

Natural health & living magazine

COMPANION MAGAZINE

OCTOBER
2024

Being alone doesn't need to be
lonely



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Uplifting Aromatherapy for Autumn and Seasonal Affective Disorder

As the vibrant colours of autumn leaves begin to fall, the shortening days and cooler weather can bring a mix of emotions. While many people enjoy the cosiness of the season, for others, the lack of sunlight and the onset of Seasonal Affective Disorder (SAD) can create feelings of low energy, sadness, and lethargy. Fortunately, aromatherapy offers a simple yet powerful way to uplift your mood, creating a comforting and warm environment during these cooler months.

The Power of Uplifting Essential Oils

Essential oils are natural extracts from plants, flowers, and fruits, known for their powerful therapeutic properties. During autumn, when the days grow shorter and natural light is limited, incorporating specific essential oils into your routine can help lift your spirits and promote feelings of warmth and comfort. Here are some of the best uplifting oils for the season:

1. **Sweet Orange:** This citrus oil is like a burst of sunshine in a bottle. Its fresh, zesty scent energizes the mind and body, making it perfect for combating lethargy and fatigue. It's an excellent choice to start your day with vitality.
2. **Cinnamon:** The spicy and warm scent of cinnamon evokes cosy autumn vibes. It's known to stimulate the mind, ease stress, and promote a sense of comfort, which is ideal for chilly days when you want to feel snug and grounded.
3. **Clove:** This rich, warm oil has a grounding and comforting aroma. It's perfect for making your space feel warm and inviting, providing emotional support and relaxation.
4. **Bergamot:** Known for its ability to boost mood and alleviate stress, bergamot is a perfect oil for soothing anxious thoughts. Its combination of citrus and floral notes offers an uplifting effect, especially during grey, cloudy days.
5. **Lavender:** Though often associated with relaxation, lavender is also a powerful tool for emotional balance. Its calming scent helps reduce anxiety and brings a sense of tranquillity, making it a great oil to diffuse in the evening as the sun sets early.



How to Use Aromatherapy for Comfort and Upliftment

1. **Aromatherapy Diffusers:** One of the easiest ways to enjoy the benefits of essential oils is by using an aromatherapy diffuser. Fill the diffuser with water, add a few drops of your favourite uplifting essential oil, and let the gentle mist infuse your space with positivity and warmth. The soothing scent, combined with the visual of mist curling into the air, can create an instant sense of peace.
2. **Candles and Room Sprays:** Another way to incorporate aromatherapy into your autumn routine is through candles and room sprays infused with essential oils. These options provide an immediate burst of fragrance, filling your space with a cosy ambiance.
3. **Massage and Self-care:** Massage blends that include oils like lavender, sweet orange, and bergamot can offer both physical and emotional relaxation. Gently massaging the oil into your skin can reduce tension while filling your senses with the uplifting aroma.
4. **Bath Rituals:** There's nothing better than a warm bath on a chilly autumn evening. Adding a few drops of cinnamon, lavender, or bergamot to your bath water can enhance the experience, making it both comforting and rejuvenating.

Creating a Cosy Atmosphere

Pairing aromatherapy with other autumn comforts enhances its effect. Soft lighting, warm blankets, and a hot cup of tea can transform your space into a personal sanctuary. Surround yourself with things that bring comfort, and let the scent of uplifting essential oils provide that final touch to your autumn retreat.

Embrace the beauty of autumn while nurturing your well-being with the simple yet powerful benefits of aromatherapy. By incorporating these uplifting scents into your daily routine, you'll be better equipped to navigate seasonal changes, feeling both grounded and uplifted.

Pumpkin Pie, an autumn delight

By Deanna



There's something undeniably comforting about the first bite of a perfectly spiced pumpkin pie. The soft, creamy texture of the pumpkin filling, blended with warm hints of cinnamon, nutmeg, and cloves, creates an irresistible aroma that fills the room. Topped with a generous dollop of whipped cream, the sweetness harmonizes with the earthy richness of the pumpkin. Each slice boasts a delicate, flaky crust, golden brown and slightly crisp, adding the perfect contrast to the smooth filling. It's more than just dessert; it's the essence of autumn on a plate, inviting you to slow down and savour the season.

