several sections to the safari journey including 'Savannah Grasslands', 'Northern Plains' and 'Kingdom of the Carnivores!' which all boast a fantastic array of different animals. Get up close and personal to zebras, giraffes, lions and more as you see them roam free in their habitats and can come as close as windscreen width away from you! Ever had to stop your car so a family of Rhinos can pass by? Well on this route you just may have to!

That's not all! The safari journey also takes you through the 'African Forest' arguably one of the most exciting elements of the whole day out where you'll be asked to drive slowly whilst Macaques monkeys and mountain bongos roam all around you, even climbing on top of your cars, sitting on car roofs and lounging on you windscreens! It's a fantastic sight to behold!

Once your road safari is through you can then park up and explore the zoo even further, getting the chance to meet birds of prey, elephants, sea lions, many other smaller mammals, farmyard friends and more! They even have a zone dedicated to reptiles and creepy crawlies, an area where you can walk alongside Australian wallabies, and several talks and demonstrations take place throughout the day dedicated to teaching you more about the animals and see them having fun.

If you aren't sure on a family fun activity for the upcoming spring or even summer months, check out Woburn Safari Park today- you won't be disappointed!

Don't miss out on! The park has many great areas for children including a railway train, indoor soft play, activity centres, bouncy castles and more!

Don't forget! The park is only accessible in your own vehicle. Soft top convertible cars will not be allowed in specific areas due to safety reasons.

By our talented Befriender
Paola

WOBURN SAFARI PARK

Opening Times:

Open daily from 10.00 am-5.00 pm (last entry). Closes at 6 pm.

(In cases of poor weather, they may close earlier)

Admission Fee:

Tickets can be ordered online or at the gate upon arrival.

Standard Ticket Prices:

Adult 16+: £30.99

Child 3-15: £22.99

Under 3: FREE

Disabled and Carer (two tickets with proof): £30.99

Disabled individual: £19.99

This is just the pricing for general standard-day admission tickets. Please check the Woburn Safari Park website for VIP options, specific event tickets, annual passes, or more information.



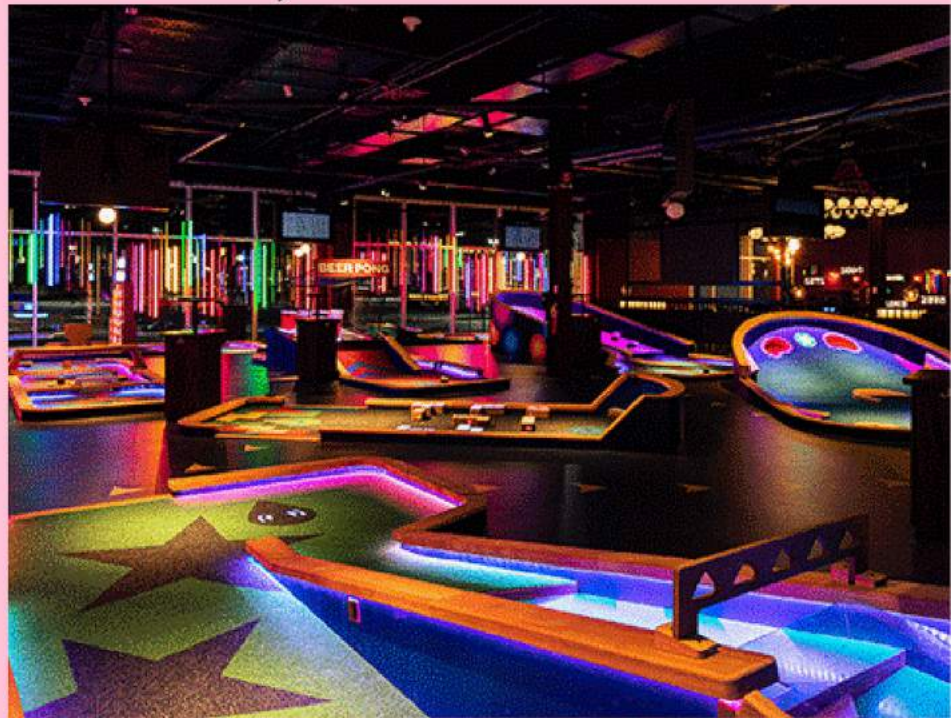
Address:

Woburn Safari Park,
Woburn Park,
Bedfordshire,
MK43 0TU



London- Mini Golf (locations varied)

Calling all golf fans! Did you know that London is filled with loads of fantastic, interesting, creative and enjoyable mini golf courses? If you are looking for an activity that is fun, no-stress and allows for you to gather all your friends together, read on and learn about the different themed mini golf courses available this May time.



