

# COMPANION MAGAZINE

JULY  
2024

Being alone doesn't need to be lonely



NOTE TO SELF

Make self-care a  
priority.

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FALL IN LOVE WITH  
YOU AGAIN

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TALK TO US

[elft.befriendingservice@nhs.net](mailto:elft.befriendingservice@nhs.net)

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## The Power of Connection: How healing happens through feeling

In a world where technology and fast-paced living take center stage, the importance of human connection and emotions can sometimes be overlooked. However, in the field of mental health and well-being, these aspects are crucial for healing and recovery. This piece explores the significant influence of the NHS ELFT Befriending Service, a source of encouragement and assistance, shedding light on the path to healing through emotional connection.

The concept that 'healing happens by feeling' is not just a catchphrase but a scientifically backed reality. Emotional catharsis, the process of releasing and thereby providing relief from strong or repressed emotions, plays a pivotal role in mental health recovery. The befriending service offers a safe space for individuals to express their feelings, a critical step towards healing. In sharing their stories and emotions, individuals find a therapeutic outlet, significantly reducing feelings of isolation and despair.

In conclusion, the NHS ELFT Befriending Service stands as a testament to the healing power of feeling and human connection. It highlights the importance of emotional expression, empathy, and holistic care in the journey towards mental well-being. As society continues to grapple with mental health challenges, services like these not only provide essential support but also remind us of the fundamental human need for connection and understanding.



# Delicious Eaton Mess



## Ingredients:

- 1 pound fresh strawberries or frozen strawberries
- 1/2 medium lemon
- 2 tablespoons granulated sugar, divided
- 8 to 16 shop bought meringues (depending on the size of the meringue)
- 2 cups double cream

Dice 1 pound strawberries and place in a large bowl. Finely grate the zest of 1/2 medium lemon and set aside. Juice the lemon until you have 1 tablespoon, then add the juice and 1 tablespoon of the granulated sugar to the strawberries, and toss to combine.

Coarsely crush 2 to 4 meringue cookies with your fingers, or place them in a plastic zip-top bag and coarsely crush with the bottom of a small saucepan or rolling pin.

Place 2 cups double cream and the remaining 1 tablespoon granulated sugar in the bowl of a stand mixer fitted with the whisk attachment. (Alternatively, use a large bowl and electric hand mixer.) Beat on medium speed until soft peaks form, 3 to 4 minutes.

Add the crushed meringues and 2/3 of the strawberries to the whipped cream and gently fold together with a rubber spatula. Evenly divide the mixture between 4 coupes, short glasses, or small bowls. Top with the remaining strawberries and sprinkle with the lemon zest.



Recipe by our  
talented Befriender  
Deanna



# Summer of Sports

From the Euros final, to Wimbledon, The start of the Olympics and the British Grand Prix, July is really the summer of sports and what better way that to use these sporting events to get some inspiration in your own life too!

Whether it is as simple as planning to watch all of these wonderful competitions, take part in some sports yourself, or use this opportunity to meet with other sport-minded people, Here is a list of all the big events coming your way!

- Men's Football UEFA Euro 2024 14TH June-14th July
- Men's Cycling tour de France 29th June-21 July
- Wimbledon 1-14th July
- British Grand Prix, Silverstone 7th July
- Cricket- England vs West Indies Test Series 10-30th July
- Paris 2024 Olympic Games starts 26th July

By our talented Befriender Paola Page 1 of 2







Perhaps the most notorious of these events is the UEFA Euro Football Championships and if you are a fan, you have no doubt been watching the matches, routing for your home team and enjoying the competitive atmosphere that International football brings. Usually, along with the games, comes widespread celebration across the nation, including football watching parties, fantasy football leagues, people hanging flags from their houses and cars, and friendly competition between friends on who they believe will be victorious. It's a great opportunity to connect with your neighbours or head to a local pub, club or community centre to talk all things football and make new friends if you haven't already! It can also be a great way to inspire people to head out and kick a ball themselves, whether with a group of friends or with a local football for fun club in your area.

If football isn't your thing than perhaps Tennis is. Wimbledon is back again for the 137th Edition, including all the famous competition such as ladies singles and doubles, mens singles and doubles and singles and doubles events for wheelchair tennis users too. Whether you are a tennis extraordinaire yourself, play for fun or just like to watch the matches to see which celebrities you can spot in the crowd, make sure to tune in and see who will lift the Wimbledon Trophy.

