

JANUARY 2023, ISSUE 3

 **Eden  
Futures**

# EDEN TOGETHER

*Our monthly health and wellbeing newsletter*



## **INSIDE THIS ISSUE:**

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Free apps for relaxation

Breathing techniques

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January

**Happy New Year! Welcome to our 3rd edition of Eden Futures monthly health and wellbeing newsletter!**

Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. In our new newsletter, we talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

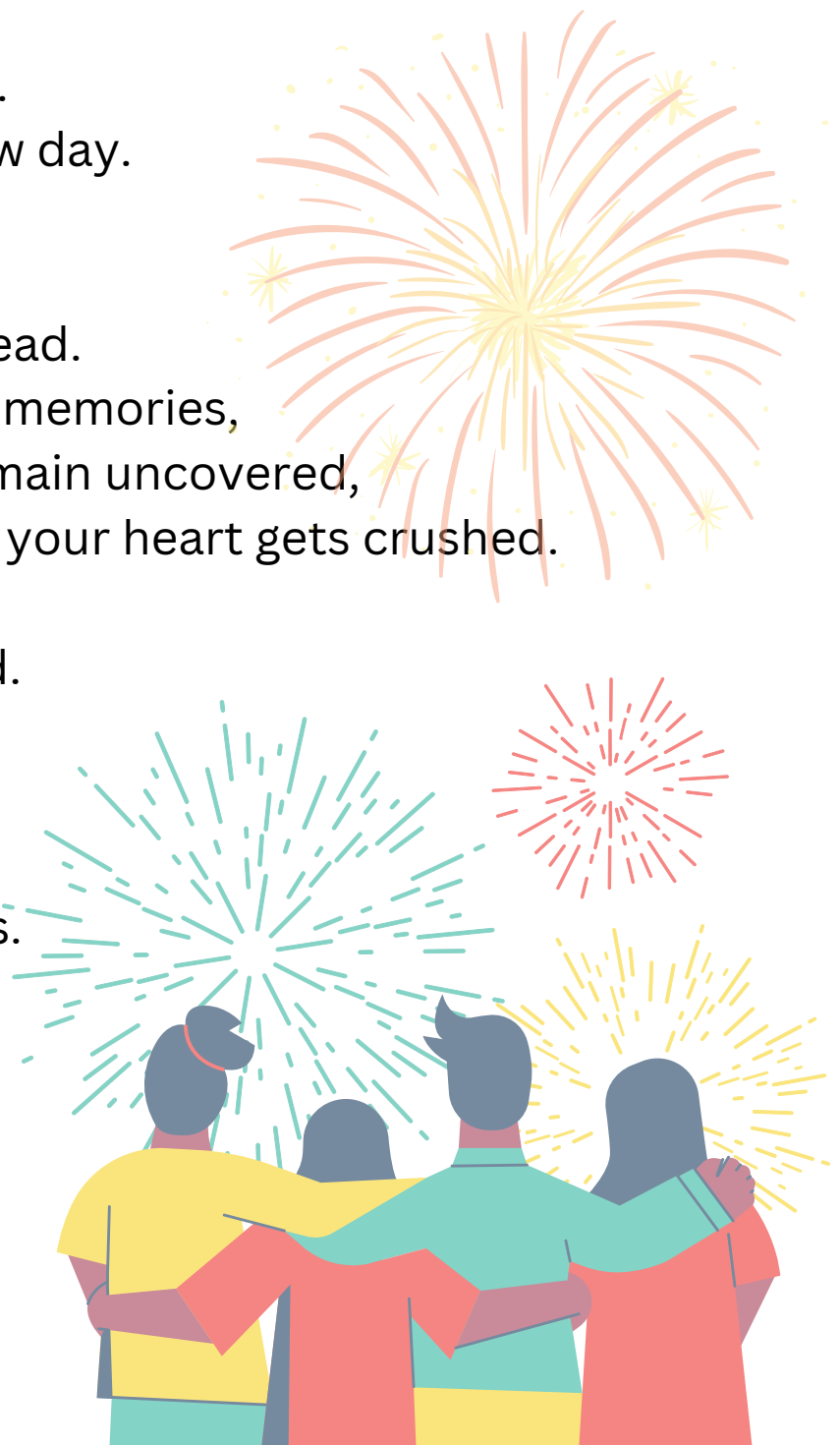
The cost of living crisis is impacting everyone so we aim to bring you information about where you can find support. You don't need to struggle alone - reach out if you need help or support.

# A JOURNEY TO A NEW YEAR

Poem by Sumira R. Arain

This poem is about the beginning of New Year's Day...what we celebrate and the start of a new journey to lead a successful life. Forget your mistakes and lead a new life with hope and courage.

First day of the New Year.  
It's time to shine for a new day.  
Forget your past,  
Your sorrow, your pain.  
New ideas are waiting ahead.  
It's time to recall all your memories,  
Beautiful dreams that remain uncovered,  
Painful parts of life when your heart gets crushed.  
But don't be afraid.  
The future is in your hand.  
Hold it in your hand.  
Start your race,  
A new journey,  
That leads you to success.  
You will rise again  
You will shine again.  
Happy New Year!