First up is 'Mini Golf by Craig and Karl', a FREE limited time outdoor mini golf course set up at Montgomery Square in Canary Wharf. The square is a great spot to relax in during the nicer weather days and if you like, take up a game of golf with friends, family or colleagues on their wonderfully colourful, vibrant and unique 9-hole mini golf course. The course takes inspiration from fun geometric shapes and patterns, transporting you into what feels like a whacky painting. It is open daily from 12-6pm up until September.

Next up is 'Swingers', an infamous indoor crazy golf venue. With two locations in both the West end (5 John Prince's St London W1G 0AB) and London City (8 Brown's Building London EC3A 8AL), there are five different courses between them with themes such as Meteorites, The Big Wheel, and Lighthouse and Windmill. These courses range between 8 and 9 holes, and boast challenging and competitive fun for all involved. You can also grab food and drink and make a whole day of it when you are there! Tickets cost £12 per person during off-peak times (Weekdays before 5pm) and £15 per person during peak times for one round of crazy golf.

If you are a fan of nostalgia, games and the world of tech, then 'Puttshack' is the mini golf location for you! Claiming to have 'rewritten the rules of mini-golf', here you can take on a 9-hole course dedicated to games like trivial pursuit, roulette wheels and even Pacman. And the cool part? The balls track your scores so you don't even need to carry a pencil! Right in the heart of Bank (1 Poultry, Queen Victoria Street, London, EC2R 8EJ), the course costs £14 per adult or £9.50 for juniors, and food and drink is also available on site.

Depending on which mini golf course tickles your fancy, each fun will provide you with great laughs, great fun, and great memories! **By our talented Befriender Paola**

curtains up

Wordsearch

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

CHESS

MAMMAMIA

WICKED

GUYSANDDOLLS

WESTSIDESTORY

MEATLOAF

THEKINGANDI

HAIRSPRAY

MYFAIRLADY

PRETTYWOMAN

CABARET

CAROUSEL

GREASE

MATILDA

FROZEN

JAMIE

WARHORSE

LIONKING

ROMEOANDJULIET

SISTERACT

What am I

1. I am where yesterday follows today and tomorrow is in the middle?
2. I am white and used for cutting and grinding?
3. You start at red and finish at green?
4. I never been thrown but I can be caught?
5. I have branches but not fruit trunk or leaves?
6. I have a head and a tail but they will never meet?
7. I can't bite but have many teeth?
8. I have a face but no eyes, I have two hands but no arms?
9. What can be heard and caught but never seen?
10. The more you take from me the bigger I get?

				9	1			4	S U D O K U V E R Y H A R D
	5	8	4	3					
	9		5					2	
			1			8		6	
	8		3					5	
			2	4				9	
	4	9	6						

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.



By Fiona

Unlocking Serenity: The Transformative Power of Breathwork

In today's fast-paced world, where stress and anxiety seem to be constant companions, the practice of breathwork has emerged as a gentle yet powerful tool to enhance mental and physical well-being. With techniques like alkaline breathwork and the breath of fire, individuals are discovering a path towards inner calm and vitality. Join me on this journey as we explore the profound benefits of breathwork for your holistic health

The Science Behind Breathwork

At the core of breathwork lies the simple yet profound act of conscious breathing. It's a practice that transcends cultures and that has been utilised for centuries. When you focus on your breath, you engage the parasympathetic nervous system, which triggers the body's relaxation response. This shift in your physiological state has numerous benefits for your mental and physical health.

Mental Clarity and Emotional Balance

Breathwork can be a sanctuary for those battling with the constant chatter of the mind. By practising mindful breathing, you create a space for inner calm and mental clarity. This can be especially beneficial for individuals with ADHD, helping them harness their focus and creativity.

Additionally, breathwork aids in emotional regulation. It allows you to navigate life's ups and downs with greater resilience, helping you stay centred in the face of challenges.

