

Natural health & living magazine

COMPANION MAGAZINE

AUGUST 2024



Being alone doesn't need to be lonely.

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The Power of Routine: A Pillar of Mental Wellness

Morning routines serve as an anchor in our daily lives, offering predictability and a sense of control, which are essential for mental stability. These routines can vary widely, catering to individual preferences and lifestyles, but the core principle remains the same: starting the day with intention and mindfulness.

1. Reduced Stress and Anxiety

Engaging in a consistent morning routine can significantly reduce feelings of stress and anxiety. When we know what to expect each morning, we reduce the cognitive load of decision-making, allowing our minds a peaceful start. Activities like meditation, deep breathing, or gentle stretching can actively lower stress levels, setting a calm tone for the day.

2. Enhanced Mood and Positivity

Morning routines often include elements that boost mood and positivity. Exposure to natural light, for instance, can increase serotonin levels, enhancing mood and energy. Incorporating positive affirmations or gratitude practices can also foster a positive mindset, combatting negative thoughts and emotions.

3. Improved Focus and Productivity

A structured morning routine can lead to better focus and productivity throughout the day. Engaging in activities that stimulate the mind, such as reading, writing, or solving puzzles, can sharpen mental faculties, preparing you for the day's challenges.



4. Better Physical Health

Physical activity, whether it's a brisk walk, yoga, or a gym session, is a common feature of many morning routines. Regular exercise not only benefits physical health but also has a profound impact on mental health, reducing symptoms of depression and anxiety.

5. Enhanced Social Connections

For those participating in befriending services, incorporating social interaction into morning routines can be particularly beneficial. This could involve a morning call with a friend, participating in a group exercise class, or even interacting with family members over breakfast. Social connections are vital for mental health, offering support, validation, and a sense of belonging.

6. Personal Growth and Self-Care

Morning routines are an opportunity for personal growth and self-care. Activities like journaling, reading inspirational content, or pursuing a hobby can contribute to personal development and a sense of fulfilment.

Implementing Your Morning Routine

Starting a morning routine doesn't require a complete overhaul of your current habits. Begin by identifying activities that resonate with you and integrate them gradually into your mornings. The key is consistency and a willingness to adapt the routine as needed to fit your evolving needs and circumstances.

Conclusion: A Path to Mental Resilience

Incorporating a structured morning routine is more than just a series of activities; it's a commitment to oneself and a step towards mental resilience. As we navigate the complexities of life, having a stable, nurturing start to each day can make a significant difference in our mental health and overall quality of life.

Vegetable Soup





Instructions

Coat the bottom of a large pot with olive oil and place it over medium heat.

When the oil is hot, add the onion and sauté for about 5 minutes, until soft and translucent.

Add the garlic and continue to sauté for about 1 minute more, until very fragrant.

Stir in the wine, rosemary, and thyme. Raise the heat and bring the liquid to a simmer.

Lower the heat and allow the liquid to simmer for about 4 minutes, until reduced by about half.

Stir in the tomatoes, tomato paste, broth, potatoes, and corn. Allow the mixture to simmer for about 10 minutes, stirring occasionally.

Stir in the green beans and allow the mixture to continue simmering for 5 minutes.

Stir in the courgette and allow the mixture to simmer for about 5 minutes more, until the veggies are tender.

Remove the pot from heat and season with salt and pepper to taste.

Ladle into bowls and sprinkle with parsley. Serve.

This soup goes heavy on the veggies and light on the broth. Add more broth if you like. By Deanna

Ingredients

1 tablespoon olive oil

1 medium onion, diced

3 garlic cloves, minced

1 cup dry white wine

1 tablespoon finely chopped fresh rosemary (or 1 teaspoon dried)

1 tablespoon fresh thyme leaves (or 1 teaspoon dried)

4 cups vegetable broth

1 (14 ounce) can diced tomatoes

2 tablespoons tomato paste

2 cups diced red potatoes (1-inch pieces)

1 ½ cups fresh corn kernels (canned or frozen)

1 ½ cups fresh green beans, cut into 1-inch pieces

1 ½ cups chopped courgette (about 1 medium courgette)

Salt and pepper to taste

Fresh parsley, for serving (optional)



The Bull's Eyes

We imagine strands of life all the time but
What we see are different. What we visualise
are

Truly unique. We use lived experiences. We
Think. We explore. We captivate. We're
special.

