

OCTOBER 2022, ISSUE 1

 **Eden
Futures**

EDEN TOGETHER

Our monthly health and wellbeing newsletter



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Welcome to our *NEW* Eden Futures monthly health and wellbeing newsletter! This first issue goes live on World Mental Health Day, 10 October 2022.

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is **'Make mental health and wellbeing for all a global priority'**.

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 it.



YOUR MENTAL HEALTH

Mental Health and how people are feeling is often mentioned in the news and on social media. Anyone at any stage in their lives can have a decline in their mental health for various reasons. It can affect how we think, feel and act and can affect people in different ways. It also determines how we handle stress, relate to others, and make choices.

Below are some pointers that can help you improve your mental health and wellbeing.

FIVE STEPS TO IMPROVE YOUR MENTAL HEALTH

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive.

Connect with People. Good relationships are important for your mental wellbeing. It can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

Be physically active. Being active is not only great for your physical health and fitness, evidence indicates it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

Learn new skills. Learning new skills can improve your mental wellbeing by:

- Boosting self-confidence and self esteem
- Helping to build a sense of purpose
- Helping connect to others

Giving acts of kindness can help improve you mental wellbeing by:

- Creating positive feelings
- Giving a feeling of self-worth
- Helping to connect to others

Attention to present moment (mindfulness)

- Paying more attention to you present moment can improve mental wellbeing, it includes you thoughts, feelings, your body and the world around you (sometimes referred to as mindfulness)

Some useful links to websites are listed below:

- **Mental Health** – www.mentalhealth.org.uk
- **Mind** – www.mind.org.uk
- **Mental Health** – www.nhs.uk/mental-health/self-help



OPTIMISTIC OCTOBER ACTION FOR HAPPINESS

Optimistic October 2022

SATURDAY

1 Write down three things you can look forward to this month

8 Make some progress on a project or task you have been avoiding

15 Thank yourself for achieving the things you often take for granted

22 Share a hopeful quote, picture or video with a friend or colleague

29 Plan a fun or exciting activity to look forward to

SUNDAY

2 Find something to be optimistic about (even if it's a difficult time)

9 Share an important goal with someone you trust

16 Put down your to-do list and do something fun or uplifting

23 Recognise that you have a choice about what to prioritise

30 Identify three things that give you hope for the future

MONDAY

3 Take a small step towards a goal that really matters to you

10 Take time to reflect on what you have accomplished recently

17 Take a small step towards a positive change you want to see in society

24 Write down three specific things that have gone well recently

31 Set a goal that brings a sense of purpose for the coming month

TUESDAY

4 Start your day with the most important thing on your to-do list

11 Avoid blaming yourself or others. Find a helpful way forward

18 Set hopeful but realistic goals for the days ahead

25 You can't do everything! What are your three priorities right now?

WEDNESDAY

5 Be a realistic optimist. See life as it is, but focus on what's good

12 Look out for positive news and reasons to be cheerful today

19 Identify one of your positive qualities that will be helpful in the future

26 Find a new perspective on a problem you face

THURSDAY

6 Remind yourself that things can change for the better

13 Ask for help to overcome an obstacle you are facing

20 Find joy in tackling a task you've put off for some time

27 Be kind to yourself today. Remember, progress takes time

FRIDAY

7 Look for the good in people around you today

14 Do something constructive to improve a difficult situation

21 Let go of the expectations of others and focus on what matters to you

28 Ask yourself, will this still matter a year from now?



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



ACTION FOR HAPPINESS PODCASTS!

THE RABBIT EFFECT

Action for Happiness have an amazing series of podcasts, which you can find by visiting:
<https://actionforhappiness.org/podcasts>.

Dr Kelli Harding is author of **The Rabbit Effect**:

When Columbia University Doctor Harding began her clinical practice, she never intended to explore the invisible factors behind our health. This path led her to discover the incredible beauty of kindness and how even rabbits lived longer and were healthier the more they were shown human kindness and touch. What does that say about how negative people can really affect us, and also how our kindness and how we choose to treat others can have amazing positive effects.