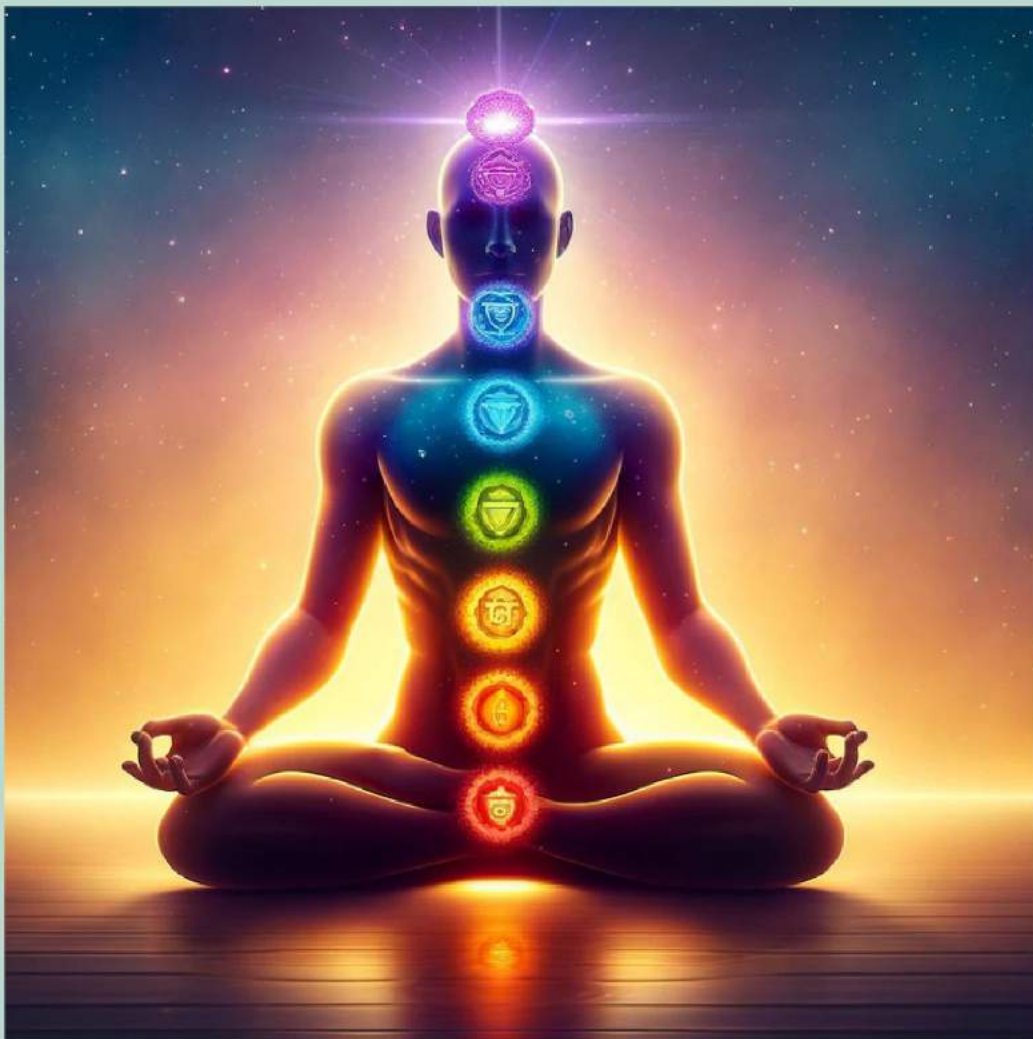
Physical Vitality and Alkaline Breathwork

Alkaline breathwork, a specific technique within the breathwork spectrum, focuses on achieving a balanced pH level in the body. By practising alkaline breathwork, you create an environment less hospitable to disease and inflammation. This can lead to increased energy levels and overall vitality.