# HAPPIER JANUARY ACTION FOR HAPPINESS

Happier January 2023

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|--|---|---|--|---|---|
| 1 Find three things to look forward to this year         | 2 Make time today to do something kind for yourself          | 3 Do a kind act for someone else to help brighten their day | 4 Write a list of things you feel grateful for and why      | 5 Look for the good in others and notice their strengths       | 6 Take five minutes to sit still and just breathe           | 7 Learn something new and share it with others            |
| 8 Say positive things to the people you meet today       | 9 Get moving. Do something active (ideally outdoors)         | 10 Thank someone you're grateful to and tell them why       | 11 Switch off all your tech at least an hour before bedtime | 12 Connect with someone near you - share a smile or chat       | 13 Take a different route today and see what you notice     | 14 Eat healthy food which really nourishes you today      |
| 15 Get outside and notice five things that are beautiful | 16 Contribute positively to your local community             | 17 Be gentle with yourself when you make mistakes           | 18 Get back in contact with an old friend                   | 19 Focus on what's good, even if today feels tough             | 20 Go to bed in good time and allow yourself to recharge    | 21 Try out something new to get out of your comfort zone  |
| 22 Plan something fun and invite others to join you      | 23 Put away digital devices and focus on being in the moment | 24 Take a small step towards an important goal              | 25 Decide to lift people up rather than put them down       | 26 Choose one of your strengths and find a way to use it today | 27 Challenge your negative thoughts and look for the upside | 28 Ask other people about things they've enjoyed recently |
| 29 Say hello to a neighbour and get to know them better  | 30 See how many people you can smile at today                | 31 Write down your hopes or plans for the future            |   |  |   |   |



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Actionforhappiness.org

Action for Happiness is a movement of people taking action to create a happier and kinder world, together.

The mission of Action for Happiness is to promote a happier world, through a culture that prioritises happiness and kindness. They do this by helping people get together regularly (face-to-face where possible) to learn evidence-based skills for happier living, feel a sense of belonging and commit to personal action to create more happiness, both for themselves and others.

They have no religious, political or commercial affiliations and welcome people of all faiths (or none) and all parts of society. Members of the movement make a simple pledge: to try to create more happiness in the world. You can download their FREE app - it gives you friendly nudges with an action idea each day and sends you inspiring messages to give you a boost! It also helps you connect and share ideas with like-minded people

# FREE APPS FOR RELAXATION!

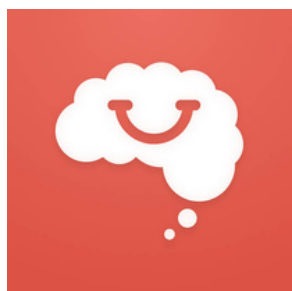
There are great apps out there that offer meditation sessions, sleep stories, soothing music, soundtracks from around the world, and even mindful exercises to help your physical health. While Headspace and Calm are fantastic apps for this, they have a subscription price that may not suit everyone. We've rounded up some FREE alternatives that you might want to try...



## MINDFULNESS COACH

This app aims to help you ground yourself in the present moment and learn to observe your thoughts without judgment. Mindfulness Coach was developed to help Veterans and other Service members to practice mindfulness.

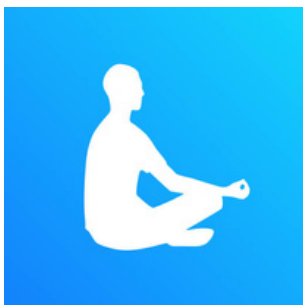
This app features a self-guided meditation program that can help you understand simple mindfulness techniques. With a library of information on meditation and mindfulness, this free app can help you set your goal, track your progress, set customizable reminders, and offer access to crisis resources as well.



## SMILING MIND

Smiling Mind offers meditation sessions on sleep, mindfulness, stress, relaxation, relationships, and more. This app also offers a beginner's course and if you're new to meditation, then it can be a good place to start.

Along with the above sessions, Smiling Mind also gives you access to sound meditation, body-scan meditation, sleep meditations, and more.



## THE MINDFULNESS APP

If you're struggling with daily stress and want to balance your life, then The Mindfulness App might come in handy. This app offers more than 300 meditation courses led by experts from around the world.

You can also access the same in over 10 different languages, personalise your reminders, and even listen to sleep stories as you tuck in.