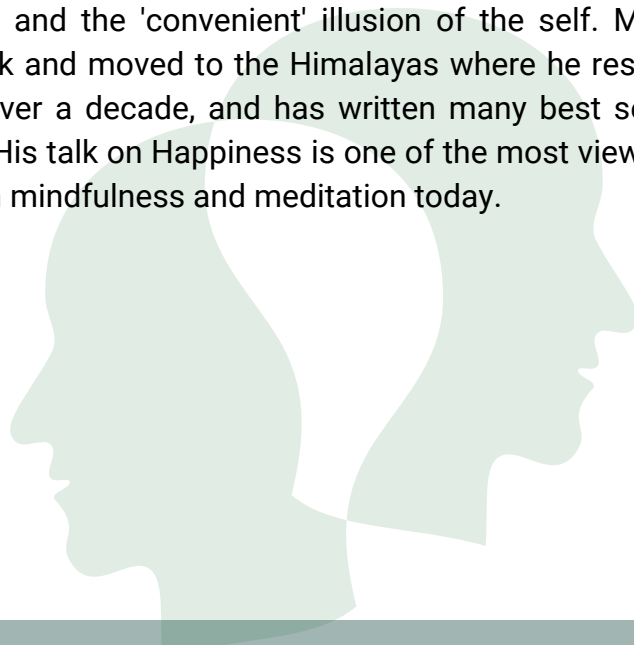
"Our bodies are constantly reacting to our social environment"

"It's our connections to other people that is the most important thing at the end of the day"



CARPOOL CONVERSATION WITH MATTHIEU RICARD

In this episode, Matthieu discusses mindfulness within a buddhist context, the concept of 'heartfulness', Descartes, and the 'convenient' illusion of the self. Matthieu gave up his scientific career to become a monk and moved to the Himalayas where he resides to this day. He translated for the Dalai Lama for over a decade, and has written many best selling books on the subject of happiness and altruism. His talk on Happiness is one of the most viewed Ted talks, and is one of the most influential figures in mindfulness and meditation today.



EXERCISING OUTDOORS IN COLDER MONTHS

So we know that getting active is not only great for your physical health and fitness but it can also improve your mental wellbeing... Annette Frost in our HR team loves fitness and gives her take on exercising outdoors in the colder months:

If you're thinking about starting a new fitness regime or have recently started one and you're beginning to feel put off by the colder darker - days don't be! If you're looking to improve your fitness or improve your overall wellbeing, then autumn and winter are the best times to do it (I promise). Here are a few hints to help you along the way...

During the winter, exercise can help you ward off those winter blues by boosting energy. Getting out of the house can help to uplift your mood even when it's cold outside. It's exhilarating and can make you feel invigorated (especially when you've finished!)

Walking or jogging can be cost effective and efficient ways to be active in the winter months, so here's some pointers to get you out and about:

- Dress dry not warm: the quickest way to lose body heat is when you get wet. Being wet will quickly leave you cold and miserable. Try to wear a water-resistant jacket with a sweat wicking fabric top underneath. These don't need to be expensive as there are some great ranges in supermarkets. Cotton clothing soaks up sweat and rain and holds onto moisture, so this is best avoided if possible.
- Layer – up: you need to trap the warmth in with layers of clothing rather than a heavy jumper or coat. A couple of layers are a better option, allowing you take some off depending on your body temperature as it rises and cools.
- Grab a friend along with you: this will give you less of an excuse and help you get out of the house; you can get fit together and encourage each other along the way.
- Stay Safe: if you are out alone then taking steps to stay safe will help reassure you and your loved ones. Tell someone where you are going and when to expect you home. Did you know there is a live tracking option on WhatsApp? If it's dark, taking a torch or head torch is a good idea depending on where you are going and avoid dark clothes to help you be seen.
- Take a drink: yes, it's cold but you will still sweat. Even if you don't feel thirsty it's important to re-hydrate. Water is fine as sports drinks are not needed with under an hour of exercise. Don't be fooled into sports drinks - you will be taking on extra calories that you have just burnt off and they can be expensive.