We are very HOPEFUL. We are creative.
We dream big, bold dreams. We've
experienced the
Depth of life and the horrific darkness' of
death.

We've seen it all. We've lived it well. The
voices
We hear are empowering. What we give back
to society

Are empathetic. What we yearn for gleams
before us.

Oh, yes, what we deserve is the Human
Conscience'

And the Spirit of the Human Radar and
Accomplishments.

We've gone this far. The further we go the
deeper

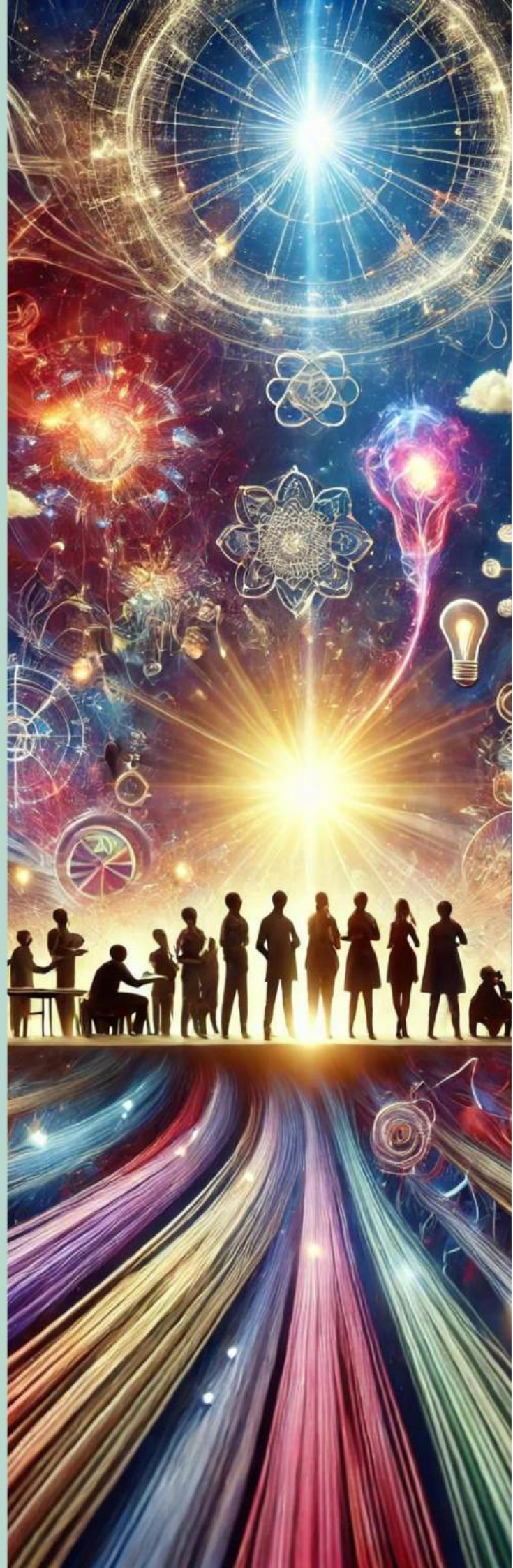
We delve. We are healers. We're conquerors.
We are experts

By experience. We've lived life well. We are
the Bull's

Eyes that see and reflect on the world we live
in. We are all geniuses.

Let the lights shine on us. We're here to live.

'ESPIRITO' - By Dele Oladeji





TV Show recommendations

Looking for a new competition show to get you through the days? I suggest checking out *Blown Away*: a show all about the competitive world of glass blowing!

The show sees ten challengers from the world of glass compete for a grand prize of \$60,000 and an opportunity to run their own glass art gallery at a world-famous glass museum.

Don't know anything about glass blowing? That doesn't matter! The show teaches you all the lingo as you see the challengers go head to head to create different themed glass creations.

It is incredible seeing just how much can be made from glass and the techniques it takes that turn glass into sculptures beyond belief. You grow an appreciation for this niche artistic medium that you would have never considered before and root for your favourite glass blower to make it to the final.