Instructions

Ingredients:

- 750g/1lb 10oz pumpkin or butternut squash, peeled, deseeded and cut into chunks
- 350g sweet shortcrust pastry
- plain flour, for dusting
- 140g caster sugar
- ½ tsp salt
- ½ tsp fresh nutmeg, grated
- 1 tsp cinnamon
- 2 eggs, beaten
- 25g butter, melted
- 175ml milk

STEP 1

Place the pumpkin in a large saucepan, cover with water, and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.

STEP 2

Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden and biscuity. Remove from the oven and allow to cool slightly.

Alternatively, you can buy tinned pumpkin 🎃

This recipe is to serve 8 and it freezes well.

SELF SOOTH KIT

*A self care, emergency kit
tailored to you*

Taste

Find something small & tasty that will fit in your self care kit, that brings you happiness - doesn't need to be strawberries (the picture is just for a example & aesthetic :)



Listen

Listen to something soothing, inspirational & uplifting,
a podcast, a story whatever tickles your fancy (have it within reach.)



See

Find something that reminds you of a good memory, or something to look at that makes you smile :)

Feel

Hold / feel something calming (stress ball / pillow etc) or do something such as a rubik's cube that soothes / distracts your mind



Smell

What scent brings you a sense of calm, pleasure and composure for me it's coffee beans.



Put all 5 items into a box or within reach, and you have your own self care / self sooth kit, use whenever you feel low or in distress :)



The Legend of Moon Cove River

By Terence Eve

I had heard the stories. The river had a reputation. There had been sightings and reports, mostly by locals, since it was a nice spot for fishing. Night fishing was a popular one there too. Some of the stories had told of beginning with a little night fishing out there.

The river itself may have something to do with it. It was a unique layout, bending around at its farthest point, almost like a slightly squashed-in crescent. The moon loomed large over it, and the moonlight always caught the river's surface and reflected off it, so it looked like a crescent moon. This of course couldn't be seen from the ground properly, but people going by in small and low-altitude planes had seen it. Some of those same people had also claimed to have seen what was said to be underneath.

Rumours were rife, and these rumours date back decades, even generations. It may not be as famous as other legends and myths, but it is there, and maybe more will discover it for themselves or hear about it by some means or other.

It has appeared in certain local newspapers and magazines, which feature this sort of thing. It's usually some new sighting, and it isn't always by locals.

I am not a local, and I had heard intriguing things about it. My curiosity naturally got the better of me, and I do confess a weakness for night fishing, and I thought this might be a decent opportunity to indulge myself.

I had come across a recent article about it in a local paper. The headline intrigued me.

THE LEGEND OF MOON COVE RIVER SIGHTED AGAIN

The article went on: 'A local lady had been walking past the river that night and she claims to have seen a strange, grey/white figure moving along the riverbank in the near distance. She looked away briefly, looked back, and then she saw a strange shadow and what appeared to be a couple of amber lamps just above the river for barely a second and going down. They must have disappeared, and she walked on. I went out there to stay for the night, and I went to this river after night fell. Naturally, I did feel a bit strange about it. These stories do set your imagination into overdrive, maybe imagining things or your mind turning shadows into something else, but you believe deep down that there has to be some truth in it, there has to be something there.'

The landscape has an eerie quality about it, with a forest to the right, and the field climbing in a slight incline, where it meets nothing but mystery over the top of the hill to the other side. The river itself runs up the left and then turns, and goes back down towards the forest. It's unique and no one knows why it's laid out like that.

A part of its mysterious charm I suppose.

I had parked myself on the left end of the river, and I had my fishing stuff with me. I was also alone, with only the moon above dropping its ghostly light.

I barely heard a sound, and I kept my eyes peeled. It felt peaceful, and maybe a little eerie at the same time. I could see the moonlight reflecting off the river surface from where I stood too, maybe not the amazing sight it was from above, but still enough to be a captivating sight from here.

Truth be told, I didn't expect that I would be seeing anything. It's not that I didn't believe in any of it, I did, wholeheartedly so, but sometimes, these things don't happen. On this occasion, however, I did see something.

I was standing there by the riverbank, patiently fishing, not expecting to see anything, when, out of the corner of my eye, to the far right, something did seem to move.

I turned to the right and I saw the slightest shadow of an unusual shape at the other end of the river, and a couple of tiny points of light. It wasn't a man or woman or anything like that, it was by the river and then it disappeared downwards.