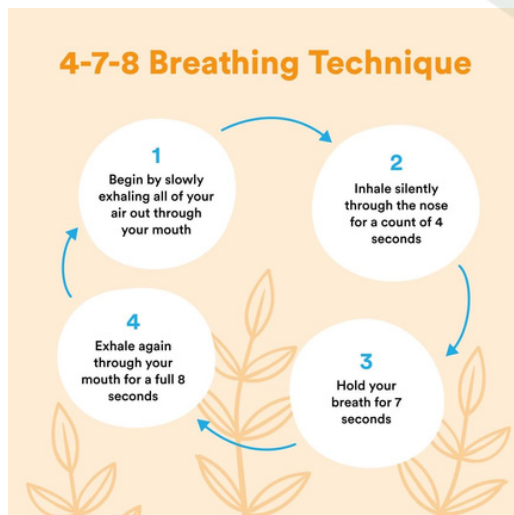
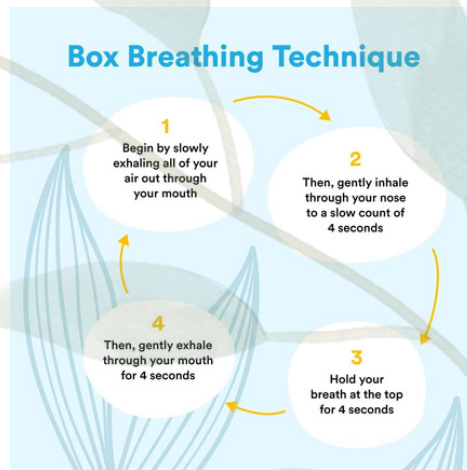
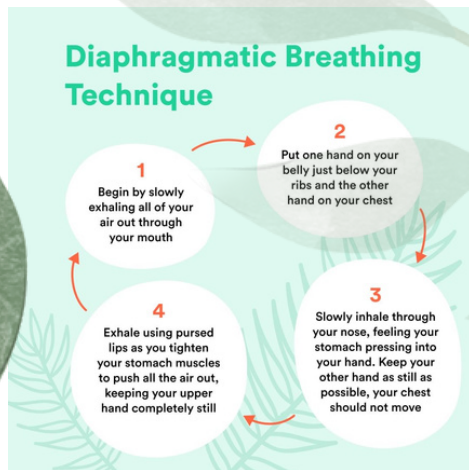
The Mindfulness App also features 3-99 minutes of meditation, silent or guided, background sounds including rain, forest, waves, and more. If you'd like access to offline meditations, then you'd be required to pay a subscription fee but even without it, you'll get access to meditation and mindfulness sessions.

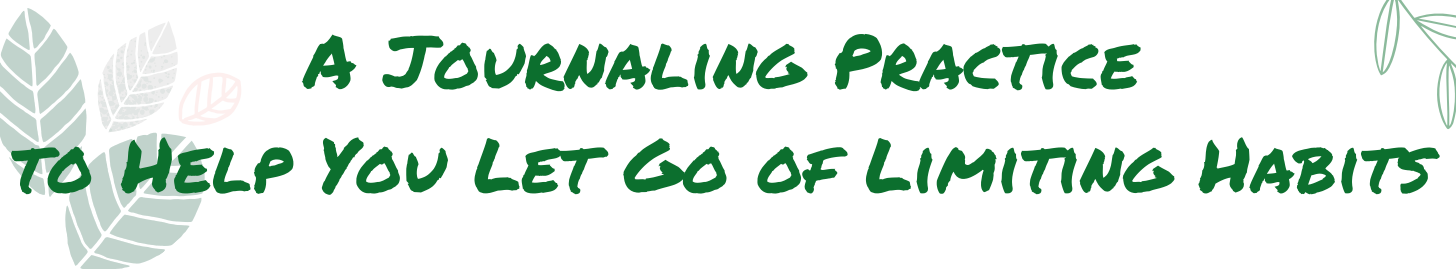




# BREATHING EXERCISES FOR STRESS

These calming breathing techniques for stress, anxiety and panic take just a few minutes and can be done anywhere...





# A JOURNALING PRACTICE TO HELP YOU LET GO OF LIMITING HABITS

**Instead of judging yourself for what you want or what you're feeling, explore these writing prompts to help you turn toward your experience with greater understanding and self-compassion.**

Encountering the people, places, and things that activate us out in the real world can feel like too much all at once. For example, when our nervous system rehashes an old pattern of feeling unsettled or unsafe, because that's how we felt the last time X happened, it's difficult to take a step back from that and stay present right now. That's one reason journaling is such a powerful tool.

A mindful journaling practice provides a quiet space for us to intentionally explore what is arising, how it's rooted in our survival strategies, and what we can give ourselves instead to meet our needs in a wise and loving way.

In your journal, with gentleness and over time, explore these writing prompts:

- Where in your life does “power over” versus “power with” manifest? What is the cost?
- What survival strategies did you learn within your family of origin?
- What survival strategies can you name that operate on the level of the collective? Examples of places to look: “We must win at all costs.” “We should follow the rules and play the game.” “They need to be kept in their place lest we lose ours.” “Don't acknowledge what's really going on, just maintain the status quo.”

**Continued...**



# A JOURNALING PRACTICE TO HELP YOU LET GO OF LIMITING HABITS

- What else can you name?
- How do you intersect with these strategies? How do they live within you?
- What collective judgments keep these survival strategies in place?
- How would you describe the unmet need underneath these collective survival strategies?
- And what do you envision would meet this need?
- What, for you, brings about the experience of inherent belonging?
- What might invite a direct experience of belonging for any collective you identify with? How might you bring this to form? How might it get expressed personally and/or collectively?

Take your time with these prompts. These questions may take weeks, months, years to truly unpack. Share your observations with a friend or with a trusted group, if you would like to.