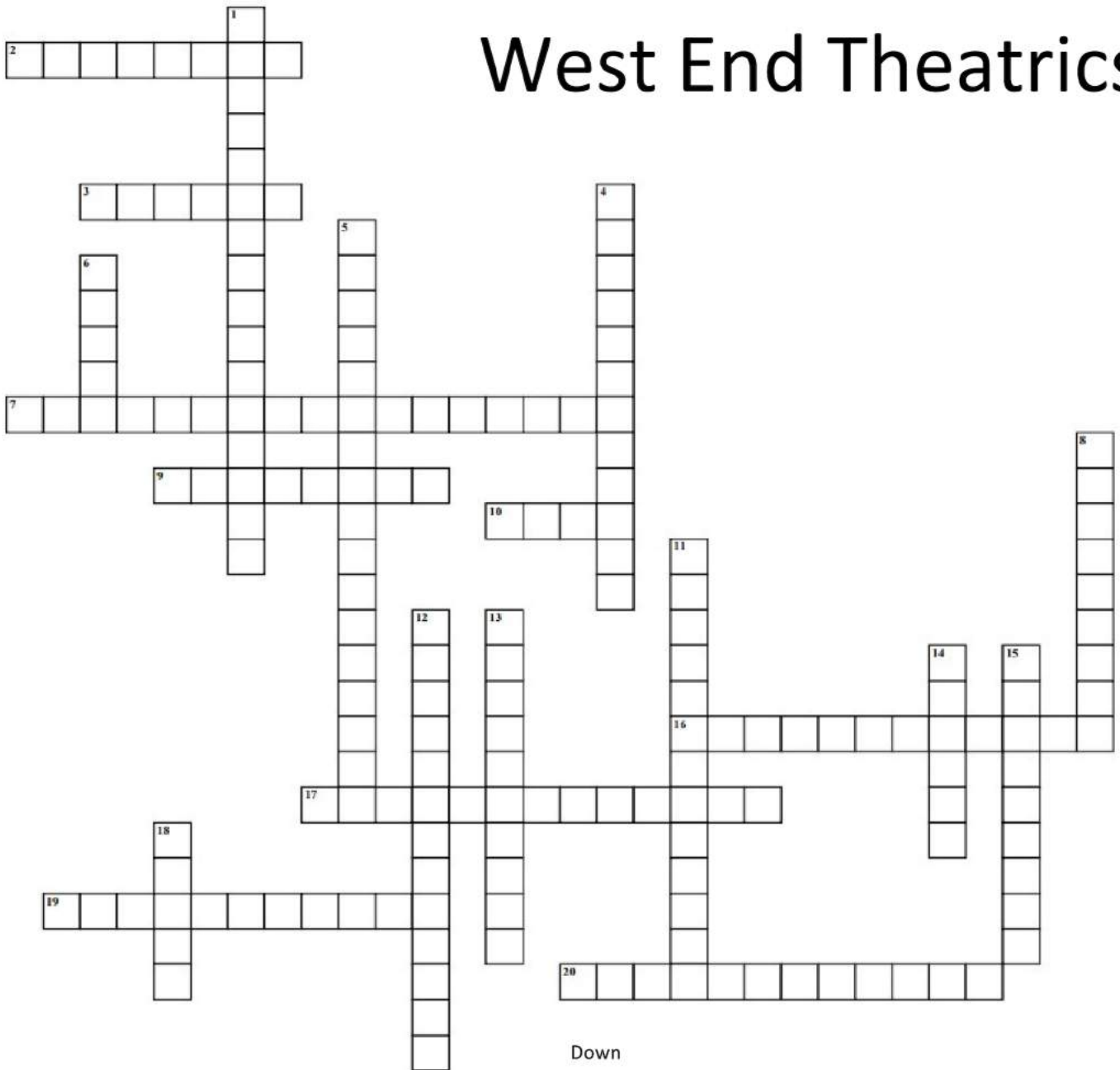
Unlocking Serenity: The Transformative Power of Breathwork

A Step-by-step Guide to Alkaline Breathwork

1. Find a quiet, comfortable space to sit or lie down.
2. Close your eyes and take a few deep, cleansing breaths.
3. Begin to breathe slowly and deeply through your nose, allowing your abdomen to rise with each inhalation.
4. Exhale fully and completely through your nose.
5. As you continue this pattern, visualize soothing, alkaline energy entering your body with each inhale, and any tension or negativity leaving with each exhale.
6. Practice for at least 10-15 minutes daily to experience the full benefits.



West End Theatrics



Across

- [2] my show has been seen by over 50 million, it debuted in 1999? Been made into a movie or two?
- [3] an orphan of Charles Dickens this musical, showed in 1960, Lionel Bart got a Tony for the music?
- [7] what is William Shakespeare's shortest play?
- [9] The Song "Old Man River" is sang in what musical?
- [10] In what musical Did meatloaf appear?
- [16] what was the name of the west end stage show based on the Rolling Stones?
- [17] a musical about the life of which actress opened in London's West End in 2009?
- [19] which pop idol runner up appeared in the west end as Jospeh in 2009?
- [20] What was "my fair lady" transformed from?

Down

- [1] "If I Were A Rich Man" is sung in which musical?
- [4] which west end play celebrated 50th anniversary in 2002?
- [5] Adapted by Andrew Lloyd Webber this from a French work by Gasto Leroux?
- [6] Miss Hannigan appears in which musical?
- [8] What was "My Fair Lady" originated from?
- [11] in 1995 which west ends musical celebrated their 10th anniversary?
- [12] Sharks and Jets are rival gangs in what musical?
- [13] Four seasons is celebrated in which musical?
- [14] we are flying high we have won 90 International awards, we are one of the top new musicals to reach the west end, "one is green not mean"
- [15] Tracy Turnblad appears in which musical?
- [18] "we will rock you" is a about what group?

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

What am I Answers

1. A Dictionary
2. teeth
3. A Watermelon
4. A cold.
5. A Bank
6. A coin
7. A Comb
8. A Clock
9. A remark
10. A Hole

Sudoku Solution

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

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	0800 073 0006
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