I can only guess what happened to it or where it went, and it was only for a fleeting second.

My sighting reminds me of another article about it, from a different point of view. From the air. I came across it after my sighting, since I wanted to know more after what I'd seen.

The headline this time, read:

SIGHTING FROM THE SKIES: HELICOPTER PILOT IS WITNESS

A helicopter pilot making a routine flight over the area that evening, late in October, claims to have looked out of his cockpit window by chance and spotted something unusual by the river below. He reported seeing a weird shadow, its dark shape visible in the bright moonlight, and a pair of dim amber lanterns within, which were merely dots of light from where he was. The shadow and the amber lanterns then disappeared presumably into the river. They simply vanished as quickly as they had seemed to appear.

The pilot continued on his flight, a little shaken, more freaked out than anything, and wondered if it might have been a trick of the light or his mind playing tricks. At the very least, it was an interesting story to tell his kids.

What occurred to me was the similarities between the two stories that I had read about. I had seen it for myself too. I had seen something. In the case of my sighting, it hadn't taken long. It wasn't as if I'd been there all night and seen nothing, then right at the very end, I did see something.

I guess that not everyone sees it or sees anything. I should perhaps consider myself one of the privileged few who have been a witness to what haunts this river. Apart from that, I did have a nice spot of night fishing.

Initially, I thought it might be a ghost, but the headline would have called it the ghost of Moon Cove River. Ghosts, myths and legends though are kind of the same. Ghosts can be legends and legends can be about ghosts. In this case, the legend is about something else that is said to be out there. Its origins will remain a mystery, much like any other legend, where stories of these things can change and are told by so many down the generations.

I wish to remain anonymous. I am just another witness who wishes to share what they saw. I certainly got the experience of a lifetime. I went out there tonight to fish with an interest in a local legend, and I saw something strange. I found it a bit freaky perhaps, but more fascinating.

Should you come here out of curiosity, and come across strange lights, or see something strange, then you may well be another witness to the legend of Moon Cove River.

3 TIPS TO MANAGE SOCIAL ANXIETY

A is for Accumulating Positive Activities

Make a regular day of the week - once a week or every other week to do something around people.

Could be sitting at a local cafe or library or signing up to a class of interest.



B is for Building Mastery

Dedicate some time regularly once a week or when you can to consistently build a new skill, to build confidence, but also it could be a chance to socialise / enjoy alone time.

C is for Coping Ahead

Coping ahead is taking the necessary steps to help keep you safe and calm before anything (like safety plan, or exit plan if needed)
what May you do to help you with your anxiety?

If you have travel anxiety could you plan two routes in advance, could you book a cab? Or travel at quieter times? If you have social anxiety could you meet in a quieter place and have your favourite sweet and stress ball in your bag? If you feel nervous could you speak to someone before leaving the house? It's what helps you!





Breaking the Isolation: Steps to Overcoming Social Anxiety and Building Connection

Introduction: Social anxiety is often a silent struggle, causing people to miss out on valuable connections and experiences. The reasons behind social anxiety can vary greatly from person to person, but its effects are profound. It can lead to self-sabotage in friendships, relationships, and general well-being, as individuals avoid situations where they might form connections. These missed opportunities for connection further compound feelings of isolation and loneliness.

Connection and Well-Being: Connection is one of the five key ways to achieve a comfortable state of well-being, according to the New Economics Foundation (NEF) research conducted in 2008. The NEF's work, commissioned by the UK government, explored how to improve the nation's mental capital and mental well-being. Inspired by the Foresight Mental Capital and Wellbeing Project, their findings identified five simple, actionable steps to enhance well-being:

1. **Connect** – Building relationships with those around you (family, friends, colleagues) supports your mental health.
2. **Be Active** – Physical activity can reduce anxiety and depression while boosting your mood.
3. **Take Notice** – Being mindful of your surroundings and present in the moment helps cultivate positive mental health.
4. **Keep Learning** – Learning new skills bolsters self-esteem, provides purpose, and combats feelings of low self-worth.
5. **Give** – Acts of kindness or giving to others fosters happiness and a sense of community.

These five steps offer a research-backed pathway to emotional resilience and overall well-being. The UK mental health charity Mind has promoted these practices due to their accessibility and effectiveness. However, for those suffering from social anxiety, the first step – connecting – can feel like an insurmountable challenge.