**Excerpted from the book *The Heart of Who We Are: Realizing Freedom Together* by Caverly Morgan.  
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# ART THERAPY ACTIVITIES YOU CAN TRY AT HOME TO DESTRESS

**“Art washes away from the soul the dust of everyday life.”  
– Pablo Picasso**

Art therapy is a broad term used to refer to the practice of creating as a way to heal wounds of the mind or spirit. While art therapists are employed with increasing frequency at hospitals, nursing homes, in schools, and in treatment programs for a wide range of ailments, the rejuvenating, stress-busting results of such a practice are something we can all benefit from.

Invite your creative side out to dance with these art therapy ideas you can pursue at home...

## MAKE THANK YOU CARDS OR TAGS

Focus on words and thoughts of gratitude, of your own design. Pick up a stack of blank cards and envelopes at a paper or craft shop (The Works, Home Bargains and supermarkets are all very cheap for these), or simply get creative with a pre-made card. Consider offering thanks to those helping you through current troubles, or those who have helped you in the past. Already said “thanks” in person? A card is nice way to let people know that they made a lasting impact.

## DRAW TO MUSIC

Music is a form of art that is often said to move souls. Energize, relax, and otherwise give attention to yours by simply putting a pen or pencil to paper and moving it as the rhythm dictates. Sharp, staccato music may prompt you to draw jagged edges or bold lines; softer rhythms may encourage you to draw waves. Instrumental music is generally a more effective stress-buster than music with lyrics, because the mind is allowed to relax without distraction. If more formalised or finite images begin to emerge, allow it – the point of the exercise is to allow for creation without expectation or restraint.



## DIGITAL COLLAGES

Short on art supplies, or simply more of a computer person? Fire up your laptop, and download one of many free collage programs. You can create a collage from your own photographs and memories, or do an online search to find images that resonate with you. Programs such as Photoshop Elements, PowerPoint or some Adobe platforms offer enough for a first effort.

## CREATE A MEMORY BOX

Most of us have a box of memorabilia tucked away somewhere (or bits of memorabilia scattered everywhere). Get organised and give your treasures a facelift by literally decorating the box you keep them in. Decor can be specific to a set of memories or time period, or more general. Decorating a box is also a great way to add to a time capsule or memory box given as a gift.

## MAP OUT YOUR HEART

At a loss for a place to start with art therapy? Go to the source, and draw a picture of your heart – literally. Fill in the shape with images of the things you desire, dream of, and love. You can find photos, or simply assign a coloured section to each corresponding desire.





## **31 DAYS ALCOHOL-FREE A BREAK AND TOTAL RESET FOR THE BODY AND MIND WITH ALCOHOL CHANGE UK**

**Many of us drink too much without realising it. This could be having a big effect on us both now and in the future; heavy and regular drinking is linked to mental health problems, liver disease, seven forms of cancer and more. Is your drinking healthy?**

A survey, commissioned by Alcohol Change UK, shows that the cost of living crisis has impacted on drinking habits over the last six months. One in six (16%) people who drink alcohol said this had led to them drinking more to cope with worries around the crisis, and one in seven (14%) have prioritised purchasing alcohol over essential items, such as groceries.

January 2023 marks the 10th anniversary since the launch of Dry January. Dry January® offers the perfect opportunity to manage your drinking for the longer term and a chance to get some amazing benefits along the way. Research shows that those who do Dry January® with Alcohol Change UK double their chances of success, and have more energy, improved concentration, boosted mood, save money and so much more. A month off alcohol also leads to lower blood pressure, cholesterol and diabetes risk, as well as lower cancer-related proteins in the blood.

Those taking part in Dry January® get access to all of the free tools and resources from Alcohol Change UK, from its Try Dry app to its daily motivational emails.

We'd encourage anyone who's interested in resetting their relationship with alcohol to download the free Try Dry® app. You can use it year-round to check your units, calories and money saved, and earn badges as you go.

**ALCOHOLCHANGE.ORG.UK**



# VEGANUARY



## FANCY JOINING THE PLANT-BASED REVOLUTION?

Veganuary is a non-profit organisation that encourages people worldwide to try vegan for January and beyond. During the 2022 campaign, more than 620,000 people took their pledge to try a vegan diet, while more than 1,540 new vegan products and menu options were launched in their key campaign countries.

Throughout the year, Veganuary encourages and supports people and businesses alike to move to a plant-based diet as a way of protecting the environment, preventing animal suffering, and improving the health of millions of people.

Everyone who takes part receives daily emails that offer meal ideas, recipes and lots of information to remind us of the importance of what we eat.

By registering, you join a worldwide community of individuals all exploring veganism together. It is a wonderfully inspiring community, which offers support, advice and friendship. If you have signed up already, why not encourage family, friends and colleagues to join you? It's free to take part and everyone is welcome.

### DOWNLOAD YOUR FREE CELEBRITY COOKBOOK!

Sign up to receive a celebrity e-cookbook along with inspiring recipes, meal plans and more. All resources are 100% free!