Lastly the 2024 Olympics will be kicking off this month too! The Olympics always fills the air with buzz and excitement as countries around the world compete in several different features to claim a gold, silver or bronze medal. Some people love the athletics, other the gymnastics portions, or even the swimming and diving categories, but no matter what, every category is an exciting opportunity to see how many golds your country can take home!

All these fantastic sporting opportunities bring national pride and enjoyment whilst also keeping the television channels filled with exciting sporting events non-stop. Most of all engaging in sports in any capacity can be a great way to unwind, focus on your health and wellbeing and keep busy! Will you be watching?





Just wanted to share this with everyone, heat can be dangerous when you are taking other medications, it is also important to know that sun creams can be affected by different medications too!

Think Australian

Slip - slip into clothes that will keep you cool and protected

Slap - slap on the sunhat

Slop - slop on the sun cream

Seek - seek shade to protect from the sun

Slide - slide on the sunshades - sunglasses to protect your eyes!

## MEDICATION DURING HOT WEATHER

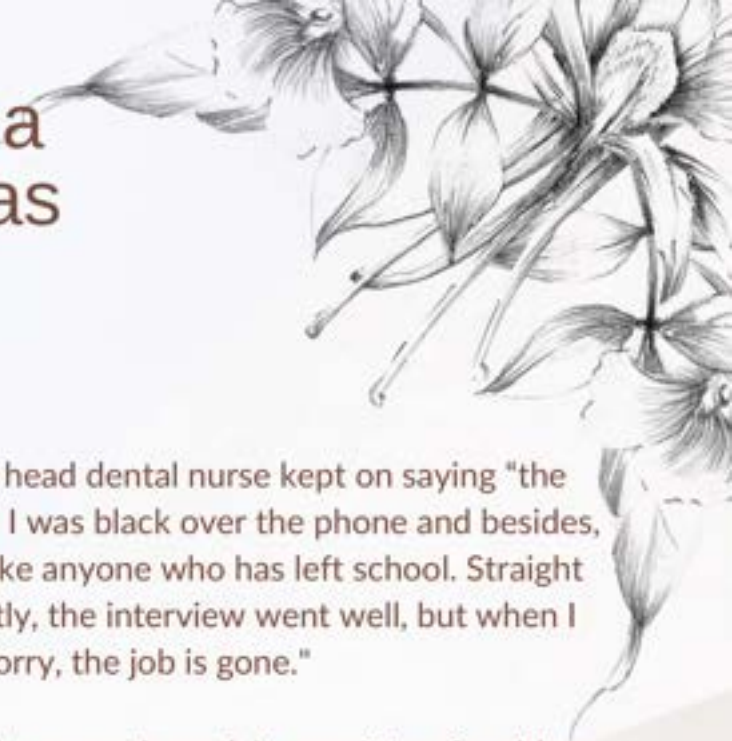
If you are currently using any medication, particularly SNRIs, SSRIs, or Stimulants, it's important to note that you may be more susceptible to overheating and dehydration. Therefore, it is crucial to prioritize your well-being during hot weather conditions.

Remember to take frequent breaks in shaded areas, maintain proper hydration levels, and apply sunscreen regularly to protect yourself from the sun's rays.

By Rachel Farrow



# This is the story of my experience of becoming a dental Nurse in London as a Black Lady in 1978



I had a telephone appointment at 11:30 am. Well, the head dental nurse kept on saying "the previous black girl" did this or that. She couldn't tell that I was black over the phone and besides, why should that matter, I thought. I just needed a job like anyone who has left school. Straight away, I knew that I wasn't going to get the job. Evidently, the interview went well, but when I appeared in person, they told me, "Sorry, the job is gone."

When I did get my first job as a dental nurse in Leyton, I was so pleased. It wasn't too far either; the 58 bus took me all the way, despite, in those days, the buses never keeping to the timetable like nowadays. I've worked there for seven years, getting married, having my second child, and receiving a promotion on the way. It was good, but still, I was constantly watched and was often told that I was doing things wrong. Another member of staff used to go to management and tell them I was causing her problems. Luckily for me, she eventually left!

As my son, Damien, was a baby, he went to a childminder. He was never able to sleep until I picked him up, and he was always so tired. One day, I went to drop him off; the childminder wasn't there, and a neighbour told me that she had gone abroad to see family without telling anybody!

I went to Social Services in Canning Town right away and called work, letting them know the situation with no childminder. Luckily, they helped me find a lady who lived not too far from our home. She turned out to be a great childminder; she had lots of toys, a children's table, and even his own cot to sleep in. When I left Damien with the previous lady, he cried as soon as I went up the road. But with the new childminder, he was so happy, he slept so much better, started speaking more, and learned a lot of new things.