A Perfect Autumn-Themed Film for Every Day of October

By [Paola & Ben]

As the crisp air of autumn settles in and the leaves begin to change, there's no better way to celebrate the season than by indulging in some classic autumnal films. Whether you're into cozy romances, mysterious thrillers, or family-friendly flicks, here's your perfect lineup for every day of October. Grab your blanket, sip on something warm, and enjoy these timeless favorites that capture the essence of autumn and all things spooky.

When Harry Met Sally (1989)

A romantic comedy filled with sharp dialogue, iconic New York City autumn scenes, and the warm friendship that blossoms into love, making it a cozy start to October.

Little Women (1994 or 2019)

The classic story of the March sisters is perfect for autumn, with its themes of family, love, and growth. Both versions of this film will transport you to a warm, nostalgic space.

Dead Poets Society (1989)

Set against the backdrop of a prep school in autumn, this inspiring film about self-discovery and the importance of free thought perfectly complements the changing season.

Sleepy Hollow (1999)

A moody, gothic horror film directed by Tim Burton, Sleepy Hollow is rich with foggy forests, eerie settings, and the legend of the Headless Horseman—ideal for a spooky autumn night.

Knives Out (2019)

This modern whodunit set in a cozy mansion filled with autumn decor and mystery will have you captivated by its plot twists and brilliant ensemble cast.

Clue (1985)

A dark comedy based on the classic board game, Clue is a fun, campy murder mystery perfect for those chilly fall evenings when you want something light and entertaining.

Monsters Inc. (2001)

A fun and heartwarming choice for the whole family, Monsters Inc. brings the world of friendly monsters to life, blending spooky and sweet with a cozy, imaginative touch.

Death Becomes Her (1992)

This dark comedy about vanity, immortality, and rivalry has just the right amount of dark humor and fantasy, making it a perfect watch for those who enjoy quirky, over-the-top films.

Teen Wolf (1985)

An '80s classic that mixes humor, coming-of-age themes, and a supernatural twist. Watch Michael J. Fox navigate high school, basketball, and, well, being a werewolf!

Edward Scissorhands (1990)

Tim Burton's melancholic yet beautiful film about an outcast with scissors for hands fits right into the heart of autumn, with its colorful leaves, whimsical tone, and touching story.

Coco (2017)

Inspired by Mexican culture and the Day of the Dead, Coco is a visually stunning and emotionally rich animated film that celebrates family, tradition, and the beauty of remembering loved ones.



The Extra-Terrestrial (1982)

This heart-warming sci-fi adventure, with its nostalgic suburban autumn setting, is a perfect October watch that reminds us of the magic of childhood and friendship.

The Goonies (1985)

Adventure, treasure hunts, and a gang of kids trying to save their home—The Goonies has all the elements of a fun autumn escapade and remains a timeless classic for all ages.

Beetlejuice (1988)

Another Tim Burton classic, Beetlejuice is an eccentric and visually dynamic film that's full of ghoulish fun, perfect for the Halloween season.

Practical Magic (1998)

Sisters, spells, and romance—Practical Magic is the ultimate cosy witch movie, full of autumnal charm, romance, and a little bit of magic.

Casper (1995)

Who can resist the friendly ghost? Casper combines heart-warming moments, a bit of spooky fun, and a comforting story of belonging, making it a great autumn pick.

Ghostbusters (1984)

No autumn movie list is complete without the ghost-hunting adventures of the Ghostbusters. From slime to iconic quotes, this classic and its sequels are sure to entertain.

The Addams Family (1991)

Full of kooky characters and a twisted sense of humour, The Addams Family captures Halloween vibes in the most charming and eccentric way.

Hotel Transylvania (2012)

Dracula runs a hotel for monsters in this family-friendly animated film, blending Halloween fun with heart-warming stories about acceptance and family.

The Nightmare Before Christmas (1993)

The ultimate hybrid of Halloween and Christmas, Tim Burton's The Nightmare Before Christmas can be enjoyed throughout autumn, with its enchanting visuals and spooky yet sweet story.

The Monster Squad (1987)

A throwback to the '80s with a group of kids battling classic movie monsters. It's an adventurous, nostalgic film that's perfect for anyone who loves a bit of fun with their frights.