# VEGANUARY.COM



# FINANCIAL WELLBEING HELP AND SUPPORT



**ALONGSIDE THE OTHER SUPPORT AVAILABLE TO HELP WITH FINANCES, YOU CAN NOW ASK BILL - [WWW.ASKBILL.ORG.UK](http://WWW.ASKBILL.ORG.UK)**

Ask Bill has several free resources, including a benefits calculator to make sure you're claiming anything you're entitled to, as well as support accessing funding to help with energy bills, including water. You can also work out a budget and access resources to improve your relationship with money.

**Help for  
Households**

We've given information on Help for Households, a Government Scheme, in our previous Eden Together newsletters and this is being updated all the time.

To keep up-to-date with the cost of living support available, what you are entitled to and how to save money with energy saving tips, be sure to visit:

**[HELPFORHOUSEHOLDS.CAMPAIGN.GOV.UK](http://HELPFORHOUSEHOLDS.CAMPAIGN.GOV.UK)**





# GET HELP FROM YOUR SUPPLIER PRIORITY SERVICES REGISTER

The Priority Services Register is a free support service that makes sure extra help is available to people in vulnerable situations.

**ofgem** [www.ofgem.gov.uk](http://www.ofgem.gov.uk)

## You are eligible if you:

- have reached your state pension age
- are disabled or have a long-term medical condition
- are recovering from an injury
- have a hearing or sight condition
- have a mental health condition
- are pregnant or have young children
- have extra communication needs (such as if you don't speak or read English well)
- need to use medical equipment that requires a power supply
- have poor or no sense of smell
- would struggle to answer the door or get help in an emergency.

You might still be able to register for other reasons if your situation isn't listed. For example, if you need short-term support after a stay in hospital.

## How to register

Energy suppliers and Network operators will both keep a Priority Services Register. If you think you should be added to either you need to contact your energy supplier or network operator.

Give them your contact details and as much information as you can about your needs. Your supplier can pass your details to your network operator to add you to their register too. It's a good idea to ask them to do this if you rely on your energy supply for medical reasons.

If you have a different supplier for your gas and electricity, you need to contact them both.

You'll need to register again with any new supplier if you switch supplier.

**Continued...**





# GET HELP FROM YOUR SUPPLIER PRIORITY SERVICES REGISTER

**The Priority Services Register is a free support service that makes sure extra help is available to people in vulnerable situations.**

## **Help you can get**

- Wherever possible, advanced notice of scheduled power cuts. If you rely on your energy supply for medical reasons your network operator can tell you about planned power cuts. For example, when they plan engineering work.
- Priority support in an emergency.
- Priority support when calling your network operator.
- Identification and password scheme. This could include arranging a password or agreed on picture cards if callers need to visit or contact you. This way you can feel confident they are genuine.
- Nominee scheme. You can nominate someone to receive communications and bills from your supplier. For example, a family member, carer or someone you trust.
- Help with prepayment meter access. For example, moving a meter if you can't safely get to it to top up.
- Regular meter reading services. For example, if nobody can read your meter.
- Accessible information. For example, account info and bills in large print or braille.
- Help reconnecting your gas supply, if you need it.

**Suppliers and Network operators could offer other support services. Ask them how they can help you.**

## **Similar support services**

Suppliers can offer free gas safety checks every 12 months. You can request a safety check if you get a means-tested benefit and either:

- live with a child under five years old
- live alone or with others and have reached state pension age
- live alone or with others and are disabled or chronically ill
- live with others who have reached state pension age or are disabled, chronically ill or under 18 years old.

**Free similar services to the Priority Services Register are available in the water, telecoms and public transport sectors. Ask your providers about them.**



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# FINANCIAL WELLBEING HELP AND SUPPORT

If you're struggling to manage your money in these uncertain times, check out the [money worries hub](#) which will help you get on top of things. You can find the money worries hub on [moneyhelper.org](https://moneyhelper.org)

## Money Helper

The pandemic and the rising cost of living have left lots of people with new money worries. Whether you've been caught off guard by higher bills and payments, uncertain income or the loss of a job, Money Helper can help you find your way forward and take the first step towards getting on top of things.

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### BEWARE OF FRAUDSTERS

Fraudsters are pretending to be energy providers. If you receive a call or email telling you to apply for your energy bill rebate, ignore it. Your energy provider will apply your rebate automatically as soon as you're entitled to it.

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# WHERE TO GET FREE DEBT ADVICE

If you're worried about debt, you don't need to struggle alone. Speaking to a trained and experienced debt adviser about your situation can help you see what the best decision for you might be.

A debt adviser can:

- give you advice on better ways of managing your money
- check to see if there are any benefits or entitlements you might be able to claim
- tell you about the ways of dealing with debts that are open to you
- get you out of debt faster
- keep everything you tell them confidential.

**For more information, visit: <https://www.moneyhelper.org/en>**

On their website, you can find:

- Online debt advice services
- Telephone debt advice services
- Face-to-face debt advice services

**They will never judge you or make you feel bad about your situation and always be happy to talk to you, however big or small your problem might be. They will find ways to help you manage your debts even if you think you have no spare money and suggest ways to deal with debts that you might not know about.**

The logo for Money Helper features the word "Money" in a large, bold, blue sans-serif font. Below it, the word "Helper" is also in a large, bold, blue sans-serif font. A pink arrow icon points from the left towards the "H" in "Helper".