Have a look at some other tips for working out on a budget, and happy exercising!

<https://medlineplus.gov/ency/patientinstructions/000762.htm>

COST OF LIVING HELP AND SUPPORT

Countries around the world are facing rising goods and energy prices, inflation and cost of living pressures after the pandemic and Putin's invasion of Ukraine.

We know that our people are worried, so we want to share with you help that the government is offering for eligible households, which you might not know about...

COST OF LIVING PAYMENT

Households on means tested benefits, including Universal Credit, Pension Credit and Tax Credits, will receive a payment of £650 this year.

This will be made automatically in two instalments, one in summer and another in the autumn, and is in addition to the £400 discount on energy bills.

If you're eligible, you'll be paid automatically in the same way you usually get your benefit or tax credits.

DISABILITY COST OF LIVING PAYMENT

From 20th September, 6 million people who are paid certain disability benefits will receive an automatic one-off £150 payment. The payment will help disabled people with the rising Cost of Living acknowledging the higher disability-related costs they often face, such as care and mobility needs.

This is in addition to the £650 Cost of Living Payment for disabled people who also receive means tested benefits.

These payments are not taxable and will not affect the benefits or tax credits you get.

You do not need to apply - you'll be paid automatically. If you have had a message asking you to apply or contact someone about the payment, this might be a scam. We have more information in this magazine on how to report internet scams and phishing to keep you safe.

Report a missing Cost of Living Payment for a low income benefit or tax credits

If you think you should have had a payment, but you cannot see it in your bank, building society or credit union account, you can report a missing Cost of Living Payment.

Telephone: 0345 300 3900

Relay UK if you cannot hear or speak on the phone: dial 18001 then 0345 300 3900

Monday to Friday: 8am to 6pm

ENERGY PRICE GUARANTEE

From 1 October 2022, the Energy Price Guarantee will reduce the unit cost of electricity and gas so that a typical household in Great Britain pays, on average, around £2,500 a year on their energy bill, for the next 2 years. This is automatic and applies to all households.

This will save the average household at least £1,000 a year based on current energy prices from October and is in addition to the £400 energy bills discount for all households.

ENERGY BILLS SUPPORT SCHEME

The Energy Bills Support Scheme provides a £400 non-repayable discount to eligible households to help with their energy bills over winter 2022 to 2023.

GETTING THE ENERGY BILLS SUPPORT SCHEME DISCOUNT

You do not need to apply for the discount, and there's no need to contact your energy supplier.

The discount will be applied to your monthly household electricity bill for 6 months starting in October 2022. You'll get:

- £66 in October and November
- £67 in December, January, February and March

*You'll get the discount monthly, even if you pay for your energy quarterly or use a payment card.

People on means-tested benefits, including Universal Credit, tax credits and Pension Credit should also qualify for the Warm Home Discount of £150. It's worth getting a benefits check to make sure you're claiming everything you're entitled to. You do do this by visiting: <https://www.gov.uk/benefits-calculators>

Help for
Households

<https://helpforhouseholds.campaign.gov.uk>

**If you have not received your first instalment by the end of October 2022, you need to contact your supplier.*

ENERGY PRICE GUARANTEE

These announcements will be welcomed by many, but for others, their bills are already too high to cope with. 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



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.

If you're someone who has recently fixed their energy bills, you might be worrying that you don't benefit from this announcement. Martin Lewis has a new blog which covers this: <https://blog.moneysavingexpert.com/>

If you've fixed your energy bills in the past 14 days you can cancel your contract without charge.



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.