When Damien was two years old, he started going to nursery at the church on Barking Road, Plaistow. We made friends with a lovely nursery nurse called Brenda who lived not far from us, and she loved Damien to bits. We would often go to her home and sometimes looked after her son when she was battling cancer. I'm happy to say that she recovered fully.

Sadly, we moved away and lost contact. A few years later, we saw her on the bus coming from Stratford, and we were so happy to see each other. I often think about her and what she might be doing. I hope she is well.

Yours kindly,  
Claudette





# Health: A Double-Edged Sword of Isolation and Self-Discovery

Health is a fundamental key in our lives; it is the heart that drives life and determines the quality of our lives. When we are healthy, we are better able to reach out to people, form relationships and friendships, go to work, sleep well, and function comfortably. Our dreams and aspirations grow because we have the basic foundation and core of health, which allows us to do more, see more, feel more, and be more.

When health is no longer a stable part of someone's life, we do less, we see less, we feel and experience less, life becomes restricted and limited, and can lead to the loss of confidence. We may end up isolating and disconnecting due to the struggles and barriers that come with health challenges. All of a sudden, life gets smaller, our circles get smaller, the amount we experience is less, the joys we experience become less, our dreams and goals seem to shrink and shrink, and we lose touch with ourselves and others.

This is why it is crucial to discuss health impacts and the negative domino effect health challenges can create. As someone who suffered health issues, I understand the barriers to socialising and how debilitating it can be to struggle with a health condition that limits social connection. I came to realise it is important for those struggling with chronic or acute conditions to use health challenges to drive them, rather than allow its difficulty to control them entirely. I know it is easier said than done, especially with tough health challenges.





Upon reflection, I realized if my health is not a quick fix and something I do not have complete control over, I need to adjust the life I lead but not limit it. Despite how hard it can be, I know with every health condition the factors and individual circumstances can vary, so this is never a one-size-fits-all approach. However, I did see how unfair life can feel and become with a health challenge that stops you from connecting both with yourself and others. This is why I had to adjust my life and accept what I can and cannot control. Although there are limits to someone's life and choices when health is unstable, and some are even homebound or bedbound, life doesn't need to become a box. Small things such as a movie, a virtual party, a tele party where you watch films with others can make the smallest difference but have a huge impact in feeling connected again.

Health challenges can also be an opportunity for self-discovery, inward focus, and internal growth. Nature can be brought inside or outside through plants or scents and a few small environmental adjustments. Hobbies and skills can be discovered such as diamond painting or building pieces, maybe an activity set. Finding newfound strength through a new passion can help you feel a little less disconnected.

This of course is never easy because every health condition differs and every condition needs a different approach and support, but the key point here is: try to not limit yourself to your health, try to not square yourself into your health condition. It really does start with the mind and equipping ourselves with tools to handle life and our individual conditions.

Suffering with poor health can be tiring, debilitating, and depressing. We can lose sight of the blessings that exist within us and outside of us when health is at a loss, but there is always something to be grateful for. Take a moment every night to try and focus on some positive aspects, use your health as an anchor to direct a new pathway for yourself, use it to see your own value and see your strength, your strength to persevere. By RB





Love the movies? Well, this year London is bringing the movies to you by hosting several FREE cinema events throughout the city! In the summertime, sometimes being inside a dark cinema theatre may not be to your liking, but you may still want to venture outside of your home to catch a movie on the big screen. Especially as July is usually when the weather gets warmer and you want to spend some time outside, in the cool breeze air, making the most of it!

One way to truly amplify your time in the sun is by heading to one of the various locations across London that will be hosting outdoor cinema days. Depending on the location, a line-up of fantastic films will be available to watch for FREE and all you need to do is either book a free space or go along and watch! This is a perfect activity to take part in that requires minimal effort, is perfect for those cinephiles among us, and even to bring your kids to during their summer holidays when you are trying to plan something fun for them!

Below is a list of several events taking place:

· Summer By the River

Where: London Bridge City

What? A great day out where all you need to do is turn up for FREE. There are films, live music, street food, and bars too!

Films being shown: Barbie, Wonka, Mean Girls (2024), The Lost Boys, Encanto, and more...

You can also watch several sporting events here too.

When: Every Tuesday throughout July

Where ? · Canary Wharf Film Club

Canada Square Park, Canary Wharf

What? A huge array of films from different genres, new releases, Bollywood, and special family days every Saturday morning.