**Money  
Helper**





# SUPERMARKET SWEEP!



With the cost of living crisis in full effect, making your money go further is absolutely crucial, and supermarket loyalty schemes can be a valuable tool in helping that happen. A good loyalty scheme can mean you get a little extra for that money, leaving you in a stronger financial position.

## But which is the best loyalty scheme?

A new study from Moneyboat has attempted to answer this once and for all, reviewing the main loyalty schemes across a range of categories such as the cost of joining, whether it delivers personalised offers, the ability to save on petrol and of course how the money you spend translates into loyalty points and rewards.

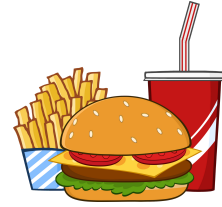
Here's how the supermarkets performed and some of the main features of each scheme:

| Supermarket | Scheme features   | Pound to credit conversion rate | Customer satisfaction score | Overall score |
|-------------|---|---------------------------------|-----------------------------|---------------|
| Tesco       | Free<br>Exclusive discounts<br>Savings on petrol<br>Charity donations       | 1%                              | 3.82/5                      | 99/100        |
| Sainsbury's | Free<br>Exclusive discounts<br>Savings on petrol<br>Charity donations       | 0.5%                            | 2.58/5                      | 88/100        |
| Co-op       | Exclusive and personalised offers<br>Savings on petrol<br>Charity donations | 2%                              | 3.25/5                      | 84/100        |
| Asda        | Free<br>Savings on petrol   | 0%                              | 3.80/5                      | 57/100        |
| Lidl        | Free<br>Exclusive discounts<br>Savings on petrol                            | 0%                              | 3.06/5                      | 56/100        |
| M&S         | Free<br>Exclusive and personalised offers<br>Charity donations              | 0%                              | 3/5                         | 51/100        |
| Iceland     | Free<br>Exclusive discounts   | 0%                              | 3.51/5                      | 51/100        |
| Waitrose    | Free<br>Exclusive and personalised offers                                   | 0%                              | 2/25/5                      | 40/100        |
| Morrisons   | Free<br>Exclusive and personalised offers                                   | 0%                              | 2.25/5                      | 40/100        |





# FAKEAWAYS!



If you love a takeaway, but you want to make healthier choices and save some money, these fakeaway recipes are a great way of treating yourself right in more ways than one!

For those who don't know, a fakeaway is the trend of making healthier and lower cost takeaway-style food at home, rather than buying it from a takeaway or from an ordering service such as Just Eat or Deliveroo.

The BBC have a wide range of recipes to suit all tastes and budgets – you can check out the full range via the link below. Let us know which recipes you try and recommend!

[www.bbc.co.uk/food/collections/fakeaway\\_recipes](http://www.bbc.co.uk/food/collections/fakeaway_recipes)

**Do you have any top tips  
for saving money? We'd  
love to hear from you!  
Get in touch at  
[HR@edenfutures.org](mailto:HR@edenfutures.org)**



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# KEEPING WELL IN JANUARY

January can feel like a tough month for many; the weather's cold... waiting for payday after an expensive Christmas period... and New Years resolutions can be hard to stick to.

**Remember to be kind to yourself.** You don't need to be a 'new you' or feel pressure to commit to unrealistic changes in your life. Here are some tips for keeping well in January....

## Eat healthily

It's always tempting to embark on a New Year's diet, but a better focus for the new year is eating healthily. You could reduce the number of takeaways or ready meals consumed weekly (see this month's Fakeaway recipes for some great alternatives!) for example. Healthy, nutritional food will support your mental health, keep your immune system firing and get you through the chilly winter months!

Try making a food plan of what you are going to eat during the week, and make it fun by recreating your favourite restaurant dishes. Not only will you be eating well, you'll be saving ££££'s and learning a new skill. YouTube has some great cooking tutorials – The Cooking Channel is a great place to start: <https://www.youtube.com/user/cookingchannel>

## Make the most of natural light

When it's cold, the last thing many of us want to do is to be outside! Instead, tucked under your duvet with a cup of tea sounds far more appealing! The health benefits of sunlight include generating Vitamin D, which not only lowers your blood pressure but also promotes good mental health. Linked to this, you are likely to do some exercise, like walking, while taking in the natural light, which has added physical health benefits.