LOW INCOME BENEFITS AND TAX CREDITS




You may get a payment of £650 paid in 2 lump sums of £326 and £324 if you get payments of any of the following:

- Universal Credit
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- Income Support
- Pension Credit
- Child Tax Credit
- Working Tax Credit



You will not get a payment if you get New Style Employment and Support Allowance, contributory Employment and Support Allowance, or New Style Jobseeker's Allowance, unless you get Universal Credit.



If you have a joint claim with a partner, you will get one payment of £326 and one payment of £324 for your joint claim, if you're entitled.

HOUSEHOLD SUPPORT FUND



£1.5 billion has been made available to support for pensioners and families with children, to cover their essential daily costs, like energy bills.

Local authorities can also issue food vouchers to families during the school holidays.

Contact your local Council to check if you're eligible for the Household Support Fund.

You can visit: <https://www.gov.uk/find-local-council>

BUDGETING LOANS



You may be eligible for a Budgeting Loan if you've been on certain benefits for 6 months. This can be used for household items, rent in advance and travelling costs. You can find more information by visiting: <https://www.gov.uk/budgeting-help-benefits>

You only have to pay back the amount you borrow, and repayments are taken automatically from your benefits.



CHEAPER PHONE AND BROADBAND

Social tariffs are cheaper broadband and phone packages for people claiming Universal Credit, Pension Credit and some other benefits. Some providers call them 'essential' or 'basic' broadband.

They're delivered in the same way as normal packages, just at a lower price. Amid rising living costs, Ofcom is encouraging companies to offer social tariffs to help customers on low incomes.

You can find more information by visiting: <https://www.ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs>

TV LICENCE FEE FREEZE





The TV licence fee has been frozen at £159 until 2024. This means households will not see any change to the licence fee until 1 April 2024.

GET HELP WITH ALL OR PART OF YOUR RENT



There's no set amount of housing costs support and what you get will depend on whether you rent privately or from a council or housing association. Use a benefits calculator to find out if you can get benefits to help pay your rent: <https://www.gov.uk/benefits-calculators>

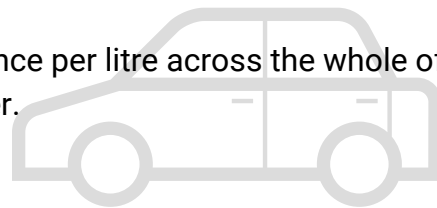


For further information on **Family Support**, including: tax-free childcare, 15/30 hours free childcare, National Breakfast Clubs, Healthy Start vouchers, getting help with maternity costs and more, visit: <https://helpforhouseholds.campaign.gov.uk/help-with-childcare-costs/>

HELP WITH TRANSPORT COSTS

CUTTING FUEL DUTY

Fuel duty for petrol and diesel has been cut by 5 pence per litre across the whole of the UK until March 2023. It saves £100 for the average car driver.



SAVE 1/3RD ON RAIL JOURNEYS

You can get up to a third off train fares with a railcard in Great Britain, saving up to £142 a year on average. **Visit:** <https://www.railcard.co.uk/>

50% OFF TRAVEL IF YOU'RE ON UNIVERSAL CREDIT

You may be eligible for a Jobcentre Plus Travel Discount Card if you're on Universal Credit.

Visit: https://www.nationalrail.co.uk/times_fares/jobcentre-plus-card.aspx

BUS PASSES

In England you can get a bus pass for free travel when you reach the State Pension age.

Apply for an older person's bus pass by visiting here: <https://www.gov.uk/apply-for-elderly-person-bus-pass>

If you're disabled then you may be eligible for a disabled person's pass if you live in England. For more information, **visit:** <https://www.gov.uk/apply-for-disabled-bus-pass>

Do you have any hints and tips on how to save on travel costs? We'd love to hear from you and include this in our next issue. Contact HR@edenfutures.org



DISCOUNTS AND OFFERS

Here are some offers available from businesses to help with the cost of living...