Films being shown: The Dark Knight, Monsters Inc, Crazy Rich Asians, Romeo + Juliet

When: Mon, Tues, Sat throughout July until August

Notes: Please bring along headphones and a smartphone to watch along. By Paola







· Vauxhall Pleasure Gardens

Where: Vauxhall London, SE11 5HL

What? Free open-air screenings of classics, new releases, and kid favourites

Films being shown: Moulin Rouge, Men in Black, Kung Fu Panda, Barbie, Encanto

When: 9th July- 30th July

Note: Must get a free ticket online. Picnic blankets and chairs available for £5

· Screens On the Canal

Where: Kings Cross

What? On the steps of Granary Square you can watch Wimbledon and films for FREE scheduled all through the day from 1 pm, 3 pm, 5 pm, and 7:30 pm. Just show up!

Films being shown: Elemental, Cruella, Mamma Mia, Harry Potter, The Greatest Showman, and many... many... many more!

When: 1st July through to August

Notes: There is a huge array of films so check out the schedule to find the showings for you.

· BST Hyde Park Open House

Where: Hyde Park

What? A huge event with cinema screenings, children's workshops, food markets, and more.

Films being shown: Wimbledon screenings, Labyrinth, Barbie, Wonka, The Goonies, and more.

When: 1st-11th July

Notes: Entry into the cinema is on a first-come, first-served basis so arrive early!

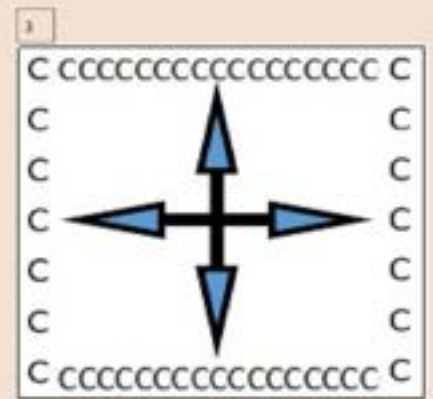
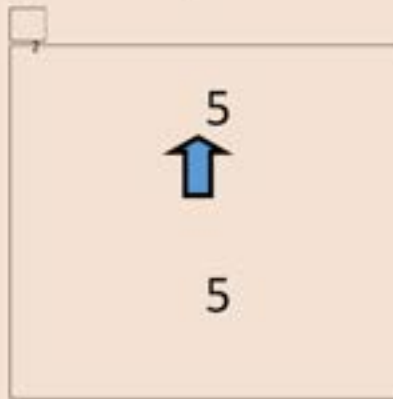
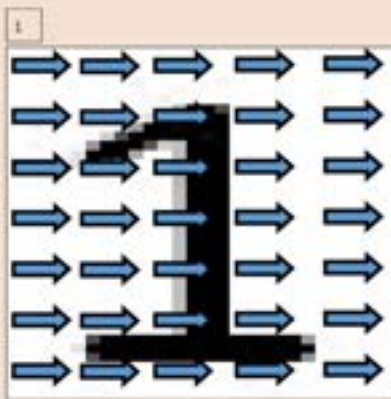


Solving a dingbat puzzle involves a bit of creative thinking and pattern recognition. Here are some tips to help you crack these fun puzzles:

**Observe the Symbols:** Look closely at the symbols, letters, or numbers presented in the puzzle. They often give visual clues to the answer.

**Analyze the Context:** If the dingbat is themed, it can provide hints. For example, a Christmas-themed dingbat might involve holiday-related phrases.

**Break It Down:** If the puzzle has multiple elements, try to solve each part separate



**Think Laterally:** Dingbats often require lateral thinking, so don't just take the symbols literally. Think about homophones, puns, or other wordplays.

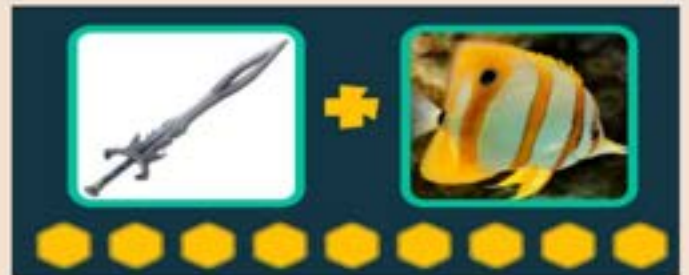
**Check the Arrangement:** The position of elements relative to each other can be a clue. For instance, if a word is above another word, the answer might be a phrase that includes "over" or "top".