Each week the contestants are set a challenge and have to use their creativity and skill set to deliver. The best piece wins the challenge whilst the loser is sent home, right until two competitors are left to compete in the final challenge where they have to create an exhibition of their own imagination, which fills half of the studio floor.

Some of the challenges have included creating a piece inspired by candy, bringing a child's drawing to life, and the seven deadly sins. It is amazing watching as glass starts from nothing to these amazing designs but watching as the contestants battle the intense heat, the short time limit and of course the fragility of glass (they never know when a piece may smash, get damaged, crack or break!), it really does have you on the edge of your seat!

There are currently four seasons of the programme airing on Netflix so all you need is a Netflix subscription to be able to watch it. You could even binge the entire show in one night if you wanted! Check it out now! By Paola



Being

Every day is a new journey.

Every day is a chance to build something new.

Every day brings new moments, moments to gain a new point
of view.

Moments of being in the present, without the noise of
thoughts of the past.

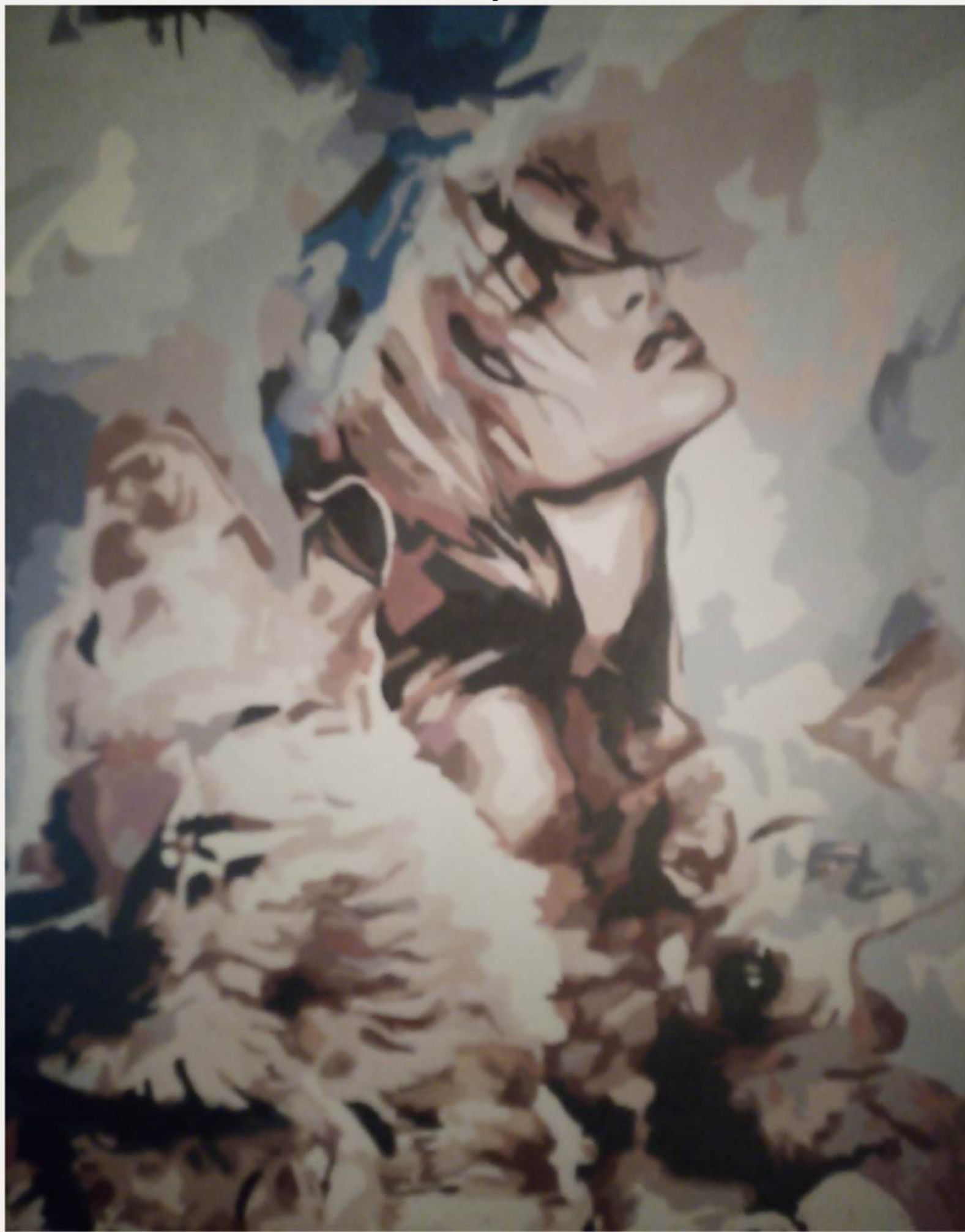
In moments I find pleasure in being, appreciating and observing
in awe the unfolding of life all around us every day.