## Spend Time with Others

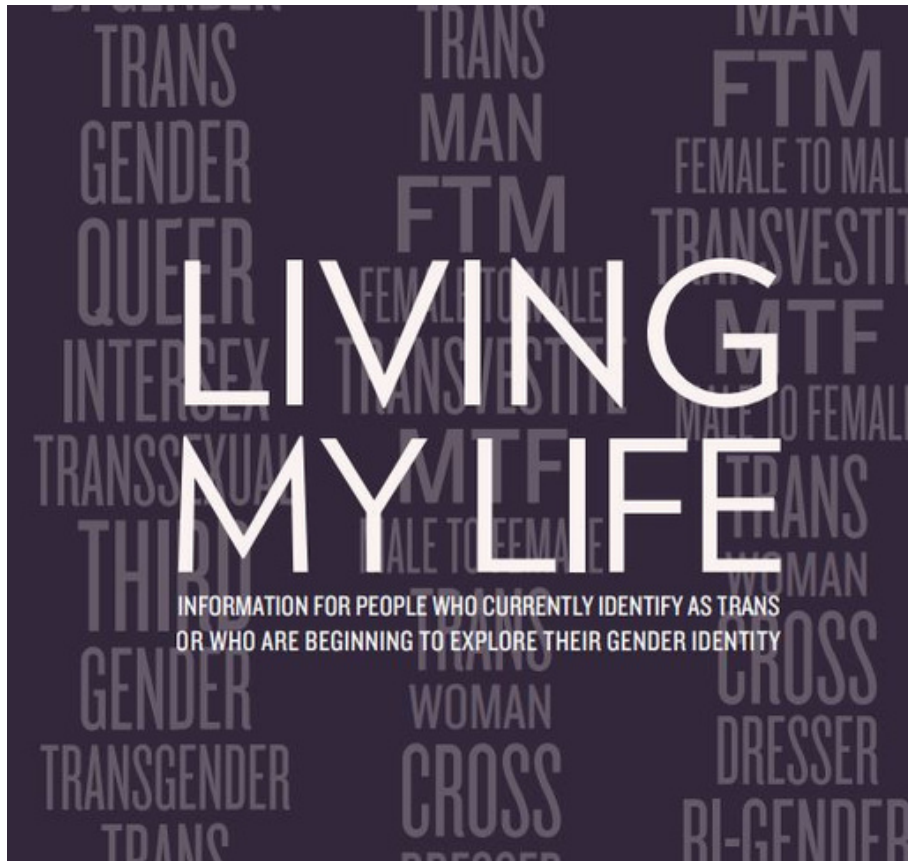
After the Christmas period, it is important to get out and about to see people, this can be anything from family, friends or just going for a coffee or drink in a public setting. You could even sign up to do a charity event with others, which would not only be a great social event, it's great exercise and you could raise funds for a cause close to your heart!

## Talk it through

One way to beat feeling low is to talk about how you feel. You can join support groups, speak to Mind, reach out to friends, family or a trusted colleague, if you're feeling down. Often, a good chat through can lift your spirits, however if you still feel low, you can also reach out to your GP for support.

**Mind:** [www.mind.org.uk/need-urgent-help/using-this-tool](http://www.mind.org.uk/need-urgent-help/using-this-tool)

**Samaritans:** [www.samaritans.org/how-we-can-help/contact-samaritan](http://www.samaritans.org/how-we-can-help/contact-samaritan)



[WWW.NHS.UK/LIVEWELL/TRANSHEALTH/DOCUMENTS/LIVINGMYLIFE.PDF](http://www.nhs.uk/livewell/transhealth/documents/livingmylife.pdf)

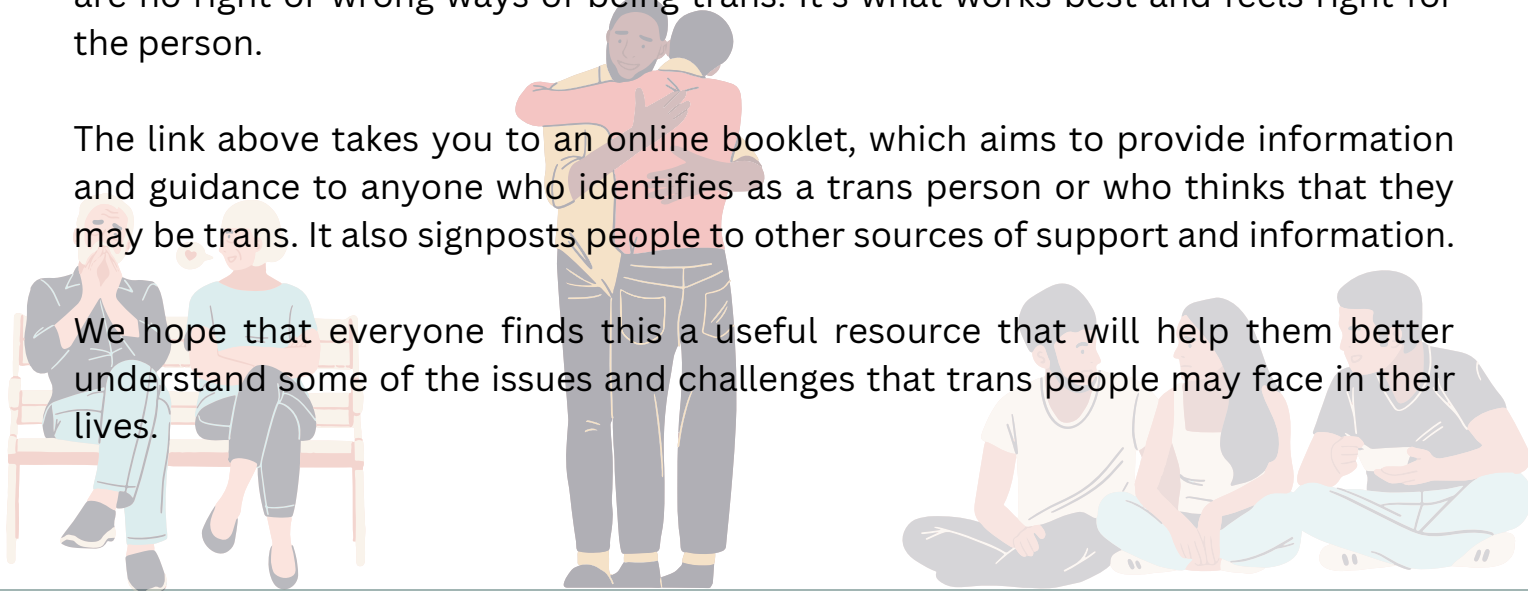
A trans person is someone who feels that their gender identity does not correspond to the one they were given at birth.