Scooby-Doo (2002)

Join Scooby and the gang as they solve mysteries in this live-action adaptation of the beloved cartoon. A great choice for those who love light-hearted, spooky fun.

Goosebumps (2015)

Inspired by the R.L. Stine books, this film brings classic childhood scares to life in a fun, adventurous, and family-friendly way—perfect for a spooky October night.

Corpse Bride (2005)

Tim Burton's eerie yet touching stop-motion film is an autumn staple, with its hauntingly beautiful visuals and tale of love from beyond the grave.

Haunted Mansion (2023)

For a fresh take on a spooky classic, the latest adaptation of Haunted Mansion blends humour, scares, and supernatural fun, making it a perfect addition to your autumn watchlist.

The Witches (1990 or 2020)

Whether you prefer the original adaptation or the more recent reboot, The Witches tells a magical tale full of danger, humour, and of course, witches—ideal for the Halloween season.

Addams Family Values (1993)

The delightfully dark sequel to The Addams Family brings even more hilarity and spooky charm. From Wednesday's camp antics to Morticia's wit, it's a perfect October film.

Hocus Pocus (1993)

No Halloween is complete without the Sanderson sisters. Hocus Pocus is the quintessential Halloween film with its blend of humour, witches, and mischief.



Things to do- October 2024

London- The Viktor Wynd
Museum

Address:

11 Mare Street
London
E8 4RP

Opening times:

Tuesday- Sunday 3-11pm

Walking around Hackney and looking for something spooky to do this Halloween month? Why not check out the Viktor Wynd Museum? A fun and weird collection of creepy, cool and outright strange paraphernalia collected by Mr Wynd showcasing his inner most thoughts and collections and known as his best piece of art.

The collection of curiosities is perfect for October because you truly cannot believe some of the weird and wonderful items inside that border on the macabre and strange. Ever wanted to see a two headed lamb? A mermaid? A Love potion, or a piece of Elvis' hair? Well look no further. Once you venture down the winding staircase and into the museum you are face to face with an unbelievable collection of artwork, taxidermy, mummies, plants and relics that can pique the interest of just about anybody. One selection of the museum that is particularly cool is the collection of mythical creatures that have you blinking twice to check if they are real. This includes the leg bone of a giant, a basilisk and even mummified fairies. Can't quite believe it? See it for yourself and judge!

There is also a whole selection of the museum dedicated to the world of magic and its history through cultures and timeframes. You can view a fully functioning occult temple and witches trinkets and charms as well as voodoo artefacts and more whilst searching the exhibits and wonder how and if these things could really work.

The museum is also home to an interesting collection of extinct bird remains such as the Dodo, Elephant bird and the Great Auk. Learn about when the birds were last seen and what caused its extinction, as well as the history of where the birds settled, migrated to and tales such as birds being considered witches, bad omens and spiritual connections.

Interested? Well throughout the month the museum is hosting a broad range of workshops and lectures from candle making, guided tours with Viktor Wynd himself, tarot reading and more. Check out the website for more information:

Just so you know! The museum also has as a cocktail and Absinthe Parlour so if you want to stop for a drink too, book before arriving!

By Paola



Beds and Luton - Pick your own Pumpkin Patch

Halloween month is here, and what would Halloween be without our favourite orange squash back in our lives? That's right, the time for pumpkins is now, and for those looking to decorate their house with them, do some crafts with the kids with them, or use them for a nice autumnal pumpkin recipe, look no further because PYO Secret Farms' pumpkin patch is back and better than ever!

All you need to do is grab a wheelbarrow and navigate through the rows and rows of pumpkins you can grab and take home with you. From different sizes, colours and uses, PYO farm has created a whole day of fun activities around finding your perfect pumpkin. In fact, the farm is massive and with friends or family, you can walk through the pumpkin fields and try to find the biggest, scariest or most obscure-looking pumpkins in a fun game that will have everybody's competitive spirit high.

Once you've found your pumpkins, the fun does not stop there, as there are still bucket loads of cool things to fill your day with. Included in your ticket for admission, you can wander through a straw maze, watch the pumpkin cannon fire pumpkins into the sky, take part in pumpkin carving crafts, snap some fantastic photos, and let your little ones roam free on the go-karts, mini tractors and more.