Listening to the birds, hearing buzzing bees, watching silent
clouds glide across the skies, feeling a breeze on my skin and in
my hair.

Our past does not define us, it gives us a special view, it gives
us an opportunity to find the doorways into being and enjoying
the present moments.

Poem By Darren M

Art - Painting by numbers by Fiona Thompson



Low Cost or Free Things to do With Kids for the Summer

Summer holidays are here and for those of you with kids, you may be thinking about how to keep your little ones (or teens!) busy for the rest of the month! Us here at the Befriending Service get it! It can be hard trying to schedule things in when there is a cost of living crisis happening, we haven't really had much summer weather and it is not always easy to access what's going on around us. That's why we have compiled a list of 15 fun free and low-cost summer holiday things to do throughout both Bedfordshire and London:

1. **Have a summer picnic**
2. **Throw a family sports day. Grab a ball, some eggs and spoons, and any sporting equipment you have around the house (including makeshift ones! E.g. paper for paper aeroplanes and paper aeroplane races) and bring your competitive side for a fun sports day with both silly and fun games for the kids and adults to get involved in.**
3. **Take a trip to the Young V&A Museum**
4. **Visit the local library and see what kid activities they have arranged for the summer**
5. **Visit a Bedfordshire mill such as Stotfold Mill or Bromham Mill**
6. **By Paola**





- Bring the kids to the Lego store in Leicester Square. Here the kids can explore two floors of Lego bricks and models as well as witness demos and take part in fun in-store activities. If they love Lego (and you hate it getting under your feet in the house!) then this is the place for them!
- Take the kids to a free workshop at the Tate Modern Museum.
- Visit a local farm such as Hackney City Farm or Vauxhall City Farm.
- Make a scavenger hunt around your city!
- Go on a family day trip to the beach. There are loads of little beaches around London and if the weather is nice, why not celebrate it! Bring along a bucket and spade and let the kids spend hours digging through the sand and splashing in the water.
- Visit the Bedford Higgins Museum to take part in workshops specifically for kids.
- Spend the day at the park. Walks, playgrounds, lakes, ducks to feed, foraging... the opportunities are endless! Mile End Park, Olympic Village Park, Bedford Park or Stockwood Park are all great examples!
- Visit a soft play area
- Take a walk along the Southbank for a nice family stroll, a bite to eat, London sightseeing and more
- Go on a tour of the Paddington Bear book and film locations around London.

Each of these activities are low effort and easy to plan as well as a great way to conquer boredom and have some fun with the family this summertime!

By Paola



Low-Cost or Free Things to Do on Your Own or with a Friend.

Looking for something to do with friends or on your own, without the kids around? Don't worry we have this covered too! Whether you want to relax on your own or gather a bunch of friends, you don't need to break the bank to make this happen.

Here is a list of 10 free and low cost activities to do this August:

1. Create a Quiz night. Write up your own quiz on whatever topic you like or find a quiz online, gather some friends either on a Zoom call, a local spot or your home and play quizmaster! Make friendly competition as a team or solo person proves to know it all!
2. Go on a Hike.
3. Take a stroll through a local museum. The Science Museum and Natural History museum always have amazing exhibitions that do not cost a thing to see and don't require too much social interaction, if that's not your thing.
4. Throw a Game night. Monopoly or Cluedo anyone?
5. Visit an Arcade. Bring a pre-planned amount of money you are willing and happy to spend and let loose on air hockey, pacman, Mario kart and more. Invite friends along too if you like!
6. Visit a local swimming pool. Entry or booking on to specific swimming times usually ranges between £5-£7.
7. Go Stargazing.
8. Check out Food Markets or Local Food Festivals. Borough Market, Eat Feast and Broadway Market are just a few food friendly events that are free to walk around and allow you to buy what you want to try!
9. Visit a castle or country house.
10. Go to the Theatre. Local productions will be much cheaper than the West End so make sure to have a look and see what productions are on around you. But, if you want a fancy day out on the West End, TodayTIX has great offers to see the biggest and most famous shows for just under £30! Discounts are also sometimes available for those with accessibility needs, students, large groups and the elderly. No matter the occasion, whether you want to arrange something with friends or do it alone, there are loads of options above to help you start thinking about ways to spend August. By Paola