The word trans is an ‘umbrella’ term for all people who cross traditional gender boundaries – whether that is permanently or periodically. Many trans people know from a very early age that they don’t identify with the gender that is assigned to them at birth whilst others come to this conclusion much later in life.

Every trans person’s journey through life is unique and individual to them. There are no right or wrong ways of being trans. It’s what works best and feels right for the person.

The link above takes you to an online booklet, which aims to provide information and guidance to anyone who identifies as a trans person or who thinks that they may be trans. It also signposts people to other sources of support and information.

We hope that everyone finds this a useful resource that will help them better understand some of the issues and challenges that trans people may face in their lives.







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# SPECIAL DAYS IN JANUARY



Every month has some important days and events to celebrate and honour a cause / raise awareness on different topics, events and remember sacrifices that were made in the past.

## **2nd Jan 2023 - National Science Fiction Day**

An unofficial holiday for Sci-Fi fans to celebrate, chosen because 2nd January was the birthday of Sci-Fi writer Isaac Asimov.

## **4th January 2023 - World Braille day**

A day to raise awareness of the importance of Braille as a means of communication in the full realisation of the human rights for blind and partially sighted people

## **5th Jan 2023 - Twelfth Night**

The twelfth day after Christmas and the official end of the the Christmas season, today is the day when you should have taken all your Christmas decorations down.

## **16th of January 2023 - Martin Luther King Day**

## **16th January - 20th January Martin Luther King Celebration of Human Rights Week**

A celebration of the life and works of civil rights activist Martin Luther King

## **22nd January 202 - Lunar New Year**

Lunar New Year starts with the first new moon of the lunar calendar. It is often called Chinese New Year, although many other countries celebrate the Lunar New Year, such as Korea, India, Singapore, Malaysia, and more.

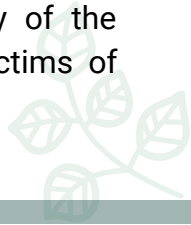
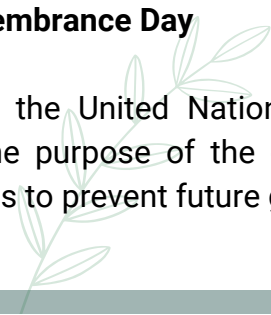
Traditions include fireworks, traditional food, the giving of red envelopes, and lighting lanterns.

## **25th Jan 2023 - Burns Night**

The birthday of Scotland's national poet Robert Burns, celebrated with a Burn's Night Supper.

## **27th January 2023 - Holocaust Remembrance Day**

An international holiday created by the United Nations, January 27th is the anniversary of the liberation of Auschwitz-Birkenau. The purpose of the day is to honour the millions of victims of Nazism and develop educational plans to prevent future genocides.



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# REPORT INTERNET SCAMS AND PHISHING

We have given you a lot of information about websites and support, so we want to remind you to please be careful and DO NOT give out your private information (such as bank details or passwords). Please reach out for help if you're not sure if giving information is the right thing.

Report misleading websites, emails, phone numbers, phone calls or text messages you think may be suspicious.

You shouldn't reply to text messages, download attachments or click on any links in emails if you're not sure they're genuine. If you think that you may have received a suspicious email, you can forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) and the National Cyber Security Centre (NCSC) will investigate it.

If you think a text message is suspicious, you can forward it to 7726 - it's **free**. This will report the message to your mobile phone provider.

## **If you think you've been a victim of an online scam or fraud**

Contact Action Fraud if you think you've lost money or been hacked because of an online scam or fraud. You can:

- report online - either sign up for an account or continue as a 'guest'
- call 0300 123 2040

## **Avoid misleading government websites, emails and phone numbers**

Some websites, emails or phone numbers look like they're part of an official government service when they're not, or claim to help more than they actually do. Some make you pay for things that would be free or cheaper if you use the official government service.

Search on GOV.UK to find official government services and phone numbers, for example if you want to apply to the DVLA for a driving licence.

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## THAT'S ALL FROM US THIS MONTH!

What do you think of our new magazine? All feedback is welcome!

Until next month, our best wishes to you all.

## CONTACT US

If you would like to contribute to the next issue, please get in touch with your stories (and photos, if possible!) to [HR@edenfutures.org](mailto:HR@edenfutures.org)