ASDA

Children aged 16 and under can get a hot or cold meal for £1 at any time of day in Asda cafés across the UK, 7 days a week, with no minimum adult spend. Asda are extending this offer to the end of 2022.

Morrisons

Morrisons are offering a free meal for 1 child under 16 when buying an adult meal with a value of £4.99 or over at in-store cafés.

PRIMARK®

Primark has committed to protect the prices on more than a thousand essential kids' items. The commitment will mean that families can pick up some of its most popular essential items for the same price – underwear (from £3.50 for a 10-pack of briefs), sweatshirts (from £4.00), dresses (from £4.50) and jeans (from £6.00)

Iceland

Iceland are offering a number of cost saving initiatives, including weekly discounts, product deals and frozen prices which are available in store, including £1 price freezes across 100s of lines for 2022, a weekly discount offering over 60s 10% off on Tuesdays & most recently The Iceland Food club, a partnership launch with Fair For You, to help families manage rising costs. There is also more to come in Autumn and into Christmas!

Find out more here:
www.iceland.co.uk/doing-it-right

Sainsbury's

Sainsbury's have introduced budget-friendly meal ideas to feed a family of four for less than £5. The recipes are available on the Recipe Scrapbook at Sainsburys.co.uk.

shoezone

Shoe Zone is promoting a range of offers including £5 off when you join their email club, savings on selected styles, clearance deals and 2 for £10 multi-buy offers. Find out more by visiting here:
<https://www.shoezone.com/Offers/Clearance-Outlet>

amazon

Amazon is offering 7 different ways that people can save money, including free delivery to pick up locations, affordable refurbished products, plus essential school item offers:
<https://www.amazon.co.uk/>

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.

Money
 **Helper**

TRY THE 'DOWNSHIFT CHALLENGE!'

Thank you to our staff who have been in touch with us to let us know about the **'Downshift Challenge!'**

The theory is simple. Drop one brand level on products you buy to see if you can tell the difference. If you can't, or it's so minimal it's hardly noticeable, then stick with the cheaper product.

We're not promising you will like everything you try, but you're not going to be out of pocket having a go.

For more tips on saving, have a look at the following link - <https://www.mumsmakelists.com/> where one mum has made a list of her top 17 easy ways to save money on your grocery shopping.

YOUR TOP TIPS!

Thanks to our staff who have sent in their 'Top Tips!' Do you have some that you would like to share?
Let us know - HR@edenfutures.org

I always shop around for the best prices!

There are a number of bargain superstores that sell branded products at discounted prices - there is no shame in getting your baked beans from B&M!

Visit more than one store. Different stores sell products at different prices, there's no reason why you can't spread your shopping around and get the best prices you can.

Before you decide on where to shop, have a quick look online and see what offers the different supermarkets have that day/week.

I love late-night Friday food shopping to get all of the reduced items! My trolley is full of yellow stickers and I freeze what is out of date that day!

Get an Aldi and Lidl magazine to see the deals of the week!

Get a store loyalty card! Tesco has it's Tesco Clubcard, Sainsbury's Nectar Card, Morrisons has My Morrisons, and now Asda have joined the party and have created their own Asda Rewards app! With no initial cost to sign up, these are definitely ways to help save a bit of cash.

EDEN FUTURES! BENEFITS OF THE MONTH!

As a Blue Light Card member, you are eligible to apply for a free Esso Card™ from WEX Europe Services. The fuel card allows Blue Light Card members to benefit from discounted fuel at over 1,200 fuel stations across the UK. Apply here: <https://www.wex.essocard.com/>

This card gives you up to 7p off per litre across the Esso family, which is great news and particularly good for those who don't live near a Costco Fuel station. If you haven't already, still sign up for your Costco card to make great savings on every day items. You can register online here via the link below, and many items are available for home delivery:

<https://www.costco.co.uk/onlineregister/steps>



Do you have any hints and tips on saving money at supermarkets and retailers?
Get in touch!
HR@edenfutures.org



CALENDAR OF NATIONAL CAMPAIGNS

OCTOBER 2022



International Pronouns Day seeks to make respecting, sharing, and educating about personal pronouns commonplace - <https://pronounsday.org/>. Referring to people by the pronouns they determine for themselves is basic to human dignity. Being referred to by the wrong pronouns particularly affects transgender and gender nonconforming people. Together, we can transform society to celebrate people's multiple, intersecting identities. International Pronouns Day began in 2018 and takes place on the 3rd Wednesday of October each year.