Family Time Wordsearch

FYNTXQPQGYNQQT DGPWDTVKRQJSVFLP
IOAPECCXXBMOTTIAUEGEGRPPDRWWOZ
KVBMCZCUIIPSGARNCEPYXZFWAJTCUSM
WUDTANNTCLLHYYKEQJBEMTUSVEROMB
OKSIGHTSEEINGVF EVOKEGHS AVBTMRU
FRZZMDCYQMYLIMAFGNITISIVBXYCGJ
KAXXIGKBMFELHCHQRDVNKVDQMDHRMT
MPZJIHVRWMBIIIOBZTHMELSTYMLICPS
HEATBMBSLXHTIINELVDPYIYAJUPLIH
LMWKUDXQZLGFKXNWTBOATTRIPDNMQP
LEXBVJVIPKDEEDNOWCOOKINGLCCORH
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WMGHQGHOMMQQUYEDEBKLC TVUSMTHFE
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BIKERIDE

MUSEUM

PARK

PICNIC

TREASUREHUNT

SEASIDE

THEMEPARK

FISHING

PICTURES

ARTSANDCRAFTS

MAKEAMEAL

COOKING

VISITINGFAMILY

HIKING

BOATTRIP

THEATERPANTO

MACARONIPICTURE

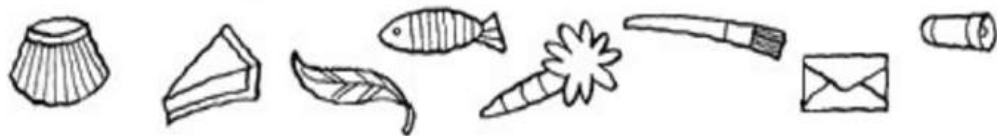
SIGHTSEEING

GARDENING

GAMESNIGHT

Hidden Picture

Here in the orchid we are picking apples, can you find the extra 15 items.



Who wants to win a million squid Answering the questions in order if correct answer the next one each value adds up you can only bank at question 5 only. Have fun and enjoy?