Remember, the key to solving dingbats is to say what you see and think outside the box!

By Jan



# 2 pictures equals 1 word



2 pictures into 1 word how to work them out, combine two words one from each picture to make a new word the new word will fill the yellow boxes underneath the puzzle.

HONEY



Here is an example



MOON









Very hard

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



hard

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



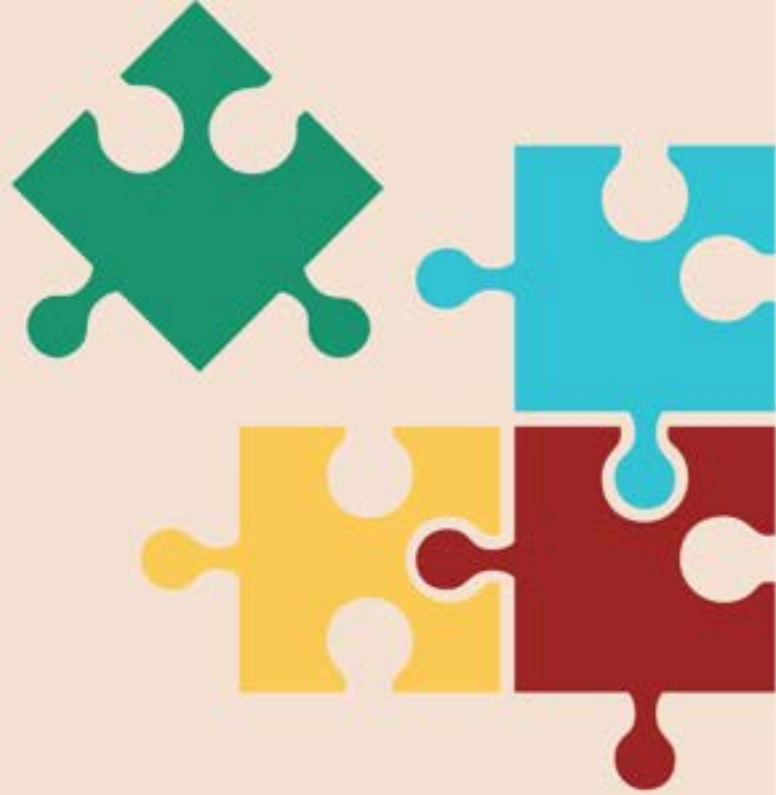


*Ding bats*

1. one direction
2. High 5
3. Seasides
4. Coffee break
5. Red letter day
6. Little sister

*2 pictures equals 1 word*

1. Sub-marine
2. Over-night
3. You-tube
4. Pen-cil
5. Iron-man
6. Sword-fish



Very hard

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

hard

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



# USEFUL CONTACTS

## NHS SUPPORT

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NHS	<a href="http://WWW.NHS.UK">WWW.NHS.UK</a>
ELFT	<a href="http://WWW.ELFT.NHS.UK">WWW.ELFT.NHS.UK</a>
Befriending Service	<a href="mailto:ELFT.BEFRIENDINGSERVICE@NHS.NET">ELFT.BEFRIENDINGSERVICE@NHS.NET</a>
People Participation	<a href="mailto:ELFT.PEOPLEPARTICIPATION@NHS.NET">ELFT.PEOPLEPARTICIPATION@NHS.NET</a>

## MENTAL HEALTH CRISIS LINES

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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

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Path 2 Recovery	0333 332 4019
Talk To Frank	<a href="http://WWW.TALKTOFRANK.COM">WWW.TALKTOFRANK.COM</a>
Alcoholics Anonymous	<a href="http://WWW.ALCOHOLICS-ANONYMOUS.ORG.UK">WWW.ALCOHOLICS-ANONYMOUS.ORG.UK</a>
Cocaine Anonymous	<a href="http://COCAINEANONYMOUS.ORG.UK">COCAINEANONYMOUS.ORG.UK</a>
GamCare	<a href="http://WWW.GAMCARE.ORG.UK">WWW.GAMCARE.ORG.UK</a>

## SUPPORT FOR BEREAVEMENT

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Cruse	<a href="http://WWW.CRUSE.ORG.UK">WWW.CRUSE.ORG.UK</a>
Bereavement Partnership	<a href="http://NATIONALBEREAVEMENTPARTNERSHIP.ORG">NATIONALBEREAVEMENTPARTNERSHIP.ORG</a>
The Good Grief Trust	<a href="http://WWW.THEGOODGRIEFTRUST.ORG">WWW.THEGOODGRIEFTRUST.ORG</a>
At A Loss	<a href="http://WWW.ATALOSS.ORG">WWW.ATALOSS.ORG</a>