There is also laser tag, a scare maze (if you're brave enough!), tractor rides and paintball for additional charges. Plus, food, drink, a Halloween store, and even bouncy castles depending on the weather. PYO has turned the Halloween tradition of picking and carving pumpkins into a full-on Halloween spectacular, so if you or your family love the Halloween season, this is the perfect way to celebrate. Don't miss out on a visit this October!

Don't forget! Once you pick your pumpkins, you need to take them to a till to get them checked out. Pumpkins range from £1-£10.

DAYS AND TIMES:

Open every Saturday and Sunday in October from 9 am-5 pm
(Must book your timeslot)

Open every day from the 28th-31st October from 9 am-5 pm

ADDRESS:

Blunham Road,
Moggerhanger,
Bedfordshire,
MK44 3RA

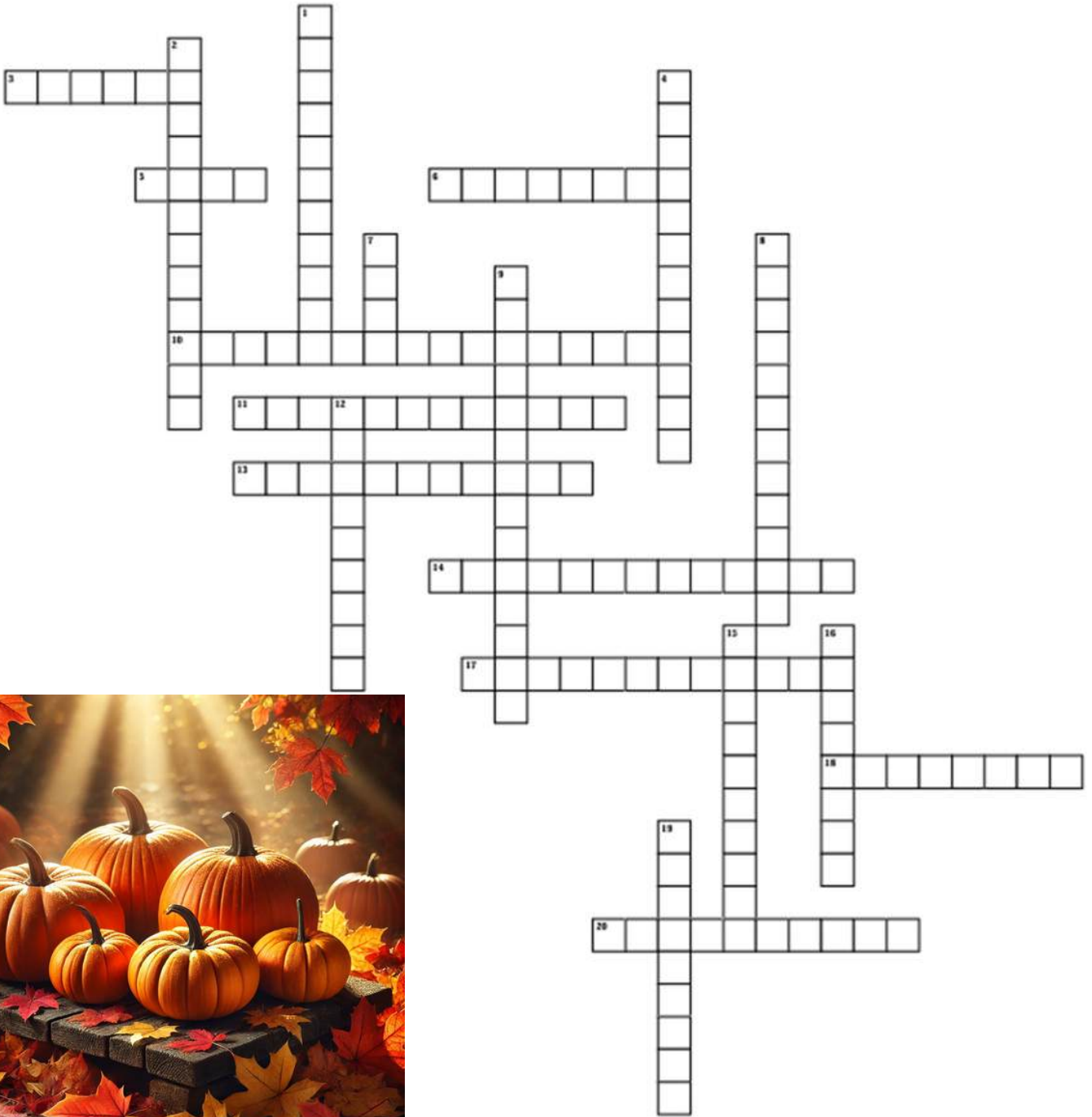
ADMISSION:

£3.50 per person (children under 3 go free)

By Paola



Location Location Location



Across

- [3] this beach city is mentioned by Miley Cyrus?
- [5] which band performed "Detroit Rock City"?
- [6] which song by the doors mentions a city in its title?
- [10] Lynyrd skynyrd sang this, 5,4,7
- [11] Elvis Presley sung about this city?
- [13] "no sleep till Brooklyn" is a hit by which band?
- [14] The clash sung about this town?
- [17] which song by Bruce Springsteen mentions a U.S State?
- [18] James Taylor sung about "_____ in my mind"
- [20] Ed Sheeran sung about this lucky lady?

Down

- [1] who sang "I Left My Heart in San Francisco"
- [2] which song by the Beach Boys mentions a U.S State in its title?
- [4] "New York, New York" is famously sung by which artist?
- [7] which band performed "Africa"?
- [8] Neil Young sung about this soft cheese?
- [9] who sings "don't cry for my Argentina"?
- [12] coldplay mentions this European city?
- [16] who signs "walking in Memphis"?
- [19] who performed "Vienna"?

Spot the 8 differences, can you find them all?



Tricky or Treaty?

This quiz is the same as true or false. So Trick is the same as false and True is the same as Treat. How many can you treat yourself too or will you get tricked out?

1. "Treat or Trick:" October is the tenth month of the year.
2. "Treat or Trick:" Halloween is celebrated on October 30th.
3. "Treat or Trick:" The birthstones for October are Opal and Tourmaline.
4. "Treat or Trick:" October has 30 days.
5. "Treat or Trick:" The zodiac signs for October are Libra and Scorpio.
6. "Treat or Trick:" The full moon in October is called the Harvest Moon.
7. "Treat or Trick:" Columbus Day is celebrated on the second Monday of October in the United States.
8. "Treat or Trick:" October is known for having the most federal holidays in the United States.
9. "Treat or Trick:" The Battle of Hastings took place on October 14, 1066.
10. "Treat or Trick:" October is the month when the Oktoberfest festival is traditionally held in Germany.



Was it Tricky or did you cheaty?

Halloween Spook Tackular

RUBTNXLGBLUBONFZLHRVKRMXYHHLZD
NTTYVRBUULHVZPRZOMBIERASWPHTER
AVVVMCKEZULQBCAULDRONTMKYSHEAE
CQVANHAVBMOTVFFOTYLAOFPMIIZHWU
OMUMNXTOIZNUHFDXBQJQPBUQPVWRBR
MJMPGCMGEEKLKKZUQICPVXHMLEFFMVF
MOVILBAWBJPDZYLSSZVRPAUPNYFXHNQ
UTHRWTXIUMANPNYWSRMEAJKQFENKSW
OEDECZRZJORPEACLIDQQDWUISSLCTNI
YFDBCEVGCANDYZDZOJSXUNMIWVUJT
DGHHTAFDAICHPIVXSCGLINNBMYKZJC
CSQHS TPWVOULDBKVHTUEWMJCGOJTTH
UKFPLQDDTAIVVTRICTIGMUMVDLSGIE
CLQUTWKBATFNZVKCOVGPLBOYVBCGQN
HJACK-O'-LANTERNSMQZELMAYTYRCA
KMONSTERCAKMG LUSTUQG G K X J L H A F G K
NSXCWSEDN O Q Y L C S D U M G H O R R O R G T D H Q
DJGRAVEYARDZOLZYMFBFBKXGOHMLLI
GHKHXZFSWZXMZMUQEYJLRSCMNOWQXP
IAXHEYOUKWHMNZTZFQXITKUSZSZVLF
TUIEHQBCLFXQERPCFUVBPAPOTTJUF
JNOEAJYOEZUDNMIUECUNZWQIOABYZG
PTTXPPTHGJLTNCCEPLDPVTGDMJPNCC
AEQZILULZSKWUSKCLWRXFJMEBZZTTB
RDBDBKGLDNTYSEMOEXOYJMRNQCKNX
TUSDRNWPTISKELETONVKOYGMQSGMYR
BROOMSTICKGTJMCPEMOKTPXTIOATSS
QZAMBJQECEQSFRPWFITAYEJAQJKEVP
FUDXJLMWOMMRBOOZYCNAPVIRQNF BX
RBLFBVZOVWVOKWREJSJGFGVTJEBPAU