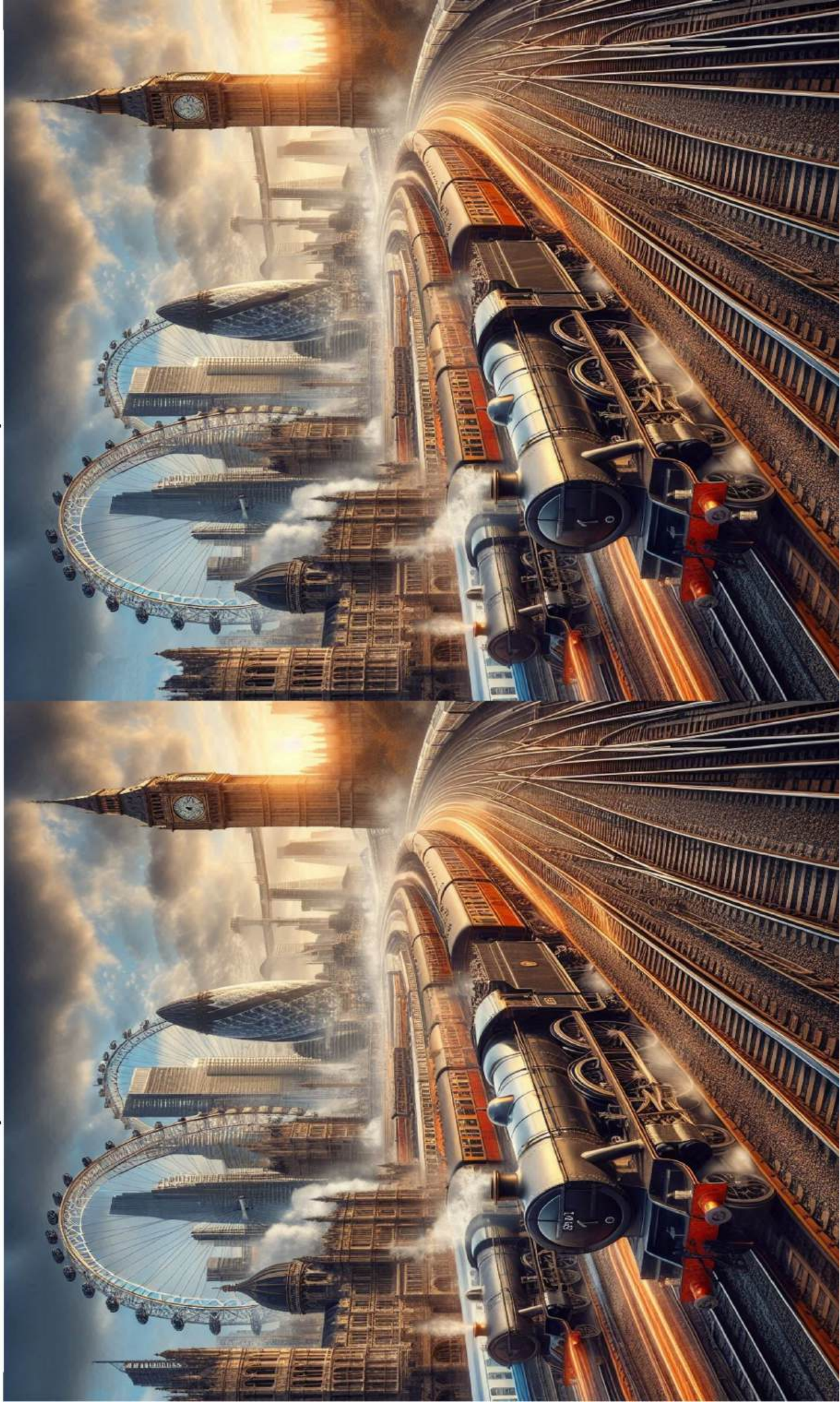
Question:

1. In the walt Disney film of the same name, what type of creature is Bambi?
A) Deer B) Elephant C) Mouse D) Cat £100
2. who played James Bond in the 1967 film 'you only live twice'?
A) George Lazenby B) Timothy Dalton £500
C) Roger Moore D) Sean Connery
3. where was Leonardo Da Vinci Born?
A) Palermo B) Milan C) Leonardo D) Vinci £1000
4. What was Ray's surname in 'Dallas'?
A) Ewing B) Barnes C) harper D) Krebs £4000
5. Which artist died in Polynesia in 1903?
A) Gauguin B) Monet C) Degas D) Chagall £16000
6. in which Charles Dickens novel does Mrs Pardiggle appear?
A) Our Mutual Friends B) Bleak House £64000
C) pickwick Papers D) Little Dorrit
7. Which of these Frank Sinatra songs reached the top of the UK pop charts?
A) strangers in the night B) my way £125000
C) love and marriage D) high hopes £250000
8. who was the wife of Rembrandt, the subject of many of his portraits?
A) Monica B) Letitia C) Saskia D) Corinna £50000
9. Karl Landsteiner won a noble prize for his discovery of what?
A) Blood Groups B) Smallpox vaccine £1000000
C) DNA D) Insulin
10. ginger Rodgers won a best actress Oscar for the film 'Kitty Foyle', released in which year?
A) 1934 B) 1936 C) 1938 D) 1940