At Eden Futures, we are committed to equal opportunities and encouraging diversity and inclusion among our workforce and eliminating unlawful discrimination. We create a positive and inclusive working environment, free of bullying, harassment, victimisation and unlawful discrimination, promoting dignity and respect for all, and where individual differences and the contributions of all colleagues are recognised and valued. We value the physical and mental health, safety and wellbeing of all colleagues and service users and strive to support everyone to achieve their potential.

Here is some helpful information about how to use the correct pronouns so that we can all keep learning and getting better: <https://www.diversitycenterneo.org/about-us/pronouns>

What more do you think that we can we do as a company to continue to celebrate and encourage diversity and inclusion among our workforce?

Please see Eden Futures Equality, Diversity and Dignity at Work Policy on ERNIE.



World Menopause Day is held every year on the 18th October. The day was designated by the International Menopause Society (IMS) to raise awareness of the menopause and to support options to improve health and well-being for people in mid-life and beyond.

Menopause can affect a person's working life. Sometimes menopausal symptoms or working conditions can impact your ability to concentrate or carry out your role to the best of your ability.

In our next issue, we'll be discussing the menopause at work and why it's so important to talk about it.

CALENDAR OF NATIONAL CAMPAIGNS OCTOBER 2022

STOPTOBER: THE 28-DAY STOP SMOKING CHALLENGE

Are you thinking of quitting smoking? Research has shown that if you quit for 28 days, you're 5 times more likely to quit for good.

Stoptober begins on 1 October and there's never been a better time to quit! Although it's mid-October, don't let that stop you!

Stopping smoking is the best thing you can do for your own health - and the health of people around you. It's never too late to quit. You'll start seeing the benefits immediately, not just for your health but also your finances. For more information, **visit:**

<https://www.blf.org.uk/take-action/campaign-with-us/stoptober>



STOPTOBER

**BREAST
CANCER
NOW** The research
& care charity

Every October, people all over the world show their support for everyone affected by breast cancer.

Find out how you can support Breast Cancer Awareness Month this October: <https://breastcancer.org/>

Are you fundraising for Breast Cancer Awareness? Share your donation page and story with us! HR@edenfutures.org

Have you quit smoking? How do you feel? Share your success stories with us!
HR@edenfutures.org

We'd love to hear from you about any charity and fundraising work that you're involved with.

Send us photos, too!



SPECIAL DAYS IN OCTOBER

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.

October 2022 "A man who stands for nothing will fall for anything" - Malcolm X

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 40						1	2
Week 41	3	4	5	6	7	8	9
Week 42	10	11	12	13	14	15	16
Week 43	17	18	19	20	21	22	23
Week 44	24	25	26	27	28	29	30
Week 45	31						