TRICK

SKELETON

GHOST

VAMPIRE

CAULDRON

SPIDER

BAT

CANDY

PUMPKIN

ZOMBIE

BROOMSTICK

COSTUME

Jack O' Lantern

MUMMY

WITCH

MONSTER

TREAT

HAUNTED

HORROR

GRAVEYARD

Solution

RUBTNXLGBLUBONFZLHRVKRMXYHHLZD
 NTTYVRBUULHVZPRZOMBIERASWPHTER
 AVVVMCKEZULQBCAULDRONTMKYSHEAE
 CQVANHAVBMOTVFFOTYLAOFPMIIZHWU
 OMUMNXTOIZNUHFDXBQJQPBUQPVRBR
 MJMPGCMGEKLLKZUQICPVXHMLEFFMVF
 MOVILBAWBJPDZYLSZVRPAUPNYFXHNQ
 UTHRWTXIUMANPNYWSRMEAJKQFENKSW
 OEDECRCZJORPEACLIDQQDWUISSSLCTNI
 YFDBCEVGCACANDYZDZOJSXUNMIWVUJT
 DGHHTAFDAICHPIVXSCGLINNBMYKZJC
 CSQHSSTPWVOULDBKVHTUEWMJCGOJTH
 UKFPLQDDTAIVVTRICTIGMUMVDLSGIE
 CLQUTWKBATFNZVKCOVGPLBOYVBCGQN
 HJACK-O'-LANTERNSMQZELMAYTYRCA
 KMONSTERC AKMGLUSTUQGKXJLHAFGK
 NSXCWSEDNQOYLCS DUMGHORRORGTDHQ
 DJGRAVEYARDZOLZYMMFBFKXGOHMLLI
 GHKH XZFSWZXMZMUQEYJLRS CMNOWQXP
 IAXHEYOUKWHMNZTZ FQXITKUSZSZVLF
 TUIEHQBCLFXQERPCFUVBPAPOTTJUF
 JNOEAJYOEZUDNMIUECUNZWQIOABYZG
 PTTXPPTHGJLTNCC EPLDPVVTGDMJPNCC
 AEQZILULZSKWUSKCLWRXFJMEBZZTTB
 RDBDBKGLDNTYSEMOEXOYJMRNQCKNX
 TUSDRNWPTISKELETONVKOYGMQSGMYR
 BROOMSTICKGTJMCPEMOKTPXTIOATSS
 QZAMBJQECEQSFRPWFITAYEJAQJKEVP
 FUDXJLMWOMMRBOOZYCNAWPVIRQNF BX
 RBLFBVZOVWVOKWREJSJGFGVTJEBPAU

Trick Or Treat

1. Treat
2. Trick (its celebrated on October 31st)
3. Treat
4. Trick (it has 31 days)
5. Treat
6. Trick (its called the Hunters's Moon)
7. Treat
8. Trick
9. Treat
10. Treat



Location Location Location

1. Tony Bennett
2. Surfin U.S.A
3. Malibu
4. Frank Sinatra
5. Kiss
6. L.A Woman
7. Toto
8. Philadelphia
9. Julie Covington
10. Sweet home Alabama
11. Viva las Vegas
12. Amsterdam
13. Beastie boys
14. London calling
15. George Ezra
16. Marc Cohn
17. Born in the USA
18. Carolina
19. Billy Joel
20. Galway girl

As the autumn mist lifts and sunlight gently touches the earth, we're reminded that change brings beauty and renewal. Just like the vibrant pumpkins, we flourish with each season. Embrace the transformation, for every falling leaf marks a fresh beginning.

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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
Hackney	0208 432 8020
Luton	01582 556971
Bedford and Mid-Bedfordshire	01234 315691

SUPPORT FOR ADDICTION

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