By Jan

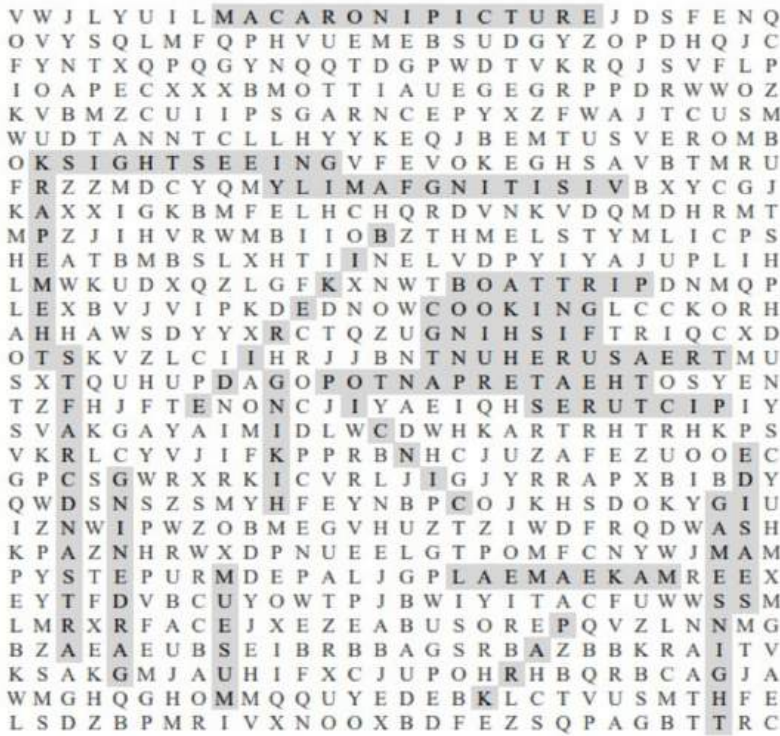
Spot the Difference

Can you find all the differences? There are 10 can you find them



Solution

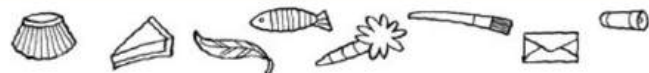
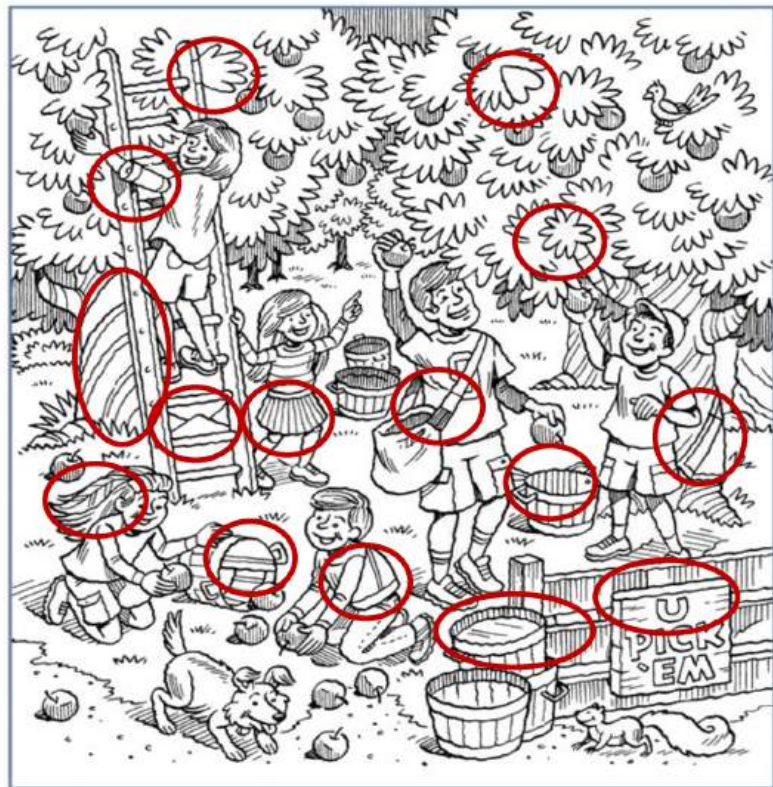
Family Time Wordsearch



Who Wants To Win A Million Squid Answers

1. (A) Deer
2. (D) Sean Connery
3. (D) Vinci
4. (D) Krebs
5. (A) Gauguin
6. (B) Bleak House
7. (A) Strangers in the night
8. (C) Saskia
9. (A) Blood Groups
10. (D) 1940

Hidden Picture



By Jan

WE CANNOT SHAME OURSELVES INTO

CHANGE



WE CAN ONLY LOVE OURSELVES INTO EVOLUTION

ENERGY

IS CONTAGIOUS



EITHER YOU AFFECT PEOPLE OR YOU INFECT PEOPLE

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