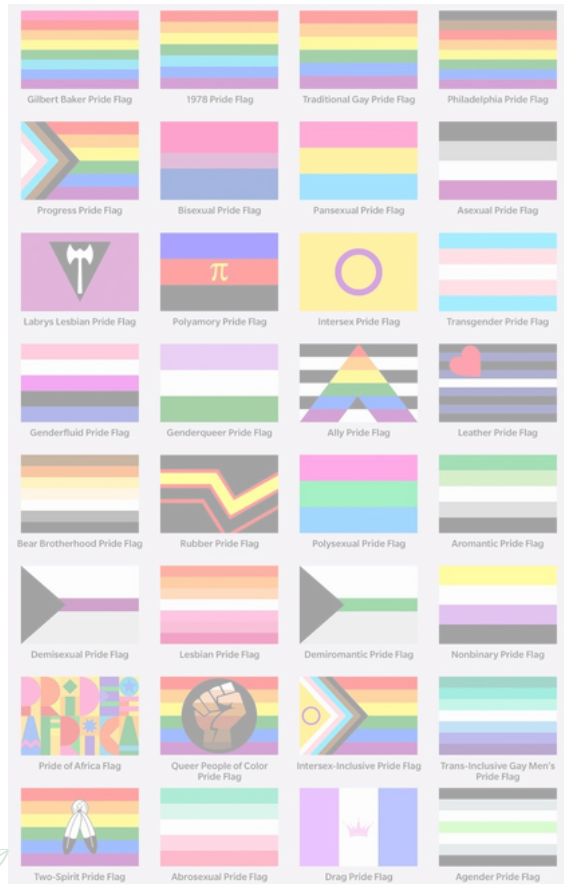
October is Breast Cancer Awareness Month | Down Syndrome Awareness Month | Black History Month (UK) | Lupus Awareness Month | Global Diversity Awareness Month

🌀 Buddhism (Orange) 🇨🇳 Chinese (Red) ✝️ Christianity (Blue) 🌸 Hinduism (Pink) 🌿 Islam (Green) 🕍 Judaism (Purple) 👤 Sikhism (Brown) ⚖️ Equality Event 🏠 Bank Holiday

Special Days

- 1st International Day of Older Persons
- 2nd International Day of Non-Violence
- 4th Feast of St. Francis of Assisi - Christian
- Dussehra** - Hindu holiday
- 3rd-9th World Dyslexia Awareness Day
- 4th-5th Yom Kippur* - Jewish Holy Day - Jewish
- 7th-8th Mawlid un Nabi* (Islamic observance)
- 9th Birthday of Guru Ram Das - Sikh
- 9th-15th Baby Loss Awareness Week
- 9th-16th Sukkot* - Jewish holiday
- 10th World Mental Health Day
- 11th National Coming Out Day
- 13th World Sight Day
- 17th International Day for the Eradication of Poverty
- 16th-18th Shemini Atzeret & Simchat Torah* - Jewish holiday
- 18th Anti-Slavery Day
- World Menopause Day
- 19th International Pronouns Day
- 22nd International Stammering Awareness Day
- 24th Diwali** - Hindu
- Bandhi Chhor Divas** - Sikh
- 26th Intersex Awareness Day
- 29th World Stroke Day
- 30th Daylight Saving Time Ends (clock change)
- 31st Halloween

Please Note: * Holy days usually begin at sundown on the first day. ** Local or regional customs may use a variation of this date.



We want to learn more about special days that you celebrate! Let us know so that we can share! HR@edenfutures.org



CAMPAIGNS IN NOVEMBER!

Here are some campaigns happening in November, which you and your teams might want to get involved with! If you do, please send us your stories and photos as we'd love to publish these in our December newsletter!



MOVEMBER

<https://uk.movember.com/>

"Mental health and suicide prevention, prostate cancer and testicular cancer – we're taking them all on.

Since 2003, Movember has funded more than 1,250 men's health projects around the world, challenging the status quo, shaking up men's health research and transforming the way health services reach and support men."

GROW A MOUSTACHE!

Patchy, lopsided, itchy or epic – whatever Mo you grow this Movember, your face will raise funds and awareness for men's health.

MAKE A MOVE

Run or walk 60km over the month. That's 60km for the 60 men we lose to suicide each hour, every hour across the world.

NATIONAL SELF-CARE WEEK

14 - 20 NOVEMBER 2022

Self Care Week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations. **Exercise Self Care for Life** is the theme for 2022. Find more information here: <https://www.selfcareforum.org/events/self-care-week/>



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 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.

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