## SUPPORT FOR CARERS

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Carers UK	<a href="http://WWW.CARERSUK.ORG">WWW.CARERSUK.ORG</a>
Family Action	<a href="http://WWW.FAMILY-ACTION.ORG.UK">WWW.FAMILY-ACTION.ORG.UK</a>

## SUPPORT FOR DOMESTIC ABUSE

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Domestic Violence Helpline	0808 2000 247
For men experiencing domestic abuse	0808 801 0327
Refuge	<a href="http://WWW.REFUGE.ORG.UK">WWW.REFUGE.ORG.UK</a>



# USEFUL CONTACTS

## SUPPORT FOR FINANCIAL DIFFICULTIES

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The UK Government	<a href="http://WWW.GOV.UK/OPTIONS-FOR-PAYING-OFF-YOUR-DEBTS">WWW.GOV.UK/OPTIONS-FOR-PAYING-OFF-YOUR-DEBTS</a>
Step Change	<a href="http://WWW.STEPCHANGE.ORG">WWW.STEPCHANGE.ORG</a>
Citizens Advice	<a href="http://WWW.CITIZENSADVICE.ORG.UK">WWW.CITIZENSADVICE.ORG.UK</a>
National Debtline	<a href="http://WWW.NATIONALDEBTLINE.ORG">WWW.NATIONALDEBTLINE.ORG</a>

## SUPPORT FOR HOUSING PROBLEMS

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Your local council	<a href="http://WWW.GOV.UK/FIND-LOCAL-COUNCIL">WWW.GOV.UK/FIND-LOCAL-COUNCIL</a>
Citizens Advice	<a href="http://WWW.CITIZENSADVICE.ORG.UK">WWW.CITIZENSADVICE.ORG.UK</a>
Crisis	<a href="http://WWW.CRISIS.ORG.UK/GET-HELP">WWW.CRISIS.ORG.UK/GET-HELP</a>
Shelter	<a href="http://ENGLAND.SHELTER.ORG.UK">ENGLAND.SHELTER.ORG.UK</a>
StreetLink	<a href="http://WWW.HOMELESS.ORG.UK">WWW.HOMELESS.ORG.UK</a>

## SUPPORT FOR LONG TERM CONDITIONS

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The Patients Association	<a href="http://WWW.PATIENTS-ASSOCIATION.ORG.UK">WWW.PATIENTS-ASSOCIATION.ORG.UK</a>
Age UK	<a href="http://WWW.AGEUK.ORG.UK">WWW.AGEUK.ORG.UK</a>

## EXTRA SUPPORT FOR MENTAL HEALTH

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Hub of Hope	<a href="http://HUBOFHOPE.CO.UK">HUBOFHOPE.CO.UK</a>
MIND	<a href="http://WWW.MIND.ORG.UK">WWW.MIND.ORG.UK</a>
Samaritans	TELEPHONE: 116 123
Young Minds	<a href="http://YOUNGMINDS.ORG.UK">YOUNGMINDS.ORG.UK</a>
LGBT+ Helpline	<a href="http://SWITCHBOARD.LGBT">SWITCHBOARD.LGBT</a>

## SUPPORT FOR SEXUAL VIOLENCE

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The Survivors Trust	<a href="http://WWW.THESURVIVORSTRUST.ORG">WWW.THESURVIVORSTRUST.ORG</a>
Rape Crisis	<a href="http://WWW.RASASC.ORG.UK">WWW.RASASC.ORG.UK</a>
Survivors UK	<a href="http://WWW.SURVIVORSUK.ORG">WWW.SURVIVORSUK.ORG</a>

## EXTRA SUPPORT FOR SUICIDAL THOUGHTS

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Papyrus	<a href="http://WWW.PAPYRUS-UK.ORG">WWW.PAPYRUS-UK.ORG</a>
Ripple Suicide Prevention	<a href="http://WWW.RIPPLESUICIDEPREVENTION.COM">WWW.RIPPLESUICIDEPREVENTION.COM</a>
Shout	<a href="http://GIVEUSASHOUT.ORG">GIVEUSASHOUT.ORG</a>
Survivors of Bereavement by Suicide	<a href="http://UKSOBS.ORG">UKSOBS.ORG</a>
Campaign Against Living Miserably	<a href="http://WWW.THECALMZONE.NET">WWW.THECALMZONE.NET